



## RESEARCH ARTICLE

### SELF CONCEPT OF COLLEGE STUDENTS

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#### ABSTRACT

The purpose of this study was to measure the various aspects of self-concept of college students. Self-concept is accompanied by an understanding you have of yourself that's based on your personal experiences, body image, the thoughts you have about yourself, and how you tend to label yourself in different situations. Two groups were selected one is male and the other is female, both groups have 50 students. Each group has 25 male and 25 female students. Data were collected from the Delhi and National capital Region College students. In this research paper "self-concept questionnaire" by Dr. R.K. Saraswat was used. The scale consists of 48 items. "t" test was used for analysis.

## INTRODUCTION

We judge ourselves by what we feel capable of doing, while others judge us by what we have already done. HENRY LONGFELLOW "A person who doubts himself is like a man who would enlist in the ranks of the enemy and bears arms against himself. He makes his failure certain by himself being the first to be convinced of it". Alexander Dumas

## DEFINITION

- Baumeister (1999) provides the following *self-concept* definition: "The individual's belief about himself or herself, including the person's attributes and who and what the self is".
- The self-concept is a complicated, intricate and multifaceted part of an individual's personality (Rosenberg, 1985)
- Self concept define as Lowe (1961) 'As one's attitude towards self'. And by Paderson (1965) 'As an organized configuration, of perceptions, beliefs, feelings, attitudes and values which the individual views as a part of characteristics of himself.

- Self-concepts are cognitive structures that can include content, attitudes, or evaluative judgments and are used to make sense of the world, focus attention on one's goals, and protect one's sense of basic worth (Oyserman & Markus, 1998).

## MEANING OF SELF CONCEPT

Self-concept simply means how someone thinks about themselves, evaluate themselves or perceives themselves. Self-concept is a subjective experience. It means that a person's self concept may be different from what he or she is actually like. Self concept is not static state, but developed and changes over time. It includes the persons self-knowledge, self-expectations, and self-evaluation. Self-concept guides our action, motivations, expectation, and goals for the future.

## REVIEW OF LITERATURE

K.Khirade (2012) examined that 70% students have above average self-concept while 30% students have high self-concept. Dixit (2014) found that self concept influences adjustment of women positively. Patel .P.A (2014) examined that here is a no significant difference in self-concept of women. Jain (2012) found that low and high groups of academic achievement did not show any remarkable difference with regard to six areas of self-concept.

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Srivastava, (2014) examined that there are positive correlation between academic self-concept and self-esteem of urban and rural boys and girls in both high and low facility schools.

## OBJECTIVES OF THE STUDY

- To compare the self concept among male and female college students.

## HYPOTHESIS

- There is no significant difference between self-concept of the male and female college students.

## RESEARCH METHODS

In the Present Study normative survey method of research has been used.

## SAMPLE

The sample consisted of 50 students of the Delhi and National capital Region College. All the students belong to the age group of 18 to 24. These students were selected by using simple random method.

## TOOL USED

For the data collection A self concept Questionnaire by Dr.Raj Kumar Saraswat was used. It consists 48 items. These 48 items belong to the six dimensions of self concepts such as physical, social, temperamental, educational, moral and intellectual. Each dimension contains eight items. Reliability of the Inventory was found by test- retest method 0.91 for the total self-concept measure. The reliability coefficient of various dimensions varies from 0.67 to 0.88.

## METHODOLOGY AND PROCEDURE

In the present study descriptive survey method of research was used. All the students belong to the age group of 18 to 24. These students were selected by using simple Random method.

A self concept questionnaire by Dr. Raj Kumar Sara swat given them. The questionnaire were checked and given the score of i.e.5, 4, 3, 2, 1 whether the items are positive or negative. For testing the hypothesis of the study & drawing the inference from data collected 't' test was used.

