



A Study To Assess Degree Of Self Actulization Among School Students

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Abstract: The concept of self-actualization was brought into the mainstream by Abraham Maslow when he introduced his “hierarchy of needs” and self actualization is the top most level in that hierarchy. The study was conducted to assess self- actualization among school students. The study was conducted on 40 school going students from class 9th to class 12th. The data was collected through self actualization inventory tool and the results has revealed that majority of sample were in the age group of 13-15 years, according to class, 32.5% students were in 12th standard followed by 27.5% in 10th standard. According to gender 60% are male students and 40% were females students in the study. Study has also revealed that only 40% mothers and 58% fathers (parents) were educated among the sample selected for the study. The occupation of parents involve 52.5% mothers and 63.2% of fathers were working. The final analysis has revealed that majority 57% (23) of students were having medium degree of self esteem followed by 33% (13) of students were having high degree of self esteem and 10% (4) students were having low degree of self esteem.

Index Terms – School Students, self actualization, Degree.

I. INTRODUCTION

Carl Rogers's construct of self-actualization changed significantly in its theoretical meaning and usage. In an early period, self-actualization identified Rogers's central motivational construct, which centered on optimal functioning. In later theoretical periods, the tendency toward self-actualization became part of a larger and more dynamic motivational model in which there exists the very good chance that self-actualization will conflict with the realization of optimal functioning-quite a change from its former optimal-functioning meaning. There is evidence that a number of psychologists, even scholars and critics of Rogerian theory, are unclear regarding the accurate meaning and implication of self-actualization in *contemporary* person-centered theory. This appears to represent a naiveté about

Rogers's two core theoretical works. The goal of this article is to provide a brief review of these with emphasis on the constructs of self-actualization and actualization.

The concept of self-actualization was brought into the mainstream by Abraham Maslow when he introduced his “hierarchy of needs.” Today, self-actualization is a bit more widely known, but most psychology students still learn of it as the top level of Maslow’s pyramid.



II. Review of Literature:

During the mid-20th century, the theories of [psychoanalysis](#) and behaviorism were prominent in the field of psychology. Though largely very different, these two perspectives shared a general assumption that people are driven by forces beyond their control. In response to this assumption, a new perspective, called humanistic psychology, arose. The humanists wanted to offer a more optimistic, agentic perspective on human striving. The theory of self-actualization emerged out of this humanistic perspective. Humanistic psychologists claimed that people are driven by higher needs, particularly the need to actualize the self. In contrast to the psychoanalysts and behaviorists who focused on psychological problems, Maslow developed his theory by studying psychologically healthy individuals. Maslow contextualized his theory of self-actualization within a [hierarchy of needs](#). The hierarchy represents five needs arranged from lowest to highest, as follows:

1. **Physiological needs:** These include needs that keep us alive, such as food, water, shelter, warmth, and sleep.
2. **Safety needs:** The need to feel secure, stable, and unafraid.
3. **Love and belongingness needs:** The need to belong socially by developing relationships with friends and family.
4. **Esteem needs:** The need to feel both (a) self-esteem based on one's achievements and abilities and (b) recognition and respect from others.

5. **Self-actualization needs:** The need to pursue and fulfill one's unique potentials.

Maslow included caveats in order to explain why certain individuals might pursue higher needs before lower ones. For example, some people who are especially driven by the desire to express themselves creatively may pursue self-actualization even if their lower needs are unmet. Similarly, individuals who are particularly dedicated to pursuing higher ideals may achieve self-actualization despite adversity that prevents them from meeting their lower needs. self-actualization is the ability to become the best version of oneself. Maslow stated, "This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming."

Of course, we all hold different values, desires, and capacities. As a result, self-actualization will manifest itself differently in different people. One person may self-actualize through artistic expression, while another will do so by becoming a parent, and yet another by inventing new technologies.

Maslow believed that, because of the difficulty of fulfilling the four lower needs, very few people would successfully become self-actualized, or would only do so in a limited capacity. He proposed that the people who can successfully self-actualize share certain characteristics. He called these people *self-actualizers*. According to Maslow, self-actualizers share the ability to achieve peak experiences, or moments of joy and transcendence. While anyone can have a peak experience, self-actualizers have them more frequently. In addition, Maslow suggested that self-actualizers tend to be highly creative, autonomous, objective, concerned about humanity, and accepting of themselves and others.

III. Research Methodology:

Research Approach: Quantitative Research Approach

Research Design: descriptive Research design

Target population: school going students from 9th to 12th class

Sample size: 40

Sampling Technique: convenient sampling

Research Setting: Selected School, Firozpur, Punjab

Demographic variables: Age, Class, Gender, mother education, father education, mother working status, father working status.

