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A STUDY ON EFFECT OF PSYCHO EDUCATIONAL TRAINING ON SELF HELP GROUP WOMENS

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ABSTRACT: -

The study was designed to analyze the effect of psycho education training on self help group women. A quasi experimental research design was used for this study. Purposive sampling technique was drawn from the population of self help group women's. 50 women belonging to various self help groups in Chennai were included in the study. The self esteem inventory developed by Karunanidhi (1996), which consisted of 83 items were employed. The results revealed that the psycho education training was effective and was found to be useful in increasing their self esteem, which was evident from the post test scores.

KEYWORDS: Psycho education, self help group and self esteem.

INTRODUCTION

"Self esteem is a term used in psychology to reflect a person's overall evolution or appraisal of his or her own worth". Self esteem enhances every facet of our lives. It enhances over work and family relationship, our performance and productivity, our mental health and happiness our physical health and well being.

Self help group (SHG) of women in India have been recognized as an effective strategy for the empowerment of women in rural as well as urban areas. Being women together from all spheres o life, to flight for their rights or a cause. Since the overall empowerment of women is crucial dependent on economic empowerment, women through the SHG work on a range of issues as health, nutrition, forestry, agriculture etc. beside income generation activities

According to Coppersmith(1967), self esteem is a " personal judgment of worthiness that is expressed in the attitudes that an individual holds towards himself. It is

the subjective experience which the individual conveys to others by verbal reports and other overt experience behavior".

Many studies also suggest that women's benefit from psycho education training on self esteem. For the better well being, confidence and acceptance of oneself (Ridge 2009; Hopper et al 2007; Eldred et al. 2004; Creed 1998; Peterson.S.R, Wells. M.G;Bender.R.L 1989)

NEED OF THE STUDY:

People come together to form SHG where they are mutually aided to overcome common problems. The main focus has been on the weaker sections particularly



women for their social defense. There are many changes that they have to undergo emotionally and socially. Hence during this time it is important for SHG women to establish an identity of their own and feel worth about themselves to able to make choices responsibility and confidentiality. Therefore self esteem plays an important role in the personality development and empowerment in women. A healthy dose of self esteem helps women to maintain a positive attitude, which aids in a number of life skills.

PROBLEM:

To measure the effect of psycho educational training on self esteem towards empowering the self help group women's.

OBJECTIVE:

To find out the effect of psycho educational training on self esteem towards empowering the self help group women's.

RESEARCH DESIGN:

A quasi experimental research design was used for this study. The independent variable employed in the study is the training program on self esteem. The effect of variable on self esteem (dependent variable) of the women's in SHG was explored.

A purposive sampling was drawn from the population of SHG women's. 50 women belonging to various SHG amjikai, Chennai were included in the study with respect to availability of samples, case of administration and collection of data.

TOOL DISCRPTION:

The tool employed in the study was: self esteem inventory developed by Karunanidhi.S (1996). It consisted of 83 items in the form of statements. It has both positive and negative items. Categories are well mixed to reduce the halo effect and the logical error, and double barreled statements are avoided.

PROCEDURE FOR ADMINISTRATION:

The SHG were first selected and the purpose of the study was explained to them so as to create a relaxed atmosphere at the outset. The president of the SHG was requested to inform the women's about the study and get them collected at the center for investigation.

The questionnaire was first used to study the level of self esteem of the women (pre test). The SHG women's were then given psycho education training (20 sessions of 2 hours each) on self esteem and then the same questionnaire was used to test the increase in self esteem of the respondent women (post test).

PSYCHO EDUCTAION TRAINING:

The main strategies used during the entire psycho education training program session were:

- Discussion
- Interactive activities and games
- Group activities
- Feedback
- Role plays
- Stimulating exercise
- Lecture
- Mentoring

STATISTICAL ANALYSIS:

Descriptive statistics and paired "t" test was used to analyze the data collected.

RESULTS AND DISCUSSION:**Table 1: represents the comparison between the pre test and post test on the self esteem of the women in the SHG**

Self esteem	N	Mean	S.D	“t” value
Pre test	50	230.10	18.10	13.09**
Post test	50	249.20	12.98	

Note: **significant at .01 level

The “t” value (13.09) shows that there is a significant difference in the pre test and post test on the self esteem of the women in the SHG after providing the psycho education.

CONCLUSION:

The psycho education training program was effective for SHG women and was found to be useful in increasing their self esteem which was evident from their post test scores.

LIMITATION OF THE STUDY:

1. More members of the sessions could be given to maintain the changes over the period of time.
2. There was no control group to compare the effectiveness of psycho education program.

IMPLICATION OF THE STUDY:

1. The present study focused certain psychosocial problems specific to the women’s SHG.
2. This provides the insight and awareness to understand the problems of the women’s SHG.
3. Since the psycho education program was effective in reducing the psycho social problems and this should be imparted to the entire women SHG as a program.

SUGGESTION FOR FURTHER RESEARCH:

1. Control group can be used to prove the effect of the program.
2. Studies to promote the well being of women self help group.
3. Comparative studies can be done between the SHG women’s and non SHG women’s.

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