CHAPTER V

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Out of the interaction of the organism and the environment, and in particular the interaction with significant others, there gradually emerges a structure of self, or a concept of "who am I". As young children interact with significant others, in the process of actualization, they acquire ideas about themselves, their world and there relationship to that world. They experience things that they like or dislike and things that they can or cannot control. Those experiences that appear to enhance one’s self are denied and rendered foreign to the self. From such descriptions it appears that the concept of self is formed and established during the early age. It is true also, but it does not mean that this established self concept remain static or unchanged. On the contrary, often changes in the self concept take place many times. For example, when one changes his/ her religion radical change in the self concept takes place. An individual, after being unemployed for a couple of years, gets job remarkable change is observed in his self concept. In other words there are many factors that bring in changes in the self concept of the individual. In present study impact of nature of work, anxiety and SES on the different types of self concept was studied. In addition to that, the effect of these three factors on adjustment in four different areas was examined.

The first type of self concept was physical self concept (PSC). It was assumed that the working women develop significantly better PSC than the nonworking women. Results supported the assumption strongly. The Ss who were termed as non-working were housewives, who had relatively much less opportunities of interacting with others, obviously, after some days they became aware about their physical self concept; on the other hand the working women probably had to be aware of their PSC. It does not mean that nonworking women are not aware of their appearance, they definitely are and at times, they exhibit so. But compared to them, the working women had to be much aware of their physical appearance, and probably this reason is mostly responsible for enhancing their PSC.
Anxiety is an emotional state characterized by a vague fear or premonition that something undesirable may happen. Anxiety is a kind of feelings of insecurity in which the environment as a whole is dreaded because it is seen as an unrealistic, dangerous, unappreciative and unfair. Anxiety plays important role in shaping the self concept. Those who have high anxiety, they find it difficult to take proper decisions. They are likely to make errors in their judgments. Such individuals are likely to develop faulty self concept. In present study it was hypothesized that the Ss having low anxiety develop significantly better PSC than that of those who have high anxiety. Results supported the assumption. In fact it is difficult to find an individual who is free from anxiety. One can have less anxiety or more anxiety. Those females, who have more vague fear or premonition that something undesirable may happen, are not likely to judge themselves correctly. It is probably true regarding their PSC.

The third independent variable, of which effect on six different types of self concept and four areas of adjustment, was examined was SES. In fact SES directly influences the development of self concept. Low socio-economic status means poor and unclean living conditions, absence of hygiene, lack of nutritious food, non-availability of necessary amenities that are must for the development of an individual. Students from LSES are enrolled in low grade schools, as a result most of there abilities could not be developed. No doubt LSES results in developing lower self concept. The Ss with HSES are more likely to develop better self concept, because HSES means availability of possible amenities needed for development, better living conditions etc. results of present study demonstrated that the Ss with HSES developed significantly better PSC than the Ss with LSES.

Social self concept of the working women was significantly better than that of the non-working women. The limited world of non-working women does not provide them opportunity to participate in different events taking place in the society. Secondly, they rarely could observe how people from different walks of life behave in different occasions and at different places. In other words, they get extremely few occasions through which they can imitate behaviour of others. The working women practically everyday get such occasions to observe others and if necessary imitate socially appreciated behaviour, that helps in developing better social self concept.
Results of the study revealed that the Ss who were having low anxiety developed significantly better social self concept than the Ss having high anxiety. Developing better social self concept, to a considerable extent, depends upon how well the individual adjusts in the society. Mainly due to vague fear the individuals having high anxiety fail to adjust well or satisfactorily in social occasions. This puts them in an embarrassing situation, that probably results in developing inferior social self concept. The Ss having low anxiety make attempt to behave normally in different social occasions, they do not have to experience embarrassing situations. Their successful adjustments in different occasions definitely help them enhancing their social self concept.

Every society has its specific social codes and norms of behaviour. For different occasions different norms of behaviour are appreciated, deviations from the norms and the codes are looked down upon even today. The Ss from LSES rarely get opportunities to learn those so called sophisticated norms of behaviour. Often they can’t afford them. Norms and codes of the sophisticated societies are generally accepted in public places. The HSES Ss who had an opportunity to observe and learn those socially accepted behaviour should have exhibited better SSC, but the results showed a different picture. The Ss coming from LSES background had shown significantly better SSC than those who were having HSES background. These results indicate that the HSES Ss are fast rebelling against the long established norms of society, whereas the Ss with LSES still respect their social norms and approved way of behaviour. Results went contrary to the assumption.

