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## A STUDY OF SELF CONCEPT AND ADJUSTMENT PROBLEMS OF PROSPECTIVE TEACHERS

Dr. G. Sivakumar<sup>1</sup> and Dr. M. Mahendraprabu<sup>2</sup>

<sup>1</sup>Assistant Professor in Education, College of Education, Alagappa University, Karaikudi, Tamil Nadu.

<sup>2</sup>Assistant Professor, Department of Education, Alagappa University, Karaikudi, Tamil Nadu.

### ABSTRACT :

**T**he present study was conducted secondary teacher training students. The purpose of the present investigation was to study the level of Self concept and Adjustment problems with reference to some selected variables. This study indicated significant relationship among the variables. The study may be found to be useful in the field of education. The findings of this study may serve as a data base for the future research. Therefore this study suits to the above mentioned quotation to implement the findings, recommendations and suggestions in the classroom situation at higher education level.

The purpose of the present investigation was to study the level of Self concept and Adjustment problems with reference to some selected variables were the entire sample taken for this study. This study



indicated significant relationship among the variables. The study may be found to be useful in the field of education. Descriptive analyses, and correlation analysis, were made. The findings of this study may serve as a data base for the future research. Therefore this study suits to the above mentioned quotation to implement the findings, recommendations and suggestions in the classroom situation at higher education level.

**KEY WORDS:** Self concept, Adjustment Problems, Prospective - Teachers.

### INTRODUCTION:

Education encompasses both the teaching and

learning of knowledge, proper conduct, and technical competency. It thus focuses on the cultivation of skills, trades or professions, as well as mental, moral and aesthetic development. Education plays an important role in the progress of an individual's mind and country. Ignorance and poverty are major speed-breakers in the swift developing country and can be overcome easily through education. A person who is educated has a certain aura around him, of dignity and wisdom. Education is everything. People are made aware of what is going on in the wide world and can understand these issues and take necessary that

no job is low. Education tames the astray mind, nurturing its capabilities the same way training builds a clever dog. Formal education consists of systematic instruction, teaching and training by professional teachers. Education systems are established to provide education and training, in most cases for children and the young. A curriculum defines what students should know, understand and be able to do as the result of education. A teaching profession delivers teaching which enables learning, and a system of policies, regulations, examinations, structures and funding enables teachers to teach to the best of their abilities.

**Adjustment**  
Adjustment is the process of getting along with one's own self and with others. It is the process by which a person varies his behaviour to produce a more harmonious

relationship between himself and his environment. Its aim is to gratify the needs by reducing frustrations and tension to the lowest minimum. Whenever a child is restless, aggressive or impudent, he is making an adjustment to life. When his need is satisfied, he becomes well adjusted.

### SIGNIFICANCE OF THE STUDY

Teachers play a vital role in determining good self concept and adjustment of the children. Teacher is the only trained and professional person who has regular contact with the students. A teacher is better than the parents to identify the problems of his children. If the teacher is guided through refresher courses it will be useful to eradicate the problems among the pupils.

Thus this study is very helpful for the future teachers and educational administrators to improve the self concept and understand the adjustment problems of their students. Keeping in mind the significance and need of good self concept and its relationship with adjustment, the study has been undertaken to find out the level/relationship/influence between these two variables.

#### Statement of the problem

The investigator has selected the present study with the aim to know, if any, influence or relationship between Self Concept and Adjustment Problems of Prospective Teachers. Therefore the study has been entitled as "A STUDY OF SELF CONCEPT AND ADJUSTMENT PROBLEMS OF PROSPECTIVE TEACHERS".

### Operational definitions of key terms

1. Self Concept
2. Adjustment

### The following are the dimensions:

- i. Home Adjustment
- ii. Health Adjustment
- iii. Social Adjustment
- iv. Emotional Adjustment
- v. Educational Adjustment

### 3. Prospective Teachers

The students who are studying the B. Ed course in the colleges of education. Minimum qualification for entering the B. Ed course is graduation. Duration of the course is one year.

### Objectives

To find out significant relationship between self concept and its dimensions and adjustment problems and its dimensions of prospective teachers with reference to their background variables such as

- i. Gender
- ii. Locality of college
- iii. Type of college

### Hypotheses of the study

- There is no significant relationship between self concept and adjustment problems of prospective teachers with reference to their locality of college.
- There is no significant relationship between self concept and adjustment problems of prospective teachers with reference to their type of college.
- There is no significant relationship between self concept and adjustment problems of prospective teachers with reference to their major subject.

### Delimitations of the study

An Investigator cannot be perfect in all its aspects. The present investigation is undertaken with the following limitations.

- The sample was restricted only to 390 Prospective Teachers
- Standardized tools alone were used in this investigation

### METHOD ADOPTED FOR THE PRESENT STUDY

Considering the nature of the problem under investigation and nature of the data required for study it was decided to adopt "Survey" as a method of collecting data relating to 'the Level of self concept and Adjustment Problems of Prospective Teachers'. The survey method is useful to gather data from relatively large number of cases at a particular time.

