



ASSESSMENT OF PROSOCIAL BEHAVIOUR AND SELF CONCEPT AMONG ADOLESCENTS IN SELECTED COLLEGE AT TIRUPATHI.

¹Mrs.S.Anthony Mariya Rani ,²Dr.S. Hemalatha, ³Dr.M.Bhagya Lakshmi.

¹MSc (Nursing) Dept .of Mental Health Nursing, College of Nursing, SVIMS, Tirupathi-517507, Chittoor Dt., A.P, India.

² Assistant Professor, Dept. Of Mental Health Nursing, College of Nursing, SVIMS, Tirupathi-517507, Chittoor Dt., A.P, India.

³ Assistant Professor, Dept. Of Mental Health Nursing, College of Nursing, SVIMS, Tirupathi-517507, Chittoor Dt., A.P, India.

Abstract: Adolescent's life is full of hopes and eager to interact with new experiences, to find new relationships to examine inner strengths and explore the strengths of inner ability. It offer the opportunity to develop social skills such as empathy, sharing, and leadership. Prosocial behaviour fosters positive traits that are beneficial society. Similarly, their self-concept begins much more complex and tangible .Now-a-days the society is rapidly changing and becoming complex. The adjustment in society becoming difficult for the people and making efforts to adjust and satisfy their needs, in order to know the level of adjustment and helping nature among adolescents.

Descriptive study was conducted to assess the prosocial behaviour and self concept among adolescents in selected colleges at Tirupathi. A total of 100 adolescent samples were chosen by convenient sampling technique. After getting consent from the study sample, structured questionnaire was given to collect data. Results revealed that 31% (31) negative prosocial behaviour and 69% (69) positive prosocial behaviour. 23% (23) low self concept, 57% (57) moderate self concept, 20% (20) high self concept which shows there is precising need for public awareness program ,medical camps and health education sessions regarding adolescent adjustment problems facing in society that modify their behaviour.

Key Words: Prosocial behaviour, self concept, adolescents.

I. INTRODUCTION

“Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny. All the strength and succor you want is within yourself. Therefore, makes your own future”

-Swami Vivekananda.

Background of the Study:

Adolescence is a period of life with specific health and developmental needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationships, and acquire attributes and abilities that will be important for enjoying the adolescent years and assuming adult roles.¹

The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24.² The world now has more young people than ever before of the 7.2 billion people worldwide, over 3 billion are younger than 25 years, making up 42% of the world population. Around 1.2 billion of these young people are adolescents aged between 10 and 19 years.³

Prosocial behaviour refers to the consequences of a person's actions, motivations and their behaviour; behaviours which include a broad range of activities: sharing, comforting, rescuing, and helping.⁴ Self concept is defined as "The individual's belief about himself or herself, including the person's attributes and who and what the self is".⁵

Adolescence is a time of great change for teens, not to mention everyone involved in their lives. It's important for teenagers to develop an identity and independence. At the same time, they face growing pressure to be responsible and trustworthy while they grapple with issues like sexuality, drug use, and peer relationships. Adolescence has been described by Stanley Hall as 'the period of storm and stress of human life'. It is a very crucial period of one's life which covers roughly from 12-18 years.⁶ Adolescents are the pillars of the society, now-a-days the society is rapidly changing and becoming complex. The adjustment in society is becoming difficult for the people. Hence the present study is planned to assess the prosocial behavior and self concept among adolescents and plan to provide public awareness in society.

II.OBJECTIVES

- To assess the prosocial behaviour among adolescents
- To assess the self concept among adolescents
- To assess the relationship between prosocial behaviour and self concept.
- To find out the association between the selected demographic variables with their level of prosocial behaviour and self concept.

III.MATERIAL AND METHODOLOGY

In view of problem revealed and objective to be accomplished a simple descriptive design was adopted for this study. A sample of 100 adolescent students were chosen by convenient sampling technique. Adolescents who are willing to participate were included after taking an informed consent .The setting was S.V Engineering College, Tirupathi. Besides socio-demographic data sheet, structured questionnaire was prepared consisting of 16 questions has 5 options with scoring 1 to 5 to assess the prosocial behaviour and another structured questionnaire to assess the self concept consisting 30 questions i.e., 14 normal and 16 reversed questions has 8 options with scoring 0 to 7.The data was analyzed by using descriptive and inferential statistics.

IV.RESULTS

TABLE I

Frequency and percentage distribution of level of prosocial behaviour among adolescents.