All over the world, in most countries, there was dominance of the males; even today it is there. Though in many fields the females are working equally well as the males are, there is supremacy of males in almost all the cultures. They perceive themselves intellectually superior to females. But among the females, now a days, it is commonly observed that those who are employed they are perceiving themselves superior to those who are not employed. Obviously, it was assumed that the intellectual self concept (ISC) of the working women is significantly better than that of non-working women. Results supported the assumption. The reasons are those who are just housewives, they have to face the challenging situations rarely. Those who are working outside the home have to face challenging situations more often. Naturally, when they face such situations successfully, they experience satisfaction and start perceiving themselves as intellectually
superior. In other words the working women get opportunities to enhance their ISC, and hence, in present study the working women exhibited significantly better ISC than non-working women.

Factor of anxiety was also found closely associated with the ISC. The Ss having low anxiety exhibited significantly better ISC than the Ss having high anxiety. These results are in line with assumption of study. Due to unreasonable anxiety people find it difficult to judge themselves, their ability and capacities too. In present study, the high anxious Ss might have under-evaluated their intellectual abilities. The low anxious Ss on the other hand could take their decisions normally and judge themselves as intellectually normal or better. Due to anxiety the high anxious Ss might have faced some embarrassing situations that might have resulted in lowering down their ISC. In fact all of us acquire fears through conditioning process. We learn to process to these isolated fears particularly if our ongoing activity in later life causes us to associate desirable results with those situations which we formerly feared. Those who have high anxiety, their fears are most disturbing to them because they are cumulative ones, and they are acquired on a background of general insecurity. Obviously, those kind of fears distort the images of those persons.

In fact ISC and SES may not necessarily be very strongly associated to each other, of course, one can expect moderate relationship between ISC and SES. In present study, however, among the three major factors, the SES was found the most influential in shaping ISC. The Ss having HSES reported significantly better ISC, than those who had LSES. The low SES Ss in the absence of adequate learning material and educational facilities might have underrated themselves intellectually. Even the bright children from poor families can not shine in the society as they do not get opportunities to use their talents. Ultimately they develop poor ISC. When the SES is high, the academic atmosphere is generally better. These people enroll their children in star institutions where not only the facilities are available for development of intellectual abilities but guidance is also made available for developing these abilities. Such Ss are bound to develop better ISC. In present study probably because of these reasons the Ss having HSES developed significantly better ISC than the Ss having LSES.
Concept of morality is much different in Indian culture, than what is seen in western culture. The so called modernization among the Indian youths is mostly at surface level. Morality is laid more on females in Indian society. The working women, soon find that whatsoever were taught to them as moral codes cannot be observed in while interacting with the colleagues and other people. To be successful in the profession or vocation the working women have to shed away their tradition, outdated manners, and opt for new codes of conduct that are useful for successful adjustment in workplace. Gradually, it results in modifying the traditional concept of morality. Non-working women are mainly confined to the home and hence, they do not realize the need of modifying their well established concepts of morality. Results of present study clearly showed that the non-working women had significantly better MSC than the working women. Probably, the working women atleast at subconscious level realized that they had deviated to some extent from the norms and codes of morality of their society. This realization is generally more among married women than unmarried young girls. In present study all the participants were married. The dilemma of playing dual role is most common in Indian culture, rather it is an inseparable part of Indian culture. What the Indian culture preaches is much different than what the followers of Indian culture practice.

No significant difference in the MSC of high anxious and low anxious women was observed. The Ss having high anxiety and those having low anxiety both developed more or less similar MSC. It seems that due to unreasonable fear the high anxious Ss might have preferred to be confined to the moral codes and norms. The low anxious Ss probably might have realized the importance of moral codes, as the deviations from them often create problems for the family and society also. The possibility, that in the development of MSC, anxiety does not play any remarkable role could not be ignored.

