

A Study on Self-Consciousness in Under Graduate Students

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ABSTRACT

The purpose of this research was to examine the self-consciousness among male and female under graduate students. So, a psychological test related to Self-consciousness has been constructed and standardized by Mrs. Asha Shukla (2015) with its Gujarati translation by Dr. Y.A. Jogasan and Dr. D.R. Doshi (2019) which was used for data collection. Statistical 't' test was used to interpret the obtained results. The obtained result is found to be 0.006 the 0.01 and 0.05 levels shown in the table are found to be 'not significant'. There is no significant difference in the self-consciousness among the under graduate students. Therefore, the hypothesis is accepted.

Keywords: Self-Consciousness

What is self?

In the narrow sense, what a person identifies as himself. One who acknowledges his action as doer (i.e., he has performed that action) is called 'self'. William James and the knower (Knower or I) as well as the thing to be known (to be known or me) lie in both forms. Jung identifies the self as a semi-symbol and holds it responsible for the organization and stability of personality. Jung believed that the self is revealed through what he called individuation, an innate human effort to achieve mental perfection. James' concept of self: According to James, a person has more than one soul. The material soul includes its body, wealth, material objects owned, etc. An increase or decrease in these physical aspects evokes feelings of joy and despair in a person. Social spirits arise from identification with one's social groups such as family, business, friendship, etc. A person's reputation is also a part of his social soul. It is in the spiritual soul that one realizes one's true self. 'Self' means one's own nature and qualities.

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Self means a person's self-awareness or self- Consciousness. In short, it includes one's own emotion, thoughts, motives, ambitions, specific aspects of one's personality and limitations with which a person is familiar. The self is considered the essence of personality. Every person has a unique personality. A person's 'self' plays an important part in it. A scientist named Cooley states that 'self' is a reflection of a person's own thoughts and how others see him. Rogers identifies four important characteristics of the 'self'.

What is Consciousness?

Consciousness is the manifestation of what is going on in one's mind. As British philosopher, John Locke says. While American psychologist William James defines consciousness as a 'stream of thoughts' James's concept of consciousness is unity in mental life, mental life flows, transforms as a unit. He has used the term stream of consciousness and has described five characteristics of consciousness. (1) Consciousness is personal and individual to each person. The stream of consciousness is different, distinct and independent in each individual (2) the journey of consciousness is continuous and variable. (3) The stream of consciousness flows continuously and uniformly. (4) No single thought has independent existence in consciousness apart from any other thought. (5) Consciousness always selects stimuli. According to James, the function of consciousness will be to make man fitter, more powerful.

Definition of Consciousness

- "Consciousness is the awareness of one's own sensations, realizations, thoughts and feelings."
- "Consciousness is a person's awareness of external stimuli as well as internal processes."
- "Consciousness is Consciousness: Consciousness of external environment as well as internal phenomena is consciousness."

Self-consciousness is a sense of self-awareness. He is preoccupied with himself, rather than a philosophical state of self-awareness. Self-awareness is that one exists as an individual. An unpleasant sensation of self-consciousness occurs when we know that 'everyone is looking at us' or being observed. Some people are more introspective or self-conscious than others. Feelings of self-consciousness are sometimes associated with shyness.

While people often talk about consciousness, it is somewhat difficult to define. Consciousness refers to your individual awareness of your unique thoughts, memories, feelings, sensations, and environment. Your consciousness is your awareness of yourself and the world around you. This awareness is subjective and unique to you.

Consciousness is a sense of self-awareness. He is preoccupied with himself, rather than with the philosophical state of self-awareness. The self-aware person exists as a person.

REVIEW OF LITERATURE

Modeling the Relationship between Self-consciousness and Competition Anxiety.