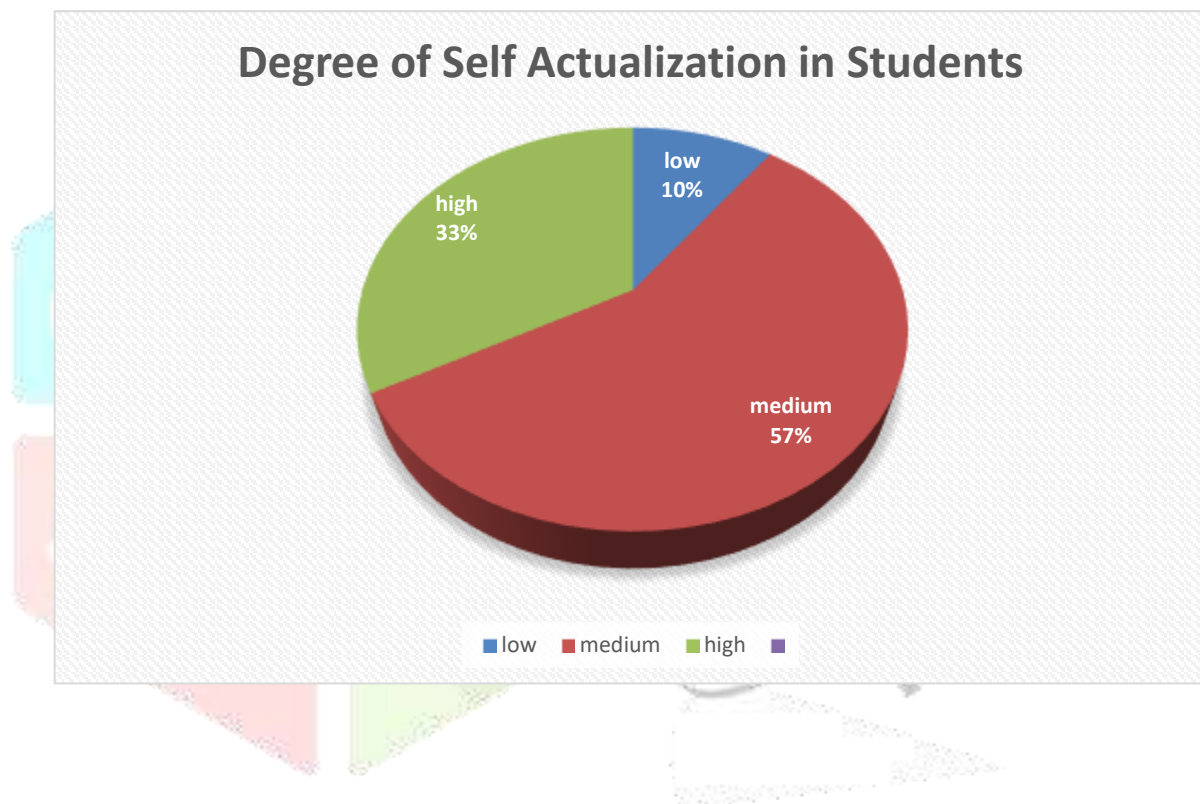
Tool : standardized tool (Self Actualization inventory by KN Sharma)

IV. Analysis & Result:

The study has revealed that, majority of sample were in the age group of 13-15 years, according to class, 32.5% students were in 12th standard followed by 27.5% in 10th standard. According to gender 60% are male students and 40% were females students in the study. Study has also revealed that only 40% mothers and 58% fathers (parents) were educated among the sample selected for the study. The occupation of parents involve 52.5% mothers and 63.2% of fathers were working. The final analysis has revealed that majority 57% (23) of students were having medium degree of self esteem followed by

33% (13) of students were having high degree of self esteem and 10% (4) students were having low degree of self esteem.

DEGREE OF SELF ESTEEM	Number of Respondent	% of Respondent
HIGH	13	33%
MEDIUM	23	57%
LOW	4	10%



V. Conclusion : Self actualization enables the individual to realize and put into potential their whole efforts. This enables them to identify them to identify what they are capable of doing that particular task. There should be some ways to promote self actualization are concentration, growth choice, self awareness, honesty, judgement, self development, alleviating conflicts and anxiety, lack of ego defence and realistic goals. The present study has revealed that the majority 57% (23) of students were having medium degree of self esteem followed by 33% (13) of students were having high degree of self esteem and 10% (4) students were having low degree of self esteem.

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