Development of MSC and SES were found closely associated to each other. In every society the moral codes are established by those who are relatively better socio-economically. Those who have LSES, they are generally dependent for one or the other reasons on those who are socio-economically better. The Ss from LSES are mostly engaged in earning there livings, especially fulfilling their basic necessities. They are victims of their ignorance and traditions. Religious teachings, even if they are illogical and unscientific, they are religiously followed by them. The Ss from HSES generally
accept the changes that are favourable to them. Moreover they take decisions about what is socially approved or disapproved conducts. Their perception towards their behavioural characteristics are positive, as a result they probably develop significantly better MSC than that of LSES Ss, who when compared their behaviour with that of HSES Ss, think that their behaviour is not upto the standard. Probably due to this they develop poor MSC. Of course, there might be some other factors also, which had influenced development of MSC.

Emotional self concept (ESC) is an important self concept, which is important especially for adjustment in different fields of life. For developing ESC, one has to introspect about ones own reactions given to different stimuli. Also, if possible to think over the reactions given by others. Obviously, both the working as well as non-working women get this opportunity and many a times they might have introspected about their reactions given in specific conditions. Directly or indirectly they might have heard the reactions of others about their behaviour. Through this if one learns lessons and bring in positive changes in ones behaviour, it is possible to improve ones global self concept and especially ESC. The women who are just housewives often neglect the duty of evaluating their own emotional reactions, because, all these reactions are related to their own people. They just take it for granted the behaviour of their important family member. In case of working women, at workplace and outside their homes, they have to be much aware about their reactions and behaviour, because their reactions or behaviour are being observed by others. It forces them to keep control on their emotional reactions. Through this process they learn to evaluate their own emotional reactions, which ultimately results in development of superior ESC. Results of present study showed that the working women had significantly better ESC than the non-working women. These results were in line with the assumption of study.

Anxiety and ESC are strongly associated to each other. High anxiety might distort the development of ones ESC. Their adjustments in different areas are likely to be affected. Obstacles in the adjustment due to anxiety probably results in negative perception towards ones behaviour, which might result in developing inferior EMC. The Ss with low anxiety can keep control on their emotions. They can express their emotions in socially accepted manner. They are not affected by illogical fear, so it is easy for them to adjust satisfactorily in different situations. This can result in developing ESC. In
present study, it was hypothesized that the Ss having low anxiety develop better Esc. In
present study, it was hypothesized that the Ss having low anxiety develop significantly
better ESC than the Ss having high anxiety. Results supported the assumption strongly.

Every child gets training from his or her parents, about the expression of
emotions. Directly or indirectly the child learns the socially accepted manners of
expressing emotions. This training is more rigorous in case of girls. But in most LSES
families both the parents are busy in fulfilling the basic needs and they both find it
difficult to spare time to take proper care of their children. Often these parents are
ignorant about the manners observed in HSES societies, so the sankritization of their
children is done in distorted manner. These children either boys or girls fail to keep
control on their emotions. While behaving in the social events either they remain inactive
or they remain overactive. Both these type of behaviour are looked down upon by the
members of HSES societies. The gestures expressed by the HSES people tell the LSES
people much about their behaviour. Some learn lessons and make attempts to bring in
positive changes among them. Others fail to do so. These people are most likely to
develop poor ESC. In HSES families the picture is different. In most cases the parents are
aware of the manners of their societies. Relatively more care of the female children are
taken care of, mainly for developing their behaviour according to social norms, because,
the problem of her marriage counts much for them. However, it does not mean that all the
female children develop socially accepted behaviour in HSES. But as compared to
children of LSES families the children from HSES families are relatively more aware of
their behaviour. Probably due to these reasons the Ss from HSES backgrounds developed
significantly better ESC than those who were having LSES.

The last type of self concept measured in the study was aesthetic self concept
(ASC). It is well known that aesthetic sense is generally more among women. However, it
is to be developed during the early years of life. In present study two groups of female Ss
participated as effective sample. Since in both groups the females are incorporated, they
should have more or less similar ASC. But the two groups differ in the sense that one
group consists of females who are housewives and are engaged with household activities
mainly. The other group consists of the working women, who are housewives and in
addition to this they are working in some organization as salaried employee. Because of
this difference the two groups are likely to develop different ASC. It was assumed that the
working women had significantly better ASC than the non-working women. Results of the study supported the assumption strongly. The working women had relatively more opportunities to learn from others which might help them in improving their ASC. The non-working women, were deprived of these opportunities, hence they could not develop much better ASC, like that of working women.