Kelly J. Ashford, Costas I Karageorgiis et. al. (2005)

The purpose of the present research was to model the measurement of the relationship between self-consciousness and competitive anxiety. This study showed that self-evaluation is necessary for self-awareness. Boys and girls were selected as examples. In which a total sample of 519 was taken. The gender differences shown here for the measure of competitive anxiety hypothesized that self-consciousness exhibited a linear relationship with competitive anxiety via the social anxiety variable. This relationship was measured by gender. Here multigroup analysis was used to find out gender differences. The present results show that social anxiety is also a factor for competitive anxiety. The results of this study showed that as awareness of self-awareness increases, competitive anxiety decreases. So, an inhibitory correlation was observed.

Gender Differences in Self-conscious Emotional Experience: A Meta- Analysis.

Nicole M, Else – Quest, Ashley Higgins (2012)

The purpose of the present research was to measure the feelings of guilt, shame, pride, embarrassment and self-consciousness among women. Due to the development of the self-gender, it is necessary to follow the social norms and the individual. According to the present research, women experience more guilt, shame and embarrassment according to social norms. When its opposite is seen, it shows that men get more dignity. Which shows gender differences. The present research has selected and analyzed 697 samples using 382 Narjal articles, various essays to see such gender differences. The results of this research showed variability. Which was due to differences in heredity and environment.

Aims:

1. To study of self-consciousness among the Under Graduate students

Hypotheses:

1. There will be no significant difference in self-consciousness of the Under Graduate students.

Variables:

1. **Independent variable:** Graduate girls and boys
2. **Dependent variable:** self-consciousness
3. **Control variable:** Under Graduate students of Bhavnagar city are included as samples.

Research tool

Self- consciousness measurement scale

Here to obtain the self-consciousness scores of the respondents. A Self-Conscious scale Composed by Mrs. Asha Shukla (2015) and Gujarati adaptation by Dr. Y. A. Jogsan, Dr. D. R. Doshi was used. A two-point scale consisting of 50 statements was used.

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Reliability: Reliability of the self-consciousness scale used in the present study was found by semi-decision method. Reliability scores were found to be 0.63 and 0.69.

Validity: The validity of the self-consciousness scale used in the present study is found to be 0.59 and 0.67.

Multiplication and interpretation

There are 50 statements in the Present scale. The scale is two-point measurement. In which one mark for 'yes' and 'no' is given 0 marks. Which gets maximum of 50 and at least 0 score. As the score is higher, self-consciousness will be higher and lower score means less self-consciousness.

Sampling

A total sample of 120 was taken in the present research. In which 60 boys and 60 girls among under graduate students were selected as a sample to know their self-consciousness. According to a simple random sampling, Under Graduate students of Bhavnagar City College were included.

Research design

The purpose of the present research is to study self-Consciousness among undergraduate students. Keeping in mind the purpose of the research, the Self Consciousness Scale will be used here. In which to collect data, a total of 120 students of Bhavnagar city college were selected as sample and self-consciousness scale was used. 't' test will be used for statistical analysis of the data obtained.

Data Analysis

In the present research, data was collected from a total of 120 samples as per the research plan and 't' test was used in the statistical technique.

't' table

NO	Group	Sample	Mean	SD	't'	Level of signification
1	Girls	60	28.10	2667.4	0.006	Not significant
2	Boys	60	25.28	2459.5		

0.05:1.98

0.01:2.62

Interpretation

Showing the result table, it can be seen that the mean of graduation level girls is 28.10. While the standard deviation is 2667.4 and the mean for graduation level boys is 25.28. While the standard deviation is 2459.5. The t value of graduate level students is found to be 0.006. In the 't' table (df)=118, at 0.01 level is found to be 2.62 and at 0.05 level is found to be 1.98 which is

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greater than the value of 't' table. Therefore, no significant difference is found between self-consciousness of under graduate girls and boys.

CONCLUSION

There is no significant difference between the self-consciousness of Under Graduate girls and boys.

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Conflict of Interest

The author(s) declared no conflict of interest with respect to the research, authorship, and publication of this article.

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