Chapter - 6

CONCLUSIONS, LIMITATIONS & SUGGESTIONS
CONCLUSIONS: The study leads us to following conclusions:

First, that altruistic behaviour can be enhanced by the behaviour modification techniques.

Secondly, modelling technique is effective in increasing altruism among children.

Modelling in combination with cognitive restructuring is more effective than modelling alone in increasing altruism among children.

Finally, it is concluded that children can be taught to become altruistic by presenting appropriate model of altruistic behaviour and its rewarding consequences and by presenting simultaneously the negative and painful consequences of non-altruistic or selfish behaviour through stories, lessons etc. Thus, the present society which is growing selfish and beastly day by day due to many reasons, may be directed towards more altruistic behaviour, if the individuals are trained and motivated to be altruistic from their early childhood.
LIMITATIONS & SUGGESTIONS: The limitations of the study and suggestions for further researches are as follows:

Only four groups of children's have been treated: two groups (one of boys and one of girls) with modelling alone and the other two groups (one of boys and one of girls) with modelling in combinations with cognitive restructuring. The sample of the study was confined to subjects from only two schools of Agra city and consisted of children of 10-14 years age only. Thus, the study is conducted on a limited sample. It is suggested that the results of the present research may be confirmed by conducting a similar research on broader and larger samples before any definite generalization are claimed. Some factors like S.E.S., intelligence, family background etc. have not been controlled in the study. These may influence directly or indirectly the modification process. Hence, a more comprehensive study may be designed in future and these variables may be controlled.

Further, intervention has been given for a limited period of time, i.e., 2 months only. More increase in altruistic behaviour of children can be achieved by longer intervention period. Moreover, pictures and cartoons were shown along with narration of stories with the help of slide projector. Better electronic devices like video may be used for modelling (story presentation).
Moreover, model behaviour has been presented through audio-visual presentation of stories. It is suggested that other types of modelling may also be included in the intervention programmes to enhance altruism. It is further to be researched whether modelling and cognitive restructuring techniques are effective in increasing the altruism among children only or among people of all age groups. Thus a more comprehensive study is suggested to confirm the efficacy of the intervention strategies used in the present study for enhancing altruistic behaviour.