Anxiety and ASC were unrelated. In the study it was assumed that the Ss having low anxiety have significantly better ASC than the Ss having high anxiety. But both the low anxious and the high anxious Ss had exhibited more or less similar ASC. It seems that development of ASC depends on other factors and not on the factor of anxiety. Among the sample of the study those who were categorized as high anxious Ss comprised of both working as well as non working women. Similarly, among the low anxious group both working and non working women were incorporated. These two groups had developed more or less similar ASC.

In developing ASC the factor of SES played highly significant role. The Ss with HSES had exhibited significantly better ASC than the Ss with LSES. These results supported the assumption of study. The Ss having LSES background are mostly engrossed with the problems of their survival and existence. Most of their time is utilized for earning to meet the demands of their and their children’s basic needs. In fact maintaining the aesthetic sense is a luxury for most of them and hence, in most cases the aesthetic aspect is neglected. Still, the Ss incorporated in present study had really good aesthetic sense and good ASC. But compared to the LSES Ss, the HSES Ss had definitely better ASC. The Ss having HSES are not always busy in the efforts of fulfilling the basic needs of family members. Basic needs are fulfilled and hence, they can utilize their time for developing aesthetic sense and ASC. Secondly, what is really aesthetic? Is determined by the members of HSES group only. For maintaining their aesthetic sense, they can opt for quality goods, and costly material also, but the Ss from LSES cannot think of them even. Considering all these facts the Ss of HSES background are more likely to develop better ASC having LSES background.

Emotional adjustment of the Ss was measured with the help of a standardized scale. It was assumed that the working women are significantly better adjusted emotionally than the non working women. Results supported the assumption. If we look
at the process of adjustment from psychological point of view, then it is found that "adjustment is the outcome of human attempts to deal with stress and meet the needs". It is a continuous process to maintain harmonious relationship with the environment. In other words adjustment is a process of interaction between oneself and one’s surrounding environment, and so it is inseparably bound up with the nature of human personality. The working women have to interact with different and many people which teaches them to adjust emotionally well in different conditions. The non working women do not get such opportunities, and hence in new situations they probably find it difficult to adjust comfortably without letting the outburst of emotions.

Anxiety and emotional adjustment are likely to be strongly associated, but the relationship is most likely to be negative. Those who have high level of anxiety find it difficult to be emotionally adjusted, because due to some or the other kind of fear he is unable to express his emotions in the socially approved ways at the proper time. Thus, anxiety hinders appropriate expression of emotions. Those having low level of anxiety can to a great extent express their emotions without such hindrance. In present study when the Ss were classified in to two major groups, namely high anxiety groups and low anxiety groups, they differed significantly from each other on emotional adjustment measure. The Ss with low anxiety were significantly better adjusted emotionally than the Ss with high anxiety. In fact for better emotional adjustment there need systematic efforts for balancing and controlling emotions. For the high anxiety Ss, it is difficult to carry out such systematic efforts. Their high anxiety creates problems.

In the development of emotional adjustment the factor of SES was an important factor. Distractions in developing balanced emotional development are generally more among the Ss from LSES background. In reality many a times the Ss from LSES do not realize the importance of developing balanced emotional development, and often do not know what it is. The Ss from HSES, on the other hand imbibe the importance of balanced emotional development on the children at the early age. Through repeated efforts they teach the child to keep control on his emotions, and simultaneously teach the manners of behaving at different occasions. Present study assumed that the Ss from HSES develop significantly better adjustment than the Ss from LSES. Results favoured the hypothesis.
Family adjustment was the second area, which was assessed by the same Indian adaptation of Bell's Inventory. Family adjustment or home adjustment is the source of greatest satisfaction and security to its members. The relationships among the family members and their ways of behaviour play a leading role in the adjustment of an individual. Both the working as well as non working women had to play satisfactory role in the family. In Indian families the female had to behave in such a manner that the others are not dissatisfied with her. Even today in most Indian families the same tradition persists. The working women, for 8 to 10 hours are out of home so often they cannot spend more time with the family members. The working women are available with the family round the clock. Results of the study showed that the working women were adjusted in the family significantly better than the non working women. One of the probable reasons might be, the non working women are busy with the repetitive jobs, there is no novelty in their life. This monotony might result in frustration that affect the adjustment in family. The working women have to keep balance between the home and the workplace, which probably they are keeping.

