

## A STUDY ON SELF AWARENESS OF ADOLESCENT BOYS AND GIRLS ACROSS SOCIO-ECONOMIC GROUPS

*Pallavi Pandey, Anshu & Anjali Mathur*

*Research Scholar, Department of Human Development, Ethelind College of Community Science, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj Uttar Pradesh, India*

### ABSTRACT

*The present study is carried out to examine the self awareness level (in reference to emotional maturity) of adolescent boys and girls across three socio-economic groups ((upper, middle and lower socio-economic group). Total sample for study was 450 adolescents (225 boys and 225 girls) between the age group of 13 to 18 years, belonging to three socio-economic groups (upper, middle and lower socio-economic group) from Prayagraj city of Uttar Pradesh. Sample was selected through stratified random sampling techniques. Kuppuswamy's socio-economic scale (1961) which is revised by Gururaj and Maheshwaran (2014) was used for assessing the socio-economic status of the adolescents. To access self awareness of adolescents in reference to emotional maturity across socio-economic groups, questionnaire was developed by researcher. Frequency and percentage distribution and t-test were used to analysis the score. Self awareness was found ranging between high to good in majority adolescent boys and girls in the upper and middle socio economic groups, whereas in the lower socio-economic group it was found of a low level in majority adolescents. There was no significant gender difference found in self awareness level of adolescent boys and girls.*

**KEYWORDS:** *Adolescents, Emotional Maturity, Self Awareness, Socio-Economic Groups*

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### INTRODUCTION

Adolescence is a determining phase of human life, where transition from childhood to adulthood takes place. These are impressionable years, during which a child undergoes tremendous physical, social and psychological changes. Simultaneously, human values, goals, direction, career choice, decision making and self identity are needed to be shaped up.

Adolescence is a time, when growth and changes occur in all domains of development with major changes in physical maturity and sexuality, cognitive processes (ways of thinking and thought content), emotional feelings and relationships with others as well as discovery of identity formation and exploration of new roles are taking place, sexual and hormonal changes also take place. It means adult like personality pattern and new pattern of relationship formation begin to emerge. Individual becomes more concerned about appearance and personality. Most of their activities are often done in groups. Drama starts to be part of all relationships. Misunderstanding of intent or action is common. Comparisons are done. They want to be part of groups but not too much at the same time. They want to be an individual but not totally that individual. It is a stage of confusions. Search and development of self -identity begin with questions in mind such as who am I and where do I fit in, which may intensify vulnerability of an adolescent individual. Psychologists consider that

adolescence as a dreaded age, time of unrealism and stage of storm and stress, also it is a period during which child actively searching and developing a firm state of mind for self in process to create an identity as to define his adolescent's self. It is also the phase of decision making that may open up or close off the future opportunity, and it can only be tackled by controlling the emotions. Young people's emotional well being is increasingly recognized as being important not only in own right, but; because emotions at this stage play a significant role in learning, cognitive, social skill and maturation of adolescence. Being aware about self (own mood, temperament and emotions) is very helpful in handling challenges and emotional fluctuation in adolescence years.

Self awareness is the process of understanding yourself. It is ability of individual to recognize and understand own emotions, moods and reactions and their effects on others. It plays key roles in developing personal growth and success. Adolescents can better manage their emotions and communicate effectively, by understanding their emotions. It is important deterrent for adolescent development. Thus, present research had been conducted to access the self awareness of adolescents with following objective.

- To access self awareness level of adolescent boys and girls in reference to emotional maturity across three socio-economic groups (upper, middle and lower socio-economic groups).
- To compare self awareness capacity between adolescent boys and girls across three socio-economic groups.

## METHODOLOGY

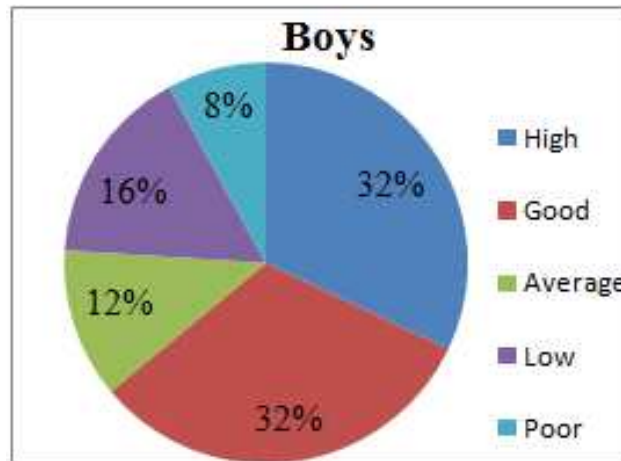
In the present research, exploratory research design has been followed and cross sectional survey method has been used for collecting the data. Prayagraj city was purposively selected for the study. The total selected samples were 450 adolescents, comprising of 150 adolescents, including 75 boys and 75 girls each, from three socio economic group i.e. lower, middle and upper socio-economic groups, within the age group of 13-18 years, who were studying in between 7-12 standard. For fulfilling the purpose of study, the higher secondary schools were selected from Prayagraj city. List of schools were procured from the official website of Prayagraj district. From the available list, 6 schools (Government Girls Inter College, Jamuna Christian Inter College, K P Boys Inter College, K P Girls Inter College, D P Public School, and Vashisth Vatsalaya Public School) were selected as representative for the data collection. Socio-economic status was accessed by Kuppusswamy's socio-economic scale (1961) which is revised by Gururaj and Maheshwaran (2014) and a self made questionnaire on self awareness in reference to emotional maturity is used for accessing self awareness of adolescents across three socio-economic groups.