(N= 100)

Level of prosocial behaviour	Frequency(f)	Percentage %
Negative prosocial behaviour	31	31%
Positive prosocial behaviour	69	69%

Table 1: Shows that out of 100 sample 31% (31) had negative prosocial behaviour and 69% (69) had positive prosocial behaviour. The present study results were supported by the study conducted by Mrs.Deepty gupta (2015) aim of the study include findings of the study revealed that prosocial behaviour of adolescents was average and favourable. 32.29% of adolescents have average prosocial behaviour and 67.70% of adolescents have Favourable prosocial behaviour. None of the adolescents were found to have unfavourable prosocial behaviour. Albert and Thilagavathy (2014) found that the pro-social behaviour of higher secondary students is average, but in this study 50% was found to be in favourable prosocial behaviour, and it can be said that adolescents can have favourable prosocial behaviour.

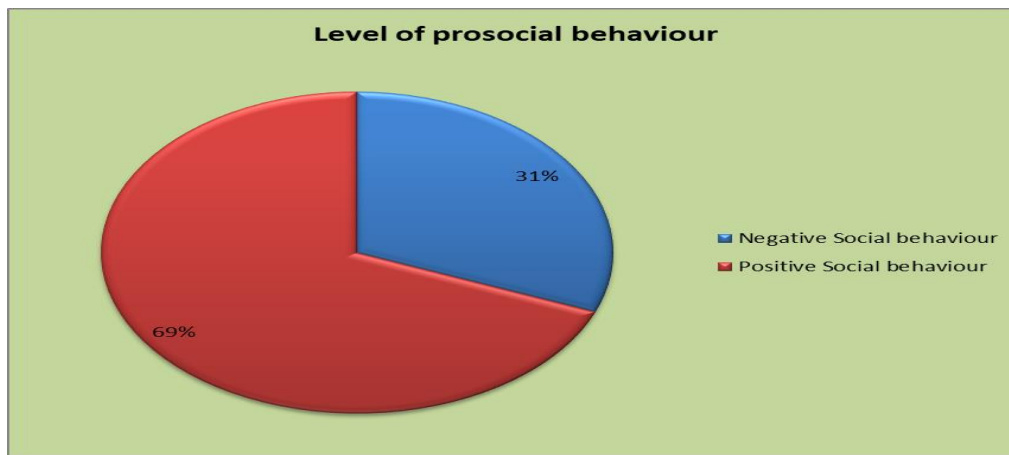


Fig.no 1: Percentage distribution of level of prosocial behaviour among adolescents.

TABLE II

Frequency and percentage distribution of level of self concept among adolescents.

(N= 100)

Level of self concept	Frequency(f)	Percentage%
Low self concept	23	23.00
Moderate self concept	57	57.00
High self concept	20	20.00

Table.2: shows that out of 100 samples 23% (23) had low self concept, 57% (57) had moderate self concept, 20% (20) had high self concept. The present study was supported by the study conducted by T. Aruna Bharathi, Dr. P. Sreedevi (2015) , on 40 adolescents . The findings of the study revealed that higher percentage of adolescents had above average levels of self concept in dimension of temperamental (85), intellectual (77.5), physical (60) and social (52.5). About 47.5percent of adolescents equally had high and above average self- concept in education. And 57.5 percent of adolescents had high moral self-concept. Adolescents overall Self-concept was found as 27.5 percent in high and 72.5 per cent have above average. Hence, the study may help the teachers and parents to maintain the optimum level of self-concept of adolescents.

