STUDY OF SELF-CONCEPT ON DIFFERENT DIMENSIONS OF ADJUSTMENT

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Abstract: One purpose of the present study was to examine the effect of self-concept as a trait of personality on adjustment. Self-concept scale was prepared and standardized by Dr S.M. Mohsin along with Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory to be utilized as research tools. Self-concept scale was administered to all the respondents (N=480) and their scores were obtained. The respondents were divided into high self-concept group and low self-concept group on the basis of their scores on Mohsin Self-concept inventory administered to them. Those falling at and above the median value of the self-concept scores were placed in high self-concept group and those below it was placed in low self-concept group. Then, Mohsin-Shamshad Adaptation Inventory was administered to the subjects of both the groups and their scores on all the dimensions of adjustment were collected. For the analysis and treatment of the scores t-test, r-test and chi-square test were employed. The results showed that the high self-concept group of subjects was found more adjusted than the low self-concept group of subjects. Thus, self-concept and adjustment were found positively and significantly correlated.

Index terms: self-concept, home, health, social, emotional

1.0 Introduction

A comprehensive description of healthy normal functioning and well-adjusted individual is provided in a list of criteria published by Maslow and Mittellmann, 1951.They are as follows: Adequate feeling of security, Reasonable degree of self-evaluation, Realistic life goals, Effective contact with reality, Integration and consistency of personality, Ability to learn from experience, Adequate spontaneity, Appropriate emotionality. Whenever the question of adjustment/maladjustment of an individual is discussed, the focus moves around the various component of his/her personality and their or organization and also towards the broad collection of or attributes including temperament, attitudes, values and distinctive behavioural pattern that seems to characterise him/her.

The term 'self-concept' has been viewed from different angles. According Chaplin (1975) self-concept is the individual's evaluation of himself; the appraisal of the self by the individual himself. According to Reber (1995) self-concept refers to one's concept of oneself in as complete and thorough a description as is possible for the one to give. Cooley (1864-1929) viewed it as a looking glass of self.

Mead (1934) expanded upon Cooley's concept of the looking glass self. She observed that the self concept arises primarily in social interaction as an outgrowth of the individual's concern about how others react to him. She pointed out that communication and role playing are the two important factors in the development of self concept. Symbolic communication conveys the feelings others have about an individual, who then tries to adapt himself accordingly. Also, he learns to adopt the roles of others and to perceive himself as others do.

White (1988) proposed a model for the relationship of self and ego regarding both development and ongoing mental activity. The model proposes that the emerging self and ego and their coordinate structures together in infants interact with their worlds. Developments in self and ego and in the representational and dynamic aspects of the mind generally, are two aspects of the same process, the activation of the two dynamic schemes in relation to an object.

Glanz (1989) examined the degree of conceptual similarity between the self-image scales, derived from the Giessem Test G.T. and constructed on the basis of psychoanalytical and socio-psychological theory and personality dimensions of psychoticism (N), extraversion (E) and neuroticism (N) from the Eysenck Personality Questionnaire. Study made by Hatcher, Wayne and Underwood (1990) showed that higher anxiety levels were associated with the Lower self-concept scores on a moral ethical measure, higher self-criticism scores on a measure of stressful changes. In addition to the study of adjustment in relation to self-concept the investigators also had taken some other personality traits to see their impact on individual's adjustment. Saxena, B. (2000) aimed at examining the effect of community affiliation on self-concept, ego strength and need achievement of college students belonging to Hindu Community (N=50) and Muslim Community (N=50). Srivastava and Lakshmi (2000) conducted their study on a sample of 440 educated women (220 single and 220 married). The investigators aimed at studying self-concept (SC), and sex role (SR) type among the respondents. Khan and Miya (2000) conducted their study on 400 school-going adolescents (age range:14-17 yrs) to examine the relationship of anxiety with self-concept of academic ability and academic motivation. The findings revealed significant negative association of anxiety with self-concept

2.0 Objective and Hypothesis:

Objective: The objective of this study was to ascertain the impact of self-concept on adjustment patterns it was intended to compare the high concept and the low concept group of subjects in terms of home adjustment, health adjustment, social adjustment, emotional adjustment and total adjustment.

Hypothesis: The high self-concept group of subjects would show better adjustment pattern than the low self-concept group.

3.0 Research Methodology: The methodology employed with tool used is described below:

(a). Sample: The incidental cum purposive sample consisting of 480 students was drawn from the student of undergraduate classes of the College of Patna University and Magadh University located in the central area of Patna town. The subjects were in the age group to 14 to 16 years in respect of sex, community, social economic status, area of inhabitation, etc.