## RESULTS

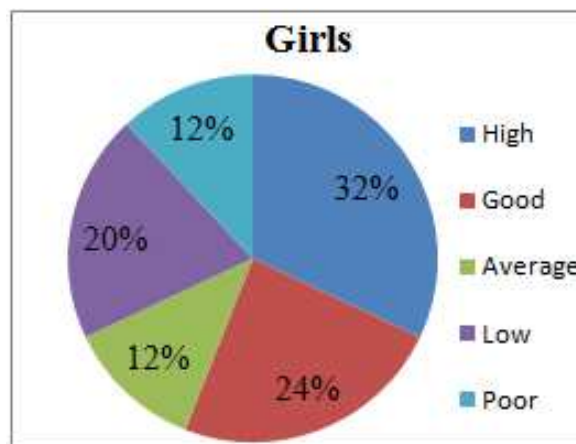
Result shows the frequency and percentage distribution of self awareness level of the respondents. The scores have been divided into five categories, i.e. High, Good, Average, Low and Poor.

**Table 1: Distribution of Respondents of Upper Socio- Economic Group in Reference to their Self Awareness**

Categories	Boys (N=75)		Girls (N=75)	
	Frequency	Percentage	Frequency	Percentage
High	27	36	24	32
Good	18	24	18	24
Average	6	8	9	12
Low	12	16	12	16
Poor	12	16	12	16



**Figure 1: Percentage Distribution of Adolescent Boys of Upper Socio- Economic Group in Reference to their Self Awareness.**



**Figure 2: Percentage Distribution of Adolescent Girls of Upper Socio- Economic Group in Reference to their Self Awareness.**

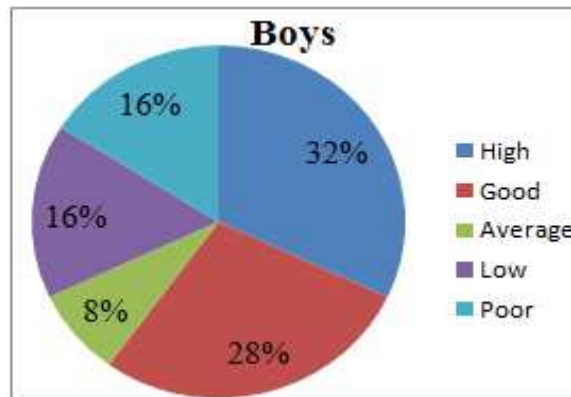
Table-1 and figures 1 and 2 presents the distribution of upper socio economic group adolescents in reference to their self- awareness levels. Self -awareness comprises of fractions like the confidence, sense of humor and being aware of ones impression over others etc. Table reveals that highest percentage of boys (36%) and girls (32%) had high self-awareness. 24 per cent boys and equal percentage of girls had good self awareness. 8 per cent boys and 12 per cent girls were observed with average self- awareness in them, while 16 per cent boys and 16 per cent girls had low self -awareness and 16 per cent boys and equal percentage of girls were assessed with poor self -awareness in them.

From the findings, it is clear that maximum number of boys and girls from the upper socio economic group had either high or good level of self -awareness. This indicates that adolescents (boys and girls both) of upper socio - economic group are generally confident about them-selves and others perception about them and trust them-selves in managing their emotions and feelings as per the situation. They are mostly capable of understanding their state of mind, emotions and their consequences also, they are aware of other’s feelings during expression of their emotions and feelings. Hence, adolescents of upper socio - economic group have positive self -image, self- reliance and self-esteem, which could be arising from the parental treatment and understanding. Kenny et al. (2002) also said that high quality relationships (those which demonstrate love, acceptance, support, encouragement etc.) are associated with increased levels of competence in

