CHAPTER VI

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In the behavioral sciences alone, the concept of self has been used to refer to at least a dozen different aspects of personality. Not only is a different referent implied by each usage, but the actual existence of the referents is also questionable. The problems in the behavioural sciences are compounded by the inherent necessity of basing knowledge of internal process and structure on external behaviour or on the vagaries of introspection. Both the inferential leap necessities by the external behaviour or on the vagaries of introspection. Both the inferential leap necessitated by the external behaviour approach and the method of observation involved with introspection and fraught with potential error. And yet, in spite of this network of entanglements, students of human behaviour have long considered, "the self" to be explanatory construct sine qua non (Gorden and Gergen, 1968). This attention to the concept of self has been particularly marked since the inception of the behavioural sciences. There are several publications on self in psychology and sociology. The self has figured prominently in theory and research on social control, economic behavior, social deviance, personal aspiration, psychological development, interpersonal attraction, social influence, psychopathology and psychotherapy to name but a few.

The concept of self was discarded by Wundt and his associates. The central objection of psychology to self has been that the concept seems question – begging. The concept of self was perceived as on par with the concept of soul. It was categorically asked, does psychological science need the concept of self? Philosophy may need it; theology may need it, but it is entirely conceivable that a concept useful to philosophy or theology may turn out to be merely as impediment in the path of psychological progress. For two generations psychologists have tried every conceivable way of accounting for the integration, organization and striving of the human person to the postulate of self.

After a few decades psychologists realized that the concept of self is much different than the concept of soul. The tide has turned and many psychologists have reintroduced self and ego, and have employed ancillary concepts such as self image, self
actualization, self affirmation, phenomenal ego, ego involvement, ego striving and many other hyphenated elaboration which experimental positivism still have a slight flavour of scientific obscenity. Reality is that self and self concept are perceived in different way than traditionally what was thought about the self earlier. A possible clue to the solution, so far as psychology is concerned, lies in a statement made by Alfred Adler. What is frequently labeled “the ego”, he writes is nothing more than the style of the individual (Adler, 1935). Lifestyles to Adler had a deep and important meaning.

After approving the concept of self many social scientists proposed their definition and meanings of self. The “self concept”, “a person’s identity”, “one’s self picture” and so on are all common expressions. There are several views expressed about self concept. Self concept refers to the belief of individual he / she has about various behavioural and social characteristics, physical and cognitive abilities and his / her aspirations and achievements. Development of self concept obviously depends upon various factors, mostly related to environmental factors. Obviously, development of self concept is gradual.

In present study the sample is that of working and non working women. In fact ‘working women’ refers to those women who go out of home and earn salary. The non working women are those who are housewives. The truth is the working women are playing dual roles. They are housewives, so they have to play the role of housewives and also the role of an employee. On the other hand housewives are busy with the work associated to her home and family. The working women go out of their homes they get good exposure, and have to interact with many people. Also, they get ample opportunity to imitate others and learn new things, hence they are likely to develop superior self concept. A housewife, in general, does not have much opportunity to interact with others, and she does not have much exposure of the world outside her home. Obviously, she is likely to develop relatively poor self concept.

The other important factor considered in the study relates to anxiety. Anxiety is a mood state characterized by marked negative affect, bodily symptoms of tension, and apprehension about the future. In humans it can be a subjective sense of unease, a set of behaviours or a physiological response originating in the brain and reflects in elevated heart rate and muscle tension. As the definition of anxiety states, it is characterized by
marked negative affect, and bodily symptoms of tension, because of these the persons having anxiety are likely to develop poor self concept, whereas those having less anxiety are more likely to develop better self concept. High anxiety can damage the concentration and thus can result in failure.

In addition to the working vs. non working status and degree of anxiety a third factor was treated as an independent variable in present study. This factor was socio-economic status. Social and economic conditions of the individual are important in shaping the behavioural characteristics and self concept. Those children who are born and brought up in low socio-economic background are deprived of basic necessities. They do not get quality food, also, whatever the low quality food they get is often insufficient. In the absence of sufficient vitamins, minerals, proteins etc. their growth is hampered; because of the poor and inadequate clothing's, they cannot protect themselves from rain, cold and heat. They often fall ill. Parents are always busy in earning two square meals a day, and hence they cannot pay attention to their children. All these result in developing poor self concept. Those who are born and brought up in high socio-economic status are in general free from such deprivation, so they are likely, to develop better self concept.