### Variables under the study

Variables are conditions or characteristics that the experimenter manipulates, controls, or observes. There are three variables presented in this study. They are,

- i. Independent variables
- ii. Dependent variables
- iii. Background variables

### TOOLS USED IN THE PRESENT STUDY

Various devices may be used to collect unknown data required for the investigation. These devices are called tools. The selection of suitable tools is of great importance for successful research.

By keeping the various objectives of the study in mind the following tools were used by the investigator for collecting the data.

1. Personal Data Form
2. Self Concept Inventory
3. Adjustment Inventory for College Students

### Description of the tools

A brief description of the tools are given below

1. Personal Data Form
2. Description of Self-Concept Inventory

The self-concept inventory was constructed and developed by Dr. R.K. Saraswat (1984). The inventory provides six separate dimensions of self-concept, viz., physical, social, intellectual, moral, educational and temperamental self-concept.

### Reliability

Reliability of the inventory was found by test-retest method and it was found to be 0.91 for the self-concept measure. Reliability coefficients of its various dimensions varies from 0.67 to 0.88. The following tables show the test-retest reliability for each dimension.

### Validity

Experts opinion were obtained to establish the validity of the inventory. 100 items were given to 25 psychologists to classify the items to the category to which it belongs. Items of highest agreement and not less than 80% of agreement were selected. Thus the content and construct validity were established by the author of the tool.

The adjustment inventory for college students was constructed and developed by A.K.P Sinha and R.P. Singh (1980). The inventory consists of five separate dimensions of adjustment, viz, home adjustment, health adjustment, social adjustment, emotional adjustment and educational adjustment (appendix – III).

### Scoring

Adjustment inventory has 102 statements (Home adjustment – 15 statements: Health adjustment – 15

statements: Social adjustment – 19 statements: Emotional adjustment – 31 statements: Educational adjustment – 21 statements) and against each statement, TWO alternative responses of “YES” and “NO” are given. A score of “1” is given for any response that shows a “LACK” of given for any response that shows adjustment. Thus the higher the score, the lower will be the level of adjustment in this inventory. It

**Population for the study**

K.S. Sindhu (1984) says, “A population is any group of individuals that have one or more characteristics in common that are of interest to the researcher’. The population consists of six colleges of education, affiliated to the Tamil Nadu Teacher Education University.

**Sample for the study**

The sample for the present study has been selected using random sampling techniques. Based on the nature of college and type of the college and location of the college, six colleges of education were randomly selected from Thanjavur districts.

The sample consisted of 390 prospective teachers from above mentioned colleges of education. In this, 200 were male respondents and 190 were female respondents.

**Collection of data**

The investigator after the preparation of questionnaire met the prospective teachers who were studying in the selected colleges of education. After getting the prior permission from the principals of the respective institutions and the investigator got the questionnaire filled up. The investigator administered 415 questionnaires. From that in completed scripts were replaced and completed 390 scripts were chosen for the study.

**Statistical techniques used for the present study**

Depending upon the nature of the hypotheses and the objectives of the present study the investigator used the following statistical techniques for analyzing and interpreting the data.

1. Arithmetic Mean
2. Standard Deviation
3. ‘t’ – test
4. Analysis of variance (ANOVA)
5. Chi-square test ( )
6. Pearson’s product moment correlation ( )

**Statistical analysis of data**

1. There is no significant relationship between self concept and adjustment problems of prospective teachers with reference to their locality of college.

**TABLE 1  
RELATIONSHIP BETWEEN SELF CONCEPT AND ADJUSTMENT OF PROSPECTIVE TEACHERS WITH REFERENCE TO THEIR LOCALITY OF COLLEGE**

Locality of college	N	Σx	Σy	Σx <sup>2</sup>	Σy <sup>2</sup>	Σxy	df	Calculated ‘γ’ value	Tabulated ‘γ’ value	Remarks at 5% level
Rural	243	44154	9574	8292428	393498	1711255	241	0.428	0.139	S
Urban	147	28770	6028	5517864	257864	1134456	145	0.579	0.139	S

In the above table, since the calculated ‘γ’ value (0.428) is greater than the table ‘γ’ value (0.139) for degrees of freedom (241) at 5% level of significance. Further it reveals that the calculated ‘γ’ value (0.579) is greater than the table ‘γ’ value (0.139) for degrees of freedom (145) at 5% level of significance. Hence the null hypothesis is rejected. It reveals that there is a significant relationship between rural and urban college

prospective teachers in their self concept and adjustment problems.

2. There is no significant relationship between self concept and adjustment of prospective teachers with reference to their type of college.

