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## A STUDY OF SELF-DISCLOSURE ON ADJUSTMENT

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### **Abstract:**

Under present study, the effect of Self-disclosure as a trait of personality, on adjustment is investigated. De and Singh self-disclosure Inventory was used for measuring self-disclosure of the respondents along with Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory. Self-disclosure Inventory was administered to all the respondents (N=480) and their scores were obtained. Then the median value of the scores was calculated. The respondents falling at and above the median were placed in high self-disclosure group and those falling below it were placed in low self-disclosure groups. On the basis of their scores on self-disclosure scale the respondents were divided into the high self-disclosure group (N=280) and the low self-disclosure group (N=200) taking median as the cut mark in the manner stated above. Then Mean, SD and SE of the scores were calculated for each dimension. 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 significant association of adjustment with self-disclosure. The high self disclosure group of subjects showed better adjustment as compare to the low self disclosure group of subject.

**Index Terms:** self-disclosure, home, health, social, emotional

### **1.0 Introduction**

Self-disclosure may be viewed as a process in which an individual purposefully communicates information about himself or herself. Partially, this activity can be related to the assumed importance of self-disclosure to mental health. A clean understanding of the effect of self-disclosure is very useful for all in everyday life.

People are more attracted to others whose self-disclosure is similar to their own level of disclosure and this attraction has an effect on the other's disclosure. What the subjects would discuss was found to be positively related to their characteristic level of disclosure and their attraction towards the persons to whom they would disclose themselves.

Thus self disclosure may be an enduring trait. It's influenced by interpersonal liking which is determined by a variable or variables other than altitude similarity. Perhaps the strongest finding in the clinical study of self-disclosure is that individuals are willing to disclose more about themselves to others whom they like than to others whom they dislike or regard with indifference (Fitzgerald, 1963; Halvorsen & Shore, 1969; Jourard & Lasakow, 1958; Worthy, Gray and Kahn (1969).

The assumption is that attitude similarity is a positive reinforcement (Byrne 1971) and that people are interpersonally attracted to others who are associated with the positive emotional states that are elicited by reward, the similar attitude (Lott & Lott, 1968). Knecht, Lipman and Šwap (1973) have used attitude similarity as a manipulation of interpersonal liking in a self-disclosure study. Under their study subjects perused an attitude questionnaire that had been purposely filled out by a stranger who was either similar or dissimilar to the subjects in attitude. After their perusal of the questionnaire, the subjects rated the stranger on the interpersonal judgment scale (I.J.S.) and then indicated what they would be willing to discuss with the stranger. Knecht et al. found to discuss more items with a stranger who held similar attitudes. However, based on trends in their data, Knecht et al. suggested that it was attraction (liking) toward the stranger that determined the subject's willingness to disclose and not attitude similarity per SE.

According to Byrne (1971) interpersonal attraction is directly related to the degree of attitude similarity between two people. Its self disclosure may be consciously or unconsciously influenced to motivate a person to disclose purposefully and in daily routine people disclose unconsciously. Horney (1936) has remarked that more the individual ignores his real feelings, wishes and wants, the more alienated he is from the real self. This estrangement and alienation from one's real self is at the roof of the neurotic personality of our time. Thus, self-disclosure, i.e., letting another person know what you think, feel or want is the most direct means by which an individual can make himself known to another person and it is a must for healthy mental personality (Sinha, 1953). If self-disclosure is one of the means by which healthy personality is both achieved and maintained, Jourard (1959) says that such activities as psychotherapy, counseling teaching and nursing all will fall more or less without the knowledge of disclosure of the client. Just as thermometers, sphygmomanometers disclose information about the physical state of the body; self-disclosure reveals the conscious nature of the self.

Jourard and Lasakow define self-disclosure as “the process of making self-known to another person (1958)”. Jourard (1964) has written extensively on the topic of self-disclosure by which he means one's readiness to be open and to share one's self with others. Murray (1938) listed and discussed the need for Inviolacy as one of the basic needs in his personality theory.

## 2.0 Objective and Hypothesis:

**Objective:** The study aimed at examining the effect of self-disclosure on adjustment pattern of the subject. The purpose was to examine the relation of self-disclosure with adjustment relating to home, health, social and emotional dimensions as well as with overall adjustment.

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

## 3.0 Methodology:

**(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 under 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. 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) De and Singh self-disclosure Inventory:

De and Singh self-disclosure Inventory was used in this study for measuring self-disclosure of the respondents. This Inventory was developed by De, B. and Singh, C.M. in 1985. The inventory provides a simple and quantitative measure of self-disclosure. It consists of 84 items being distributed among the three psychological dimensions, i.e. cognitive, conative and affective dimensions. Each positive item has three response alternatives and is scored as 0, 1, and 2 from lower to higher level and vice versa in negative items. Only 9 items are negative and they are 63, 73, 75, 77, 78, 80, 81, 82, and 84. Each item is concerned with only one of the three dimensions. The answering of this inventory is of the nature of a 3-point self-rating scale. Subjects are instructed to put a tick mark on one of the three answers assigned on the right hand side of each of the items which he thinks is true for him. The total composite score is simply the sum of the scores on all the 84 items, ranging from 0 (zero) to 168. Each statement of the inventory is answered as 'definite', 'indefinite' and 'doubtful'.