## RESULTS AND DISCUSSION

From the Table 1 it is observed that 44 students having above average self concepts and 6 students having high self concept. It means 88% students having above average self concept. There is no significant difference between physical self-concept among the male and female college students. There is no significant difference between Social self-concept among the male and female college students. There is no significant difference between temperamental self-concept among the male and female college students. There is no significant difference between Educational self-concept among the male and female college students. There is no significant difference between Moral self-concept among the of male and female college students.

There is no significant difference between Intellectual self-concept among the male and female college students.

## TESTING OF HYPOTHESIS

**Hypothesis No.1.** There is no Significant difference between the self-concept of the male and fema

le college students.

## FINDING OF THE STUDY

On the basis of analysis and interpretation of the data the following finding are drawn:

- It is found that 88% of college students have above average self concept and 12% of college students have high self concept.
- There is no significant difference between the physical self-concept among the male and female college students.
- There is no significant difference between the social self-concept among the male and female college students.

**Table 1. Showing the range of self concept among college students**

Sr. No	Range of Raw scores	Number of students	%	Interpretation
1.	193 to 240	6	12%	High self concept
2.	145 to 192	44	88%	Above average self concept
3.	97 to 144	Nil	Nil	Average self concept
4.	49 to 96	Nil	Nil	Below average self concept
5.	1 to 48	Nil	Nil	Low self concept

(Ref : Manual for Self concept questionnaire Scale by Dr.Raj Kumar Saraswat )

## Physical

**Table 2. Showing mean, SD, t value of physical Self –concept of male and female college students**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	27.28	4.412	48	0.6	NS
2.	Female	25	27.76	3.240	48		

## Social

**Table: 3 Showing mean, SD, t value of Social Self –concept of male and female college students**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	29.08	3.42	48	0.5	NS
2.	Female	25	29.72	3.68	48		

## Temperamental

**Table 4. Showing mean, SD, t value of temperamental Self –concept of male and female college students**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	28.44	4.44	48	0.22	NS
2.	Female	25	29.8	3.04	48		

## Educational

**Table 5. Showing mean, SD, t value of Educational Self –concept of male and female college students**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	27.72	4.72	48	0.16	NS
2.	Female	25	29.52	4.10	48		

## Moral

**Table 6. Showing mean, SD, t value of Moral Self –concept of male and female college students**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	30.44	3.28	48	0.48	NS
2.	Female	25	31.12	3.35	48		

## Intellectual

**Table 7. Showing mean, SD, t value of Intellectual Self –concept of male and female college students**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	26.96	3.94	48	0.78	NS
2.	Female	25	26.64	4.26	48		

**Table 8. Showing mean, SD, t value of Self –concept of male and female college students.**

Sr. No	Group	N	Mean	SD	Df	“t” value	Result
1.	Male	25	169.92	16.85	48	0.32	NS
2.	Female	25	174.6	16.02	48		

- There is no significant difference between the temperamental self-concept among the male and female college students.
- There is no significant difference between the educational self-concept among the male and female college students.
- There is no significant difference between the Moral self-concept among the male and female college students.
- There is no significant difference between the Intellectual self-concept among the male and female college students.
- There is no significant difference between self-concept among the male and female college students

However there is slight difference among male and female college students educational and temperamental dimensions of self concept. Males have low educational self concept as compared to female it could be because female are more satisfied with their academic work. Females have high temperamental self concept compared to males because females are satisfied with their emotions which they express in appropriate situations. Moral self concept is highest among all the other dimensions of both male and female this indicates that both male and female are highly satisfied with their moral values rather than the other dimensions of self concept.

### Acknowledgment

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### Conflict of Interests

The author declared no conflict of interests.

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## LIMITATIONS OF THE STUDY

- The finding of the study is based on very sample.
- The sample was restricted to Delhi (NCR).
- The study was restricted to only college students.
- The study was restricted students only 18-25 years only.

## CONCLUSION

In the present research study it is found that there is no significant difference among the total self concept and dimensions of self concept of male and female college students.

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