(b Research tools: The following research tools are used in this study:

(i) Personal Data Sheet: A Personal Data Sheet prepared by the researcher herself was used for collecting relevant information about the subjects. To be more specific information relating to age, sex, community, inhabitation, religion, and education etc. of the respondents were collected through this PDS.

(ii) Mohsin-Shamshad Adaptation: For measuring adjustment of the respondents Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory (1987) was used. Instructions for answering the questions are given on the front cover of the test booklet and the procedures for test administration are simple. However, it takes 35 to 40 minutes. The Inventory can be used both as a group test and as an individual test, as necessary. The Inventory is scored simply by counting the number of responses marked in each area of adjustment. The responses to which the score is to be given are mentioned in the Manual of the Inventory. High Score indicates poor adjustment and low score indicates better adjustment.

(iii) Self-Concept Scale: Self-concept scale prepared and standardized by Dr S.M. Mohsin, the former professor and head, Department of Psychology, Patna University, Patna, was used for measuring the self-concept of the respondents. This scale consists of 48 items in the form of statements. Each item has two alternative answers such as 'right' and 'wrong'. The subject has to choose one of the two alter native answers. If he or she considers the alternative answer right, a tick mark (-/) is put on it and if wrong a cross mark (x) is placed on it. The scoring system

is very easy. A score of one is given for the right choice and zero is awarded for the wrong choice. So, the maximum score is 48 and the minimum score is zero. Naturally, higher the number of scores, the better the self-concept and vice versa. The scale is highly reliable and valid as stated in its Manual.

(c) Procedures: The procedure of the administration of the test/scales consisted of different phases. Scoring was made as per the manual of the concerned test or scale. The research tools were administered to the respondents in 20 phases, each phase consisted of one session. In the session Personal Data Sheet (PDS), Mohsin- Shamshad Adaptation of Bell's Adjustment Inventory, Self-concept scales were administered to the respondents. One day prior to the actual administration of the tests or scales a formal permission for engaging the student was sought from the head of the institution. The researcher reached the place in time and established a rapport with the respondents by talking with them. When they were ready to co-operate with her the personal data sheet was given to them with a request to fill in the blanks. Then Mohsin-Shamshad adaptation inventory was given to them. They were requested to go through the instructions given on the cover page of the inventory and to do accordingly. Lastly Self-concept scale was given to them and they were requested to read the given instructions and to do accordingly. In the likewise manner in the remaining phases data were collected from all the respondents (N=480).

(d) Data analysis: The following statistical devices were found utilized for the analysis and treatment of the data:

Critical ratio test (t-test) was used to examine the significance of the two groups, each relating to Self-concept in terms of adjustment.

Scatter Diagram method of Product moment correlation was employed to examine the relationship of Self-concept with adjustment patterns.

X^2(Chi-square) test was also used as an additional device.

Using t-test the effect of independent variable i.e. Self-concept on the dependent variables (adjustment) was examined. Using the r-test the relationship of this independent variable under reference with adjustment was ascertained. Similarly, X^2 test was employed an association of this independent variable with the adjustment was examined.

4.0 Results and Discussion: This section deals with the results showing the effect of independent variable Self-concept on the dependent variable adjustment. Adjustment with its four dimensions - home, health, social and emotional dimensions besides over all adjustment, was treated as dependent variable.

(i) Self-concept as a determinant of adjustment: One major purpose of the present endeavor was to examine the impact of self-concept on adjustment patterns of the respondents. The respondents were divided into high self-concept group and low self-concept group on the basis of their scores on Mohsin Self-concept inventory administered to them. Those falling at and above the median value of the self-concept scores were placed in high self-concept group and those below it were placed in low self-concept group. The Mohsin-Shamshad Adaptation Inventory was administered to the respondents of both the groups and scores on different dimensions were obtained. Then t-test was used for the analysis and treatment of the obtained scores. The results, thus obtained were recorded in table 1.00 given below:

Table 1.00

Dimensions of adjustment	Self Concept	N	Mean	SD	SE	t	df	P
Home	High	260	14.36	12.81	0.79	2.73	478	<0.01
	Low	220	18.05	16.20	1.09			
Health	High	260	11.89	10.11	0.62	9.64	478	<0.01
	Low	220	19.12	6.28	0.42			
Social	High	260	10.46	7.27	0.45	3.92	478	<0.01
	Low	220	13.87	11.01	0.74			
Emotional	High	260	9.56	8.39	0.52	6.48	478	<0.01
	Low	220	13.71	5.68	0.38			
Total	High	260	34.12	17.88	1.11	4.21	478	<0.01
	Low	220	40.81	16.90	1.14			

The results contained in Table 1.0 clearly showed the significant effect of self-concept on adjust ment. The high self-concept group was found significantly batter adjusted in home dimension   (t-2.73, df=478), in health dimension (t=9.64,df=478, P <0.01), in social dimension (t=3.92,df=478, P <0.01), in emotional dimension (t=6.48, df=478, P <0.01) and even in total adjustment (t=4.21, df=478, P <0.01).