Family adjustment of the high anxious Ss was significantly better than that of low anxious Ss. In fact, in general, anxiety creates obstacles in the adjustment but in the present study family adjustment of high anxious Ss was better. Probably these female Ss might be experiencing security in the home and so were adjusting properly. Family adjustment of low anxious Ss was relatively less satisfactory than that of high anxious Ss. There might be other reasons for this. Family conflicts, jealousy among family members and above all how one perceives towards the others and their achievements might be mainly responsible for relatively poor family adjustment.

Family adjustment is likely to be better among the members of HSES background, mainly because, there may not be conflicts or quarrels resulting due to absence of those things that are necessarily for fulfilling the basic needs. But due to other factors such as personal interests, involvement, frustration, jealousy etc. there might occur disturbances in family adjustment. Of course, these factors are common to both the HSES and the LSES Ss. In the HSES families the nature of maladjustment in families is bound to be different from that of LSES families. Conflicts are solved in amicable manner in HSES families, whereas conflicts often result in quarrels in LSES families. In present study, it
was, hypothesized that the family adjustment of HSES Ss is significantly better than that of the LSES Ss. Results supported the hypothesis.

Social adjustment refers to, how far one is adjusted to the social environment. It can be ascertained by one's social development and adaptability to the social environment. It requires the development of social qualities and virtues in the individual. It also requires that one should be social enough to live in harmony with others. The working women generally get more opportunities to develop these qualities whereas the non working women get relatively much less opportunities. In view of these facts it was hypothesized that the working women's social adjustment is significantly better than that of the non working women. Results strongly supported this hypothesis.

The Ss who were categorized as high anxious showed significantly poor social adjustment. The other group of Ss which was categorized as low anxious had better social adjustment. In the social events the Ss with high anxiety find it difficult to adjust satisfactorily. Unreasonable fear generally creates difficulties in their social adjustment.

Social adjustment of the HSES Ss was found significantly better than that of LSES Ss. In society one has to adjust in different social occasions where people from different socio-economic status participate. The manners observed by the HSES individual are different from the manners observed by the LSES individuals. At such occasions, those who are not acquainted with the so called sophisticated manners, they are at disadvantage. They find it difficult to adjust satisfactorily. The HSES Ss who are acquainted with the so called sophisticated manners they adjust in such occasions naturally.

With regards to health the people in our country might be rated at the lower level as compared to the people in advanced countries. Unfortunately, there is much less awareness, about health, among the females. Obviously, health adjustment is not satisfactory among most women. If one's physical abilities are in conformity with those of others of the same age and sex he/she is said to be adjusted physically or his adjustment is appropriate. The women who interact with other than their family members develop more awareness about their health, and accordingly make attempts to improve their health, which help in health adjustment. But the non working women have less
opportunities of interacting with others than their family members; they are just casual about their health problems. Obviously, their health adjustment is generally poor. Results of present study supported the hypothesis which reads as, “health adjustment of working women is significantly better than that of non working women”.

More anxiety is a clear indication of poor health adjustment. It was hypothesized that the Ss having low anxiety have significantly better health adjustment than those Ss having high anxiety. This hypothesis could not get support from the results of this study. Probably due to more anxiety the Ss might be taking excess care of their health. Or they might have developed more awareness about health.

For better health adjustment, better living conditions are essential. Also, it is necessary to develop awareness about sound health. Often in this respect some guidance is needed. All these are possible when the individual’s SES is better. The Ss with HSES are likely to get all these facilities and develop better awareness about health problems. Those who have LSES, often they find it difficult to get adequate medical care in time. Securing nutritious food is a remote possibility for them. Obviously, their health adjustment is likely to be poor. It was hypothesized that the HSES Ss have significantly better adjustment than the Ss with LSES. Results strongly supported this hypothesis.

Results discussed so far brought out a fact that most of the hypotheses got strong support from the results and very few remained unsatiated. However, one thing is clear, development of self concept depends on many factors, so also, adjustment in different fields depends on more factors. There is a need of exploring the possible factors which shape the self concepts of women. Also, it is necessary to explore the factors that will help the women in developing satisfactory adjustment in different areas.