**(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, De and Singh self-disclosure Inventory were administered to the respondents. 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. At the end De and Singh self-disclosure Inventory 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) Analysis of obtained data:** Critical ratio test (t-test) was used to examine the significance of the two groups, each relating to self-disclosure in terms of adjustment. Scatter Diagram method of Product moment correlation was employed to examine the relationship of self-disclosure with adjustment patterns.  $X^2$ (Chi-square) test was also used as an additional device.

Using t-test the effect of the independent variable self-disclosure on the dependent variables (adjustment) was examined. Using the r-test the relationship of this independent variable under reference with adjustment was ascertained. Similarly, Chi-square test was utilized with association of this independent variable and the adjustment was examined. Keeping in view, the nature of the obtained data, it was decided to analyze the data according to the following scheme: Comparison between the high and low self-disclosure groups of subjects in terms of adjustment.

**5.0 Results and Discussion:** This section deals with the results showing the effect of self-disclosure under study on the dependent variable adjustment with its four dimensions - home, health, social and emotional dimensions.

### Self-disclosure as a determinant of adjustment:

On the basis of their scores on self-disclosure scale, the respondents were divided into the high self-disclosure group (N=280) and the low self-disclosure group (N=200) taking median as the cut mark in the manner stated above. Then Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory was administered to the respondents of each group and their scores were collected separately. Then Mean, SD and SE of the scores were calculated for each dimension. Thereafter t-test was used and the obtained results were recorded in table-1.0 given below:

Table 1.0

Dimension s of adjustment	Self Disclosure	N	Mean	SD	SE	t	df	P
Home	High	240	11.75	6.50	0.42	9.00	478	<0.01
	Low	240	6.80	5.33	0.34			
Health	High	240	7.11	6.45	0.42	4.56	478	<0.01
	Low	240	10.12	8.11	0.52			
Social	High	240	6.85	5.18	0.33	9.37	478	<0.01
	Low	240	13.22	9.18	0.50			
Emotional	High	240	10.41	9.22	0.59	3.46	478	<0.01
	Low	240	7.92	6.58	0.41			
Total	High	240	31.00	18.42	1.19	5.10	478	<0.01
	Low	240	39.77	19.23	1.24			

In the light of the results displayed in Table-1.0 the high self-disclosure group as compared to the low self-disclosure group of subjects showed better adjustment in home dimension ( $t=9.00$ ,  $df=478$ ,  $P<0.01$ ), health dimension ( $t=4.56$ ,  $df=478$ ,  $P<0.01$ ), social dimension ( $t=9.37$ ,  $df=478$ ,  $P<0.01$ ), emotional dimension ( $t=3.46$ ,  $df=478$ ,  $P<0.01$ ), and even in overall adjustment ( $t=5.10$ ,  $df=478$ ,  $P<0.01$ ).

Thus the hypothesis was retained. The finding might be interpreted in terms of more open mindedness and more flexibility on the part of the high self-disclosure group as compared to the low self-disclosure group.

#### Relation between self-disclosure and adjustment:

Using Scatter diagram method of correlation, the relationship between the scores obtained on self-disclosure scale by De and Singh on one hand and Mohsin-Shamshad Adaptation Inventory on the other by 480 respondents. The results thus obtained were recorded in Table-2.0 given below:

**Table 2.0**

Variables	N	r	df	P
Home adjustment v/s Self-Disclosure	480	0.359	478	<0.01
Health adjustment v/s Self-Disclosure	480	0.457	478	<0.01
Social adjustment v/s Self-Disclosure	480	0.334	478	<0.01
Emotional adjustment v/s Self-Disclosure	480	0.376	478	<0.01
Overall adjustment v/s Self-Disclosure	480	0.413	478	<0.01

The results contained in Table- 2.0 clearly showed positive relationship of self-disclosure with home adjustment ( $r = 0.359$ ,  $df=478$ ,  $P<0.01$ ), health adjustment ( $r = 0.457$ ,  $df=478$ ,  $P<0.01$ ), social adjustment ( $r = 0.334$ ,  $df=478$ ,  $P<0.01$ ), emotional adjustment ( $r = 0.376$ ,  $df=478$ ,  $P<0.01$ ), and over all adjustment ( $r = 0.413$ ,  $df=478$ ,  $P<0.01$ ). Thus the hypothesis of this study was retained. The findings are consistent with those based on t-test (Table-1.0).

#### Application of Chi-square test:

Chi-square test was used as an additional test to examine the effect on the independent variable under study on the dependent variable. However, overall adjustment of the respondents was taken into account as dependent variable. The subjects ( $N=480$ ) belonging to the high self-disclosure group ( $N=240$ ) and the low self-disclosure group ( $N=240$ ) 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 trait and the results thus obtained relating to self-disclosure was recorded in Table: 3.0 as given below.

**Table 3.0**

#### Showing the association of adjustment with self-disclosure

Level of Overall adjustment	Subjects		X <sup>2</sup>	df	P
	High Self-Disclosure group N=240	Low Self-Disclosure group N=240			
High	156 (65%)	72(30%)	24.56	1	<0.01
Low	84 (35%)	168(70%)			

The results contained in Table-3.0 showed strong association between adjustment and self-disclosure ( $\chi^2=24.56$ ,  $df=1$ ,  $P<0.01$ ). This finding has significant relevance or consistency with the findings based on t-test (Table-1.0) and r-test (Table-2.0) given above.

## 6.0 Conclusion:

Based on the above analysis of data the following conclusion was drawn: The high self-disclosure group of subjects showed better adjustment as compare to the low self-disclosure group of subjects. Also self-disclosure and adjustment was found positively and significantly related.

## 7.0 References

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