**TABLE 2**  
**RELATIONSHIP BETWEEN SELF CONCEPT AND ADJUSTMENT PROBLEMS OF PROSPECTIVE TEACHERS WITH REFERENCE TO THEIR TYPE OF COLLEGE**

Type of college	N	$\Sigma x$	$\Sigma y$	$\Sigma x^2$	$\Sigma y^2$	$\Sigma xy$	df	Calculated ' $\gamma$ ' value	Tabulated ' $\gamma$ ' value	Remarks at 5% level
Govt.	145	28170	6028	5517984	257864	1134456	147	0.579	0.196	Significant
Self finance	243	44154	9574	8292428	393498	1711255	241	0.428	0.139	Significant

In the above table, since the calculated ' $\gamma$ ' value (0.579) is greater than the table ' $\gamma$ ' value (0.196) for degrees of freedom (147) at 5% level of significance. Further it reveals that the calculated ' $\gamma$ ' value (0.428) is greater than the table ' $\gamma$ ' value (0.139) for degrees of freedom (241) at 5% level of significance. Hence the null hypothesis is rejected. It reveals that there is a significant relationship between government and self-finance college prospective teachers in their self concept and adjustment problems.

3. There is no significant relationship between self concept and adjustment problems of prospective teachers with reference to their major subject.

**TABLE 3**  
**RELATIONSHIP BETWEEN SELF CONCEPT AND ADJUSTMENT PROBLEMS OF PROSPECTIVE TEACHERS WITH REFERENCE TO THEIR MAJOR SUBJECT**

Non Subject	N	$\Sigma x$	$\Sigma y$	$\Sigma x^2$	$\Sigma y^2$	$\Sigma xy$	df	Calculated ' $\gamma$ ' value	Tabulated ' $\gamma$ ' value	Remarks at 5% level
English	89	16709	3641	3216603	155165	674334	87	0.415	0.220	Significant
Maths	74	13347	2950	2494385	121956	521202	72	0.559	0.220	Significant
Physical Science	73	13388	2948	2529282	124036	535974	71	0.424	0.220	Significant
Bio Science	79	14806	3043	2853386	123625	556821	77	0.601	0.220	Significant
Social Science	75	14074	3020	2716756	126580	557380	73	0.481	0.220	Significant

In the above table, since the calculated ' $\gamma$ ' value (0.451) is greater than the table ' $\gamma$ ' value (0.220) for degrees of freedom (87) at 5% level of significance. Further it reveals that the calculated ' $\gamma$ ' values (0.559), (0.424), (0.601) and (0.481) is greater than the table ' $\gamma$ ' value (0.220) for degrees of freedom (72), (71), (77) and (73) respectively at 5% level of significance. Hence the null hypothesis is rejected. It reveals that there is a significant relationship between self concept and adjustment problems of prospective teachers in their major subject.

## FINDINGS

- There is significant relationship between rural and urban college prospective teachers in their self concept and adjustment problems.
- There is significant relationship between government and self-finance college prospective teachers in their self concept and adjustment problems
- There is a significant relationship between self concept and adjustment problems of prospective teachers in

their major subject.

### EDUCATIONAL IMPLICATIONS

On the basis of analysis of data, the hypotheses were tested and verified general conclusions that emerged were.

- i. Self-concept and its dimensions of prospective teachers are affected by certain background variables.
- ii. Adjustment problems are also affected by certain background variables.
- iii. Education is everything; through this a new generation is formed.
- iv. The heads of institution, management and authorities are responsible for developing a

### RECOMMENDATIONS

1. Self concept and adjustment problems should be included as an important component in the teacher education curriculum.
2. Administrative authorities should take care for the selection of teacher educators with good self concept and adjustment abilities.
3. The recruiting authorities may consider self concept and adjustment is an important criteria for selecting teachers at all levels of education.

### SUGGESTIONS FOR FURTHER STUDY

The investigator has completed the study by taking the students of six colleges of education affiliated to Tamil Nadu Teacher Education University in Thanjavur district. A number of problems were raised in the course of discussion of the findings in the present research. The following are some specific areas to which will be given to attention of further research may be undertaken.

- 1.The present study was confined to a representative sample of prospective teachers only. It is therefore suggested that the similar studies can be replicated at upper primary, secondary, higher secondary, college students, M. Phil level and teachers.
- 2.The present study has been done only in the colleges of Thanjavur district, similar study can be done comparing different districts.
- 3.A similar study may be attempted on a sample of different age group and different classes.

### CONCLUSION

The purpose of the present investigation was to study the level of Self concept and Adjustment problems with reference to some selected variables. This study indicated significant relationship among the variables. The study may be found to be useful in the field of education. The findings of this study may serve as a data base for the future research. Therefore this study suits to the above mentioned quotation to implement the findings, recommendations and suggestions in the classroom situation at higher education level.

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**Dr. G. Sivakumar**

**Assistant Professor in Education, College of Education,  
Alagappa University, Karaikudi, Tamil Nadu.**

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