Thus, the hypothesis as mentioned in this study was retained. The finding can be interpreted in terms of better control of self on the part of the subject belonging to high self-concept group. This finding is consistent with the finding of Roy (1995).

(ii) Application of correlation method: Scatter Diagram method of Product moment correlation was also employed to verify the results based on t-test. In view of the nature of the data this method of correlation was found suitable and appropriate here.

Relation between Self-concept and adjustment:

An attempt was made to examine the relationship between self-concept and adjustment in its various dimensions. The self-concept inventory by Dr.S.M.Mohsin was administered to 480 respondents. Similarly, Mohsin Shamshad Adjustment Inventory (modified version) was administered to the same respondents and their scores concerning different dimensions of adjustment as well as overall adjustment were obtained. The Product moment correlation method was used for the analysis and treatment of the data concerning self-concept and adjustment. The findings thus obtained were recorded in table 2.00 given below:

Table 2.00

Variables	N	r	df	P
Home adjustment vs. Self-Concept	480	0.441	478	<0.01
Health adjustment vs. Self-Concept	480	0.413	478	<0.01
Social adjustment vs. Self-Concept	480	0.390	478	<0.01
Emotional adjustment vs. Self-Concept	480	0.381	478	<0.01
Overall adjustment vs. Self-Concept	480	0.403	478	<0.01

The results contained in Table-2.00 clearly showed a significant positive relationship between self-concept and adjustment. The self-concept of the respondents found positively and significantly related with home adjustment (r= 0.441, df=478, P<0.01), with health adjustment (r= 0.413, df=478, P<0.01), with social adjustment (r= 0.390, df=478, P<0.01), emotional adjustment (r= 0.381, df=478, P<0.01) and also with over all adjustment (r= 0.403, df=478, P<0.01).

Thus the hypothesis was confirmed. In the second section of the present study it was hypothesized that there would be a positive relationship between self-concept and adjustment regardless of other factors, which was strongly supported. The finding might be interpreted in terms of better self-control and stronger consistency of thoughts on the part of those subjects having better self-concept as compared to those having poor self-concept. This finding is in agreement with the finding based on t-test (table-1.00).

(iii) Application of Chi-square test:

Chi-square test was used as an additional test to examine the effect of all the independent variable under study on the sole dependent variable under reference. The subjects (N=480) belonging to the high self-concept group (N=260) and low self-concept group (N=220), were further divided into the high adjustment group and the low adjustment group on the basis of their scores obtained on Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory, in which higher score is indicative of poor adjustment and lower score is indicative of better adjustment. It should be noted that here only the overall adjustment was taken into consideration. Median score on the overall adjustment was taken as the cut mark. Those falling at and above the median were placed in high adjustment group and those falling below it were placed in low adjustment group percentage of the respondents falling into the high adjustment group and the low adjustment group was calculated. Chi-square test was employed to examine the significance of difference in their percentages.

Then chi-square test was used to examine the association of adjustment with personality traits and the results thus obtained relating to self-concept was recorded in Table 3.00 as given below.

Table 3.00

Showing the association of adjustment with self-concept

Level of Overall adjustment	Subjects		X^2	df	P
	High Self-concept group N=260	Low Self-concept group N=220			
High	161 (62%)	88(40%)	9.68	1	<0.01
Low	99 (38%)	132 (60%)			

It is obvious from Table 3.00, that the high self-concept group of subjects showed better adjustment than the low self-concept group to a significant extent (X^2=9.68,df=1,P<0.01).

This finding are consistent with those based on t-test (Table-1.00) and r-test (Table-2.00) given above.

5.0 Conclusion:

Based on the analysis of data presented above the following conclusion was drawn:

The high self-concept group of subjects was found more adjusted than the low self-concept group of subjects. Thus, self-concept and adjustment were found positively and significantly correlated.

6.0 References

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