



Psychological analysis of self-concept and adjustment

Girish M Sakure

Assistant Professor, Department of Physical Education, Rajiv Gandhi Mahavidyalaya, Chandrapur, Maharashtra, India

Abstract

Life is endless chain of actions and reactions, experiences and experiments, and trials and errors. In order to face the task and to continue the life cycle efficient, one should be physically wholesome, mentally alert and socially sound. Fitness leads to live long and serve best. Fitness is a desired state for everyone who wants to lead a zestful and productive life. Fitness is not a thing to be achieved without any effort. A whole hearted and sincere effort is required to obtain it. The investigator has included 200 school boys as subjects, out of which 100 were Government school boys and 100 Private school boys. Both Government and Private school boys were drawn at random by lots from Chandrapur district schools. The age of the boys ranged 13-16. To analyze the data, mean standard Deviation and t ratio were worked out. The data were analyzed in Basic Language at the computer centre. All the analysis used were based on Standard Statistical Packages. The conclusion of the study is Government and Private School boys had variability in their self concept in favor of Government school boys. Government and Private School boys had variability in their adjustment problems in favor of Government Schools.

Keywords: Psychology, self-concept, adjustment and analysis

Introduction

There has been growing realization of the importance of self-concept in recent years for understanding and predicting human behaviour. In the words of Guilford self-concept is "the individual's perception, attitude and feelings about himself". Self-concept is relatively a stable and more or less conscious phenomenon and unique system of the individual's ideas about himself, image of his own qualities, abilities, appearance, social significance etc., basing on which he interacts with other people and develops an attitude towards himself.

The growing child is confronted with a series of developmental tasks to which he must make satisfactory adjustments. Adjustment to the changing and extraordinary conditions of life in normal and acceptable way will improve individual's mental moral and functional status. Maladjustment children show the symptoms of anxiety and often complain environmental factors. Failure to establish adjustment during childhood in home will develop social handicap in adult life.

Purpose of the study

The main purpose of the study is to compare the self-concept of Government and Private School boys. And to compare the adjustment problems of Government and Private School boys.

Methodology of the study

The investigator has included 200 school boys as subjects, out of which 100 were Government school boys and 100 Private school boys. Both Government and Private school boys were drawn at random by lots from Chandrapur district schools. The age of the boys ranged 13-16. The standard Psychological tool constructed by Mukta Rani Rastogi was used to assess self-concept and Sinha and Singh's Adjustment Inventory was used to quantify adjustment problems of school students.

Analysis of data

To analyze the data, mean standard Deviation and t ratio were worked out. The data were analyzed in Basic Language at the computer centre. All the analysis used were based on Standard Statistical Packages.

Table 1: Analysis of Self-concept of Government and Private School Boys

Sr. No.	Category of Subjects	No. of Subjects	M	SD	DM	DM	't'
1	Government School boys	100	146.5	27.49	33.98	4.22	8.05
2	Private School boys	100	180.48	32.07			

Significant at .05 level

With regard to self-concept of Government and Private school boys, they have obtained the mean value of 146.5 and 180.48 respectively, which are given in the above table. The obtained 't' 8.05 was significant as the t-ratio required for .05 level is 1.98. It revealed that Government and Private school boys had variability in their self concept in favor of Private school boys. Thus the hypothesis was not accepted. This may be due to changes in culture and life pattern of Government and Private school boys.

Table 2: Analysis of Adjustment Problems of Government and Private School Boys

Sr. No.	Category of Subjects	No. of Subjects	M	SD	DM	DM	't'
1	Government School boys	100	34.56	8.83	10.62	1.14	9.32
2	Private School boys	100	23.94	7.31			

Significant at .05 level

With regard to adjustment problems of Government and Private school boys, they have obtained the mean value of 34.56 and 23.94 respectively, which are given in the above table. The obtained t 9.32 was significant as the t-ratio required for .05 level is 1.98. It revealed that Government

and Private school boys differ in their adjustment problems than that of Private school boys, Thus the hypothesis was not accepted. This may be due to extraordinary conditions which are faced by Government school boys in their life.

Conclusion

Government and Private School boys had variability in their self concept in favor of Government school boys. Government and Private School boys had variability in their adjustment problems in favor of Government Schools.

References

1. Barry LJ, Nelson JK. Practical Measurements for Evaluation in Physical Education. New Delhi: Surjeet Publications, 2004.
2. Clarke H Harrison, Clarke David H. Advanced Statistics with Applications to Physical Education. New Jersey: Prentice Hall Inc.
3. Cratty BJ. Psychology and Physical activity, New Jersey; Prentice Hall Inc, 1984.
4. Guilford JP. Personality, New York: McGraw Hill Book Company.
5. Kane JE. Psychological aspect of Physical Education and sport. London: Kegan Paul Publishers.
6. Koch Sigmund. Psychology. New York: McGraw Hill Book Company.
7. Rani Rastogi, Mukta, Manual of Self-concept scale. Agra: Psychological Research Cell.
8. Sinha AKP, Singh RP. Manual of Adjustment Inventory, Agra: National Psychological Corporation.