In present study, an attempt has been made to examine the effect of working Vs non working women, anxiety and socio-economic status on different types of self concept. In addition to this the effect of these three independent variables on the degree of adjustment of the Ss, has been examined.

*Aim of Study:*

Self concept plays an important role in the development of an individual. Self concept develops gradually and it is influenced by several factors. In a small study like the present one it is not possible to incorporate many factors, hence it was assumed that the other factors are kept constant. The main aim of the study is to find out the effect of working nature of women anxiety and socio-economic status on the self concepts and on the degree of adjustment in different fields.
**Objectives of Study:**

Major objectives of the study are as follows -

To find out the effect of nature of work of women on the development of six types of self concept namely physical self concept, social self concept, intellectual self concept, moral self concept, emotional self concept and aesthetic self concept.

To study the effect of degree of anxiety among working and non working women on the development of physical, social, intellectual, moral, emotional, and aesthetic self concepts.

To examine the effect of socio-economic status of working and non working women on the development of physical, social, intellectual, moral, emotional and aesthetic self concepts.

To search the impact of nature of work of women on their adjustment in the family and society. Also, to study its effect on their health and emotional adjustments.

To measure and understand the effect of anxiety on the working and non working women's adjustment in family and society; and also to study the effect of anxiety on health and emotional adjustment.

To find out the effect of socio-economic status on four different types of adjustment namely family, society, health and emotional adjustments.
Hypotheses Tested:

Assuming that the other factors are kept controlled, it is hypothesized that –

Working women with low anxiety and high socio-economic background develop significantly better physical self concept than non working women with high anxiety and low socio-economic background.

Nonworking women with high anxiety and low socio-economic status develop significantly poor social self concept than the working women with low anxiety and high socio economic background.

Intellectual self concept of working women with low anxiety and high socio-economic status is significantly better than that of non working women with high anxiety and low socio economic status.

Non working women have significantly better moral self concept than working women. The Ss with high anxiety and low socio economic status develop significantly better moral self concept than the Ss with low anxiety and high socio economic status.

Emotional self concept of working women with low anxiety and high socio-economic status is significantly better than non working women with high anxiety and low socio economic status.

Working women with low anxiety and high socio-economic status develop significantly better aesthetic self concept than non working women having high anxiety and low socio economic status.

Family adjustment of non working women with low anxiety and high socio economic status is significantly better than that of working women with high anxiety and low socio economic status.
Social adjustment of working women with low anxiety and high socio economic status is significantly better than that of non working women with high anxiety and low socio economic status.

Working women with low anxiety and high socio economic status have significantly better health adjustment than non working women having high anxiety and low socio economic status.

Emotional adjustment of working women with low anxiety and high socio economic status is significantly better than that of non working women with high anxiety and low socio economic status.

Methodology:

Sample:

Sample of the study was selected from Aurangabad. Total sample of the study at the initial stage was 505, of which 276 were non working women and 229 were working women. However, since a factorial design was used and cell frequencies were kept equal, finally, the sample was that of 400 Ss only. Age range of the Ss was 25 to 40 Yrs., and educational status of the Ss was 12th standard to post graduation.

Tools Used for data Collection:

Following standardized scales were used for collecting data.

Indian Adaptation of Bells Adjustment Inventory:

Bell has developed an adjustment inventory, which measures degree of adjustment in four fields, namely family, social, health, and emotion. This inventory was modified to suit Indian Conditions and drafted in the form of questions or statements. Indian adaptation of the inventory was done by Lalita Sharma. There are eighty items on the inventory and each item is presented with two alternatives; the job of the Ss is to read
each statement or question and select one of the two alternatives, which is applicable to
him or her. The author has mentioned .73 as reliability coefficients.

**Self Analysis Scale:**

This scale was developed and standardized by Bina Awasthi. This scale consists
of 57 pairs of bipolar adjectives. Each pair or bipolar adjectives is associates with a five
point scale. The S has to read the adjective and decide the extent to which that
characteristics he/she possesses, and then put a ‘√’mark on one of the five alternatives.
This is a useful scale for measuring six different types of self concept namely, physical,
social, intellectual, moral, emotional and aesthetic. A high reliability coefficient of .84
was reported by the author.

