



## SELF-CONCEPT OF ADOLESCENTS

## Home Science

**Ragavarthini. S**

Research Scholar, Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043

**G. Padma Priya\***M.Sc, M.Phil, Assistant Professor, Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043  
\*Corresponding Author

## ABSTRACT

Adolescence is a period of changes from childhood through adulthood and crisis, chaos during this stage is the normal for transformation. Self-concept represents, the total of adolescent belief about himself and herself in areas where achievement is important. This research examines the self-concept in Coimbatore City in a group of 50 adolescents aged between 14 and 18 years. The questionnaire was constructed by R.K. Saraswat, which has six dimensions, namely intellectual, educational, temperamental, physical, social, and moral. The test has 48 items with eight items falling under each dimension. The outcome revealed that the overall adolescent self-concept was found as positive. Adolescents overall self-concept was found as 78.7 percent has above average, and 21.3 percent is high. The conclusion from the preliminary study is that there is no evidence of a chaotic self-concept during adolescence. Hence, the study can be carried out for a larger group of adolescent in the future.

## KEYWORDS

Self-concept, Adolescent, Physical Dimensions

## INTRODUCTION

The adolescent's transitional phase was regarded as a period of psychological chaos and crisis. It also opined as to the stage of great storm and stress and developed the capacity of abstract thinking. On the positive aspect of this stage, it is also stated as the wide opportunity for learning growth, and maturation for adolescents. (Orr, P. 2013).

Self-concept is characterized as the concept, or image individuals possess, especially capacities (cognitive, psychosocial) and worth (good or bad) they place on their self-assessments. (M. Gussy N. Kilpatrick, 2006).

Self-concept features a vibrant nature; it begins in adolescence, continues to progress in the various phases of the growth of life. In adolescence, the most important changes and more specific self-concept expression happen. Self-concept is a multidimensional cognitive structure that defines the inner representation of individuals' physical appearance, social appreciation, athletic, and scholastic and behavioral capacities. (Manuela Ferreira et al. 2014). Mark A. Ferro, 2012 opines as the most significant element of adolescent cognitive functioning and growth and is highly influential by belief and interpretations of significant individuals in adolescents' life.

In this adolescent stage, interpersonal environments undergo fast change and assume new social roles, which are likely to contribute to self-concept modifications. Besides being able to reflect on one's characteristics and preferences, the self-concept also includes the capacity to think about what you are probably to do in a specified scenario. (Sebastian, Burnett and Blakemore 2008).

He trusts himself, has good academic achievement motivation, and accepts any difficult situation in life. (T. Aruna Bharathi, Dr. P. Sreedevi 2016).

In adolescence, negative self-concept is associated with both internal behaviors such as depression and nervousness and external behaviors such as delinquency and hostility. (Ybrandt, H. 2008). An adolescent with good self-concept is probably to pursue analytical thinking for the problems, and they are innovative, inspired, unique, and spontaneous. He has confidence in himself, a strong motivation for academic accomplishment, and accepts any challenging scenario in life. (T. Aruna Bharathi, Dr. P. Sreedevi 2016).

There are two fundamental sources of information that we use to construct a self-concept. Direct assessments of 'what we resemble' can be abstracted from our responses to past occasions and experience while the reflected assessments result from our conviction about how

others look us. (Sebastian, Burnett and Blakemore 2008).

Internal consistency of self is must to interpret our own experience and to realize the individual level of expectations. (Karimi Muthuri and Nyaboke Arasa 2017)

## 1.2 Objective

The objectives of the study is

- To study the overall self-concept of adolescents in cotton cities of Coimbatore.

## Methodology

## Selection of Sample

The population for the present study was constituted adolescents of higher secondary school in Coimbatore city. Fifty adolescents consisting of 28 boys and 22 girls of the age group of 14 to 18 years, were selected for the present study.

## Tools

General background questionnaire is used to find out the socio-economic status of the respondents.

In this research, the investigator used the Self-Concept Questionnaire, which was constructed by R.K. Saraswat, which has six dimensions, namely physical, social, temperamental, educational, moral, and intellectual. This tool was designed for adolescents ranging 14 to 18 years of both sexes.

## RESULTS AND DISCUSSION

Table I Overall Self-Concept of selected Adolescents

S.No	Overall Self-Concept		N (50)	%
	Raw Score	Interpretation		
1	193 to 240	High self-concept	11	22
2	145 to 192	Average self-concept	39	78
3	97 to 144	Low self-concept	0	0

It is encouraging that more than half (78%) of the respondents stated to have an average level of self-concept, which indicates that self-evaluation or perception on their self is positive and beliefs about their attributes. Only a few (22%) of the adolescents tended to have a high self-concept. It is pleasing to know that none showed low self-concept.

Studies by Rath and Nanda (2012) found that scholastically proficient adolescents are good in moral, personal, physical, social, family, and global self-concept than less proficient adolescents. Boys have higher personal and social self-concept than girls. Likewise, the association of social and global self-concept, in addition, physical and global self-concept, was high in girls than boys.

**Table II: Dimensions of Self-Concept of adolescents (N=50)**

Dimensions - Self Concept	High		Above Average		Below Average	
	N (50)	%	N (50)	%	N (50)	%
Physical	7	14	36	72	7	14
Social	23	46	25	50	2	4
Temporal	19	38	28	56	3	6
Education	23	46	25	50	2	4
Moral	21	42	29	58	0	0
Intellectual	5	10	37	74	8	16

The majority (72%) of the respondents were reported to have an average level of physical self-concept, which means that most of them are physically active and healthy whereas only a few (14%) of the respondents found to have a high and low level of self-concept. And that the above table concludes that they are aware of their physical appearance, health and strength.

It is surprised to find that the majority of the respondents were reported to have an average level (50%) of social self-concept, it shows that the selected respondents have the sense of worth in social interactions. Nearly half (46%) of the respondents were socially high in their self-concept. While assessing social self-concept, it is pleasing to know that only 4 percent of the selected adolescents have a low self-concept.

### CONCLUSION

This study examined the self-concept of adolescents at Coimbatore city. The study found that among all dimensions of self-concept, it signifies above the average level, which indicates the self-evaluation or perception of their self is positive and beliefs about their attributes. Negative self-concept among adolescence is associated with various emotional problems and maladaptive behavior, which need to be addressed immediately as adolescents are much essential for the progress of any society. It concludes from the preliminary study that they are aware of their physical appearance, health and strength, and it clearly indicates that there is no evidence of a chaotic self-concept in adolescence.

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