



“A STUDY OF SELF AWARENESS LIFE SKILL WITH REFERENCE TO ADJUSTMENT OF STUDENTS AT HIGHER SECONDARY LEVEL OF MEERUT DISTRICT”

Dr. Shelly

Assistant Professor IIMT College Of Education, IIMT University Meerut

Abstract:

A rapid change in social, moral ethical and religious values demand change in the life style of individuals. These changes are inevitable and adolescents are most affected by these changes. A self-aware person knows about his strength, desires, like, dislikes and weaknesses. It helps the students to comprehend their self-worth and develop the confidence to face the challenges of life. These changes interfere with physical, psychological and social health of adolescents needs to acquire life skills. A vital stage of growth and development marks the period of transition from childhood to adulthood. When young people extend their relationships beyond parents and family, they are intensively influenced by their peers and the outside world. Adolescents who are less motivated, less confident are engaging in antisocial activities and spoiling their valuable life. These are those abilities that enables a person to face the challenges their lives with courage which adequate for their age and experience. Life skills are large group of psychosocial and interpersonal skills. So these skills empower young people to take positive action to protect them and promote their health and positive relationship. There are ten life skills. It was not possible to study all the skills together as they have wide spread range of co-related domains.. It is the ability of identifies one's own strengths as well as weakness without any personal bias and prejudice. The dimension of self-awareness skill plays a key role in understanding the individuals with regards to their attitude, behavior and approach, both independently and within a group.

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Purpose of the study: The goal of the study is to create better self-knowledge, make adjustments and improvement accommodate for weaknesses among the student. This study brings into question one's identity by allowing one to compare themselves to other and their feedback. Therefore the purpose of this study is to examine the aspects of self-awareness and get in depth understanding of this concept. The specific focus in study will be the concept of self-awareness and its significance in education and how self-awareness is developed.

Objectives of the Study:

1. To develop “Self-awareness life skill inventory” belonging to government and public School's students at higher secondary level.

2. To study and compare 'Emotions' dimension of self-awareness life skill between government and public school's students at higher secondary level.
3. To study and compare 'self-regulation' dimensions of self-awareness life skills between government and public school's students at higher secondary level.
4. To Study and compare 'Motivation' dimensions of self-awareness life skills between government and public school's students at higher secondary level.
5. To Study and compare 'Empathy' dimensions of self-awareness life skills between government and public school's students at higher secondary level.
6. To study and compare the adjustment of students belonging to Government and public School's at higher secondary level.
7. To study and compare the self-awareness life skill of students belonging to high and low levels of adjustment group of schools.

Hypotheses of the study:

1. There is no significant different between Government and public school's students at higher secondary level on Self-awareness life skill.
2. There is no significant different between Government and public school's students at higher secondary level with reference to the 'Emotions' dimension of self- awareness life skill.
3. There is no significant different between Government and public school's students at higher secondary level with reference to the 'Self-Regulation' dimension of self- awareness life skill.
4. There is no significant different between Government and public school's students at higher secondary level with reference to the 'Motivation' dimension of self- awareness life skill.
5. There is no significant different between Government and public school's students at higher secondary level with reference to the 'Empathy' dimension of self- awareness life skill.
6. There is no significant difference between Govt. and public school's students at higher secondary level belonging to the adjustment.
7. There is no significant difference between students with high and low level of adjustment, group of schools belonging to the self-awareness life skill.

Design of the study:

The methodology used in the present study was normative survey method. In the present study, comparison was made to study self –awareness life skill and Adjustment of the students belonging to the higher secondary Govt. and public schools.

Population of the Study:

The higher secondary school students from Govt. and Public school of Meerut district/ city constituted the target population of the present investigation.

Sample of the Study: Random sampling technique was used to select the sample. In the present study 100 students of Govt. Schools and 100 students of Public schools of 12th stage will be selected from Meerut district/ city. Stratified random sampling technique will applied to select the sample.

Variables of the study:

Dependent Variables

- Adjustment

Independent Variables

- Self-Awareness Life Skill

Analysis of Data:

Self Awareness life Skills

Objective: To Study and compare the self –awareness life skill with reference to Government and Public Schools’ students at higher secondary level.

Hypothesis:

There is no significant difference between Govt. and public school’s students at higher secondary level on self awareness life skill.

Table: 1 Showing mean, standard deviation and ‘t’ score of Govt. and Public Schools’ students at higher secondary level on self –awareness life skill.

S.No.	Name of Groups	No. Of Students	Mean Scores	S.D. ‘s	‘t’ Value	Level of Significance
1.	Govt. School	100	406.13	30.93	4.82	Significant at 0.01 , 0.05 level
2.	Public School	100	384.58	32.30		

Note: Significant level at 0.05 \geq 1.97 , at 0.01 \geq 2.60

There is a significant difference between Govt. and Public Schools’ students with reference to the self-awareness life skill the students of Govt. Schools were found to have higher scores than public Schools’ students at higher secondary level with reference to self-awareness life skill. Therefore, the null hypotheses ie; “There is no significant difference between Govt. and public Schools’. Students at higher secondary level on self- awareness life skill” is not retained.

Objective: To study and compare the different dimensions of self-awareness life skill between Govt. and Public Schools at higher secondary level.

Hypothesis: There is no significant difference between Govt. and Public Schools’ students at higher secondary level with reference to the different dimensions of self-awareness life skill.

S.No.	Dimension of Self Awareness life skills	Groups	N	Mean Score	SD’s	‘t’ Value	Level of Significant
1.	Emotions	Govt. school	100	68.65	5.72	3.03	Significant at 0.01,0.05 level
		Public School	100				
2.	Self-Regulation	Govt. school	100	42.14	7.28	1.32	Significant at 0.05.level , Not Significant at 0.01 level
		Public School	100	40.69	8.14		

3.	Motivation	Govt. school	100	100.70	12.03	3.15	Significant at 0.01,0.05 level
		Public School	100	94.80	9.98		
4.	Empathy	Govt. school	100	121.51	12.35	3.52	Significant at 0.01,0.05 level
		Public School	100	116.22	12.82		
5.	Social Skills	Govt. school	100	71.05	7.31	4.87	Significant at 0.01,0.05 level
		Public School	100	64.02	10.03		

Adjustment:

Objective: To study and compare the adjustment of students belonging to Govt. and public Schools’ at higher Secondary level.

Hypothesis: There is no significant difference between Govt. and Public Schools’ students at higher secondary level belonging to adjustment.

S.No.	Name of Groups	No. Of Students	Mean Score	S.D. ‘s
1.	Govt. School	100	12.55	6.23
2.	Public School	100	19.57	08.59

Findings of the study:

The present study examined that there is significant difference between Govt. and Public School’s students at higher secondary level belonging to the adjustment.

- The present study examined that there is significant difference between Govt. and Public School’s students at higher secondary level belonging to the ‘Emotional ‘adjustment.
- The study was conducted that there is significant difference between the students with high and low adjustment group of school’s belonging to the self-awareness life-skill.
- It was found that there is a significant difference between the students with high and low levels of adjustment groups of schools, belonging to the self-regulation’ aspect of self –regulation ‘, aspect of self-awareness life skill.
- It was found in the present study that there is significant difference between the students with high and low levels of adjustment, group of schools’ belonging to the ‘Motivation’ aspect of self-awareness life skill.
- It was revealed that there is significant difference between the students with high and low levels of adjustment group of school’ belonging Empathy aspect of self- awareness life skill.

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