**Socio Economic Status Scale:**

This scale is constructed by Janbandhu. This is a short scale. It consists of 14
questions only. All the questions are either closed end or multiple choice in nature. The
scale needs factual information only. It provides two more indexes along with an SES
index.

**Sinha’s Comprehensive Anxiety Scale:**

The scale was constructed by A.K.P.Sinha and L.N.K.Sinha . It consists of 90
questions related to various events of daily life and personal characteristics. Each
question is provided with two alternatives. The S has to read each question, and if it is
true in his / he case then put a ‘√’mark on yes and if it is not true then he has to put a ‘\n
mark on ‘NO ’ Reliability coefficient was .78.

**Procedure of Data Collection:**

Where it was possible to administer the scales on a small group of Ss; the Ss were
CALLED in group of 5 to 10 Ss each. After making their proper seating arrangement,
rapport was framed through informal talk, and then copies of one of the four scales were
distributed among them. The instructions were read by the 'E' and the Ss were asked to read the instructions along with the E. Procedure was demonstrated to them and then only they were asked to write the responses. Similar procedure was adopted for all the other scales.

In case of some respondents, personal interview technique was used. They were conducted and only after taking their appointments, their interviews were conducted.

A good number of respondents preferred writing down their responses themselves, they were given the copies of the scales. After some days the filled copies were collected from them.

Thus, the data collection was done by using three different procedures.

**Research Design:**

In the present study a balanced 2 x 2 x 2 factorial design was used. The three independent variables were nature of work done by women, anxiety and socio economic status. Dependent variables were six different types of self concept, namely physical self concept, social self concept, intellectual self concept, moral self concept, emotional self concept, and aesthetic self concept. The other dependent variables were four kinds of adjustment.

The data were treated by mean and standard deviation and then analyzed by three way analysis of variance. On the basis of the results following conclusions are drawn.

Working women having low anxiety and high SES develop significantly better physical self concept than non working women having high anxiety and low socio economic status.

Social self concept of working women having low anxiety was significantly better than that of non working women having high anxiety. Significantly better social self concept was found among low SES Ss than high SES Ss.
Working women, with low anxiety and high socio economic status had significantly better intellectual self concept than the non working women, with high anxiety and low socio economic status.

Non working women had significantly better moral self concept than working women. Anxiety was unrelated to the development of moral self concept. High socio economic status helped in developing better moral self concept.

Emotional self concept of working women with low anxiety, and high socio economic status was significantly better than that of non working women with high anxiety and low socio economic status.

Aesthetic self concept of working women having high socio economic status was significantly better that that of non working women having low socio economic status. Anxiety was unrelated to the development of asthetic self concept.

Non working women with low anxiety and low socio economic stats showed significantly better family adjustment than the working women, with high socio economic status and high anxiety.

Social adjustment of working women, having low anxiety and high socio-economic status was significantly better than the non working women with high anxiety and low socio economic status.

Working women, with low anxiety and high socio economic status had significantly better health adjustment than non working women, with high anxiety and low socio economic status.

Emotional adjustment of working women, with low anxiety and high socio economic status was significantly better than that of non working women, with high anxiety and low socio economic status.
Suggestions:

On the basis of the results of study following suggestions are made.

i. More studies of women should be undertaken to search the techniques and avenues of improving self concept of women.

ii. It is necessary to change the attitude of men towards women. More freedom should be given to women.

iii. Women should be encouraged to interact with different people. More such opportunities should be made available to them.

Recommendations:

i. There is a need to develop awareness among women in remote areas and villages. Efforts must be made at government as well as non government levels.

ii. There is a need of encouraging women to opt for higher education which is necessary for development.

iii. Most of the traditional, cultural and religious views are obsolete and irrelevant in present day context, especially the females must be freed from the clutches of religious faiths.

Limitations:

It is necessary to consider following limitations before generalizing the results.

i. It was a small study, where the factor of education, caste, child rearing practices etc. which influence the development of self concept remarkably were not treated as independent variables.

ii. Sample size was relatively small.

iii. For analyzing the data only univariate approach was used.