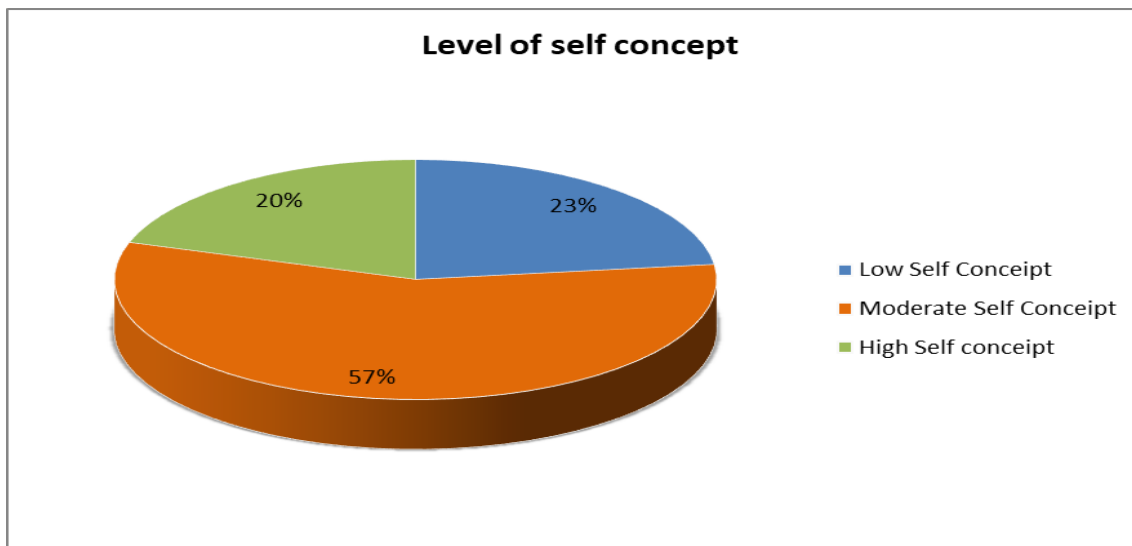


Fig.no 2: Percentage distribution of level of self concept among adolescents.

TABLE III

Distribution of relationship between prosocial behaviour and self-concept among adolescents

(N=100)

Variables	Mean	Standard deviation	Correlation coefficient	Significance	p value
Prosocial behaviour	49.64	13.55	0.732	positive correlation	0.01*
Self concept	101.60	34.29			

Table 3: Shows that the relationship between the prosocial behaviour and self concept among adolescents shows the correlation coefficient value 0.732 and have positive correlation with significance of p value 0.01*

TABLE IV

Association between prosocial behaviour and the selected demographic variable among adolescents.
(N=100)

S.No	Demographic variable	Chi-square	P value
1.	Age in years	6.201	0.013 S*
2.	Gender	8.676	0.003 S**
3.	Religion	0.259	0.879 NS
4.	Education of father	17.838	0.08 NS
5.	Education of mother	11.748	0.019 S*
6.	Occupation of father	9.655	0.022 S*
7.	Occupation of mother	8.224	0.084 NS
8.	Monthly family Income	5.786	0.122 NS
9.	Geographical background	5.900	0.052 NS
10.	Type of family	3.543	0.060 NS
11.	Type of residence	8.613	0.013 S*

NS – Non significant, *significant at 0.05 level, ** Significant at 0.01

Table 5: shows association between pro social behaviour and age, gender, education of mother, occupation of father and type of residence at $p < 0.05$ level.

TABLE V

Association between self concept and the selected demographic variable among adolescents.

(N=100)

S.No	Demographic variable	Chi-square	P value
1.	Age in years	4.685	0.096 NS
2.	Gender	29.912	0.000 S**
3.	Religion	5.199	0.267 NS
4.	Education of father	19.617	0.072 NS
5.	Education of mother	17.879	0.022 S*
6.	Occupation of father	18.583	0.005 S**
7.	Occupation of mother	10.715	0.218 NS
8.	Monthly family Income	4.453	0.616 NS
9.	Geographical background	13.176	0.010 S**
10.	Type of family	1.465	0.481 NS
11.	Type of residence	14.108	0.007 S**

NS – Non significant, *significant at 0.05 level, ** Significant at 0.01.

Table.5: shows association between self concept and gender, education of mother, occupation of father, geo graphical background and type of residence at $p < 0.05$ level.

The present study results were supported by Mrs. Deepty gupta (2015), in this study, the relationship between prosocial behaviour and self concept significant at $p < 0.05$ level of significance.

V.CONCLUSION

In this study out of 100, 31% (31) had negative prosocial behaviour and 69% (69) had positive prosocial behaviour. Among 100 adolescents the level of self concept, 23% (23) had low self concept, 57% (57) had moderate self concept, 20% (20) had high self concept. There is statistically significant association between the level of prosocial behaviour and selected demographic variable i.e, age, gender, education of mother, occupation of father, and type of residence at $p < 0.05$. There is statistically significant association between the level of self concept and selected demographic variable i.e, gender, education of mother, occupation of father, geo graphical background and type of residence at $p < 0.05$.

VI.RECOMMENDATIONS

- A similar study can be conducted at same age group with large sample.
- A similar study can be conducted by providing counselling sessions.
- A similar study can be conducted at different colleges at same geographical area.

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