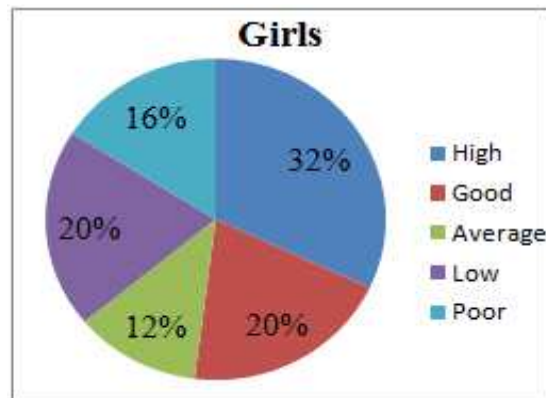
adolescents. According to Bannink et al. (2015), Greater self - esteem and life satisfaction observed in children from high socio - economic group. They have positive self-image, self-esteem and more self-reliant.

**Table 2: Distribution of Respondents of Middle Socio-Economic Group in Reference to their Self Awareness**

Categories	Boys (N=75)		Girls (N=75)	
	Frequency	Percentage	Frequency	Percentage
High	24	32	24	32
Good	21	28	15	20
Average	6	8	9	12
Low	12	16	15	20
Poor	12	16	12	16



**Figure 3: Percentage Distribution of Adolescent Boys of Middle Socio- Economic Group in Reference to their Self Awareness.**



**Figure 4: Percentage Distribution of Adolescent Girls of Middle Socio- Economic Group in Reference to their Self Awareness.**

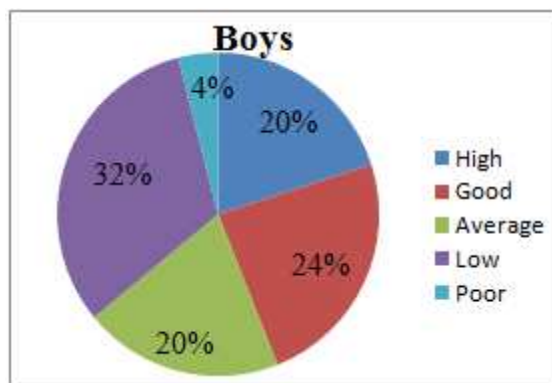
Table 2, and Figures 3 and 4 depict distribution of middle socio - economic group adolescents in reference to their self -awareness. Table shows that 32 per cent boys and equal percentage of girls had high self- awareness levels, while 28 per cent boys and 20 per cent girls were found possessing good self- awareness levels. 8 per cent boys and 12 per cent girls were assessed with average self- awareness levels and 16 per cent boys and 20 per cent girls were found with low self - awareness in them. Lastly, 16 per cent boys and equal percentage of girls had poor self -awareness levels.

Findings revealed that majority of the adolescent boys and girls of middle socio - economic group were found with either high or good level of self- awareness. It shows that adolescent boys and girls of middle socio-economic group have positive self- image, self -reliance, self -esteem and self -concept. It could be because like upper socio-economic

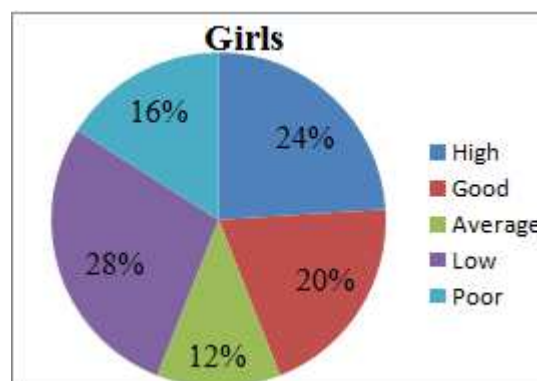
group, parents in the middle socio-economic group are also supportive and cooperative and they also use positive approach while dealing with their children which includes encouragement, motivation and praise for accomplishments. Results indicate that middle socio-economic group work towards maintaining stimulating home environment to cultivate positive awareness about self in adolescents. Lim et al. (2015) also correlated parental emotional support and adolescent happiness, mediating roles of self - esteem and emotional intelligence and revealed that both maternal and paternal emotional support had a positive influence on self-esteem. Deb et al. (2015) also reported that parental care was closely associated with high self confidence in adolescents and a healthy home environment provide children and adolescent with the sense of emotional security that facilitates emotional development and motivation.

**Table 3: Distribution of Respondents of Lower Socio-Economic Group in Reference to their Self Awareness**

Categories	Boys (N=75)		Girls (N=75)	
	Frequency	Percentage	Frequency	Percentage
High	15	20	18	24
Good	18	24	15	20
Average	15	20	9	12
Low	24	32	21	28
Poor	3	4	12	16



**Figure 5: Percentage Distribution of Adolescent Boys of Lower Socio - Economic Group in Reference to their Self Awareness.**



**Figure 6: Percentage Distribution of Adolescent Girls of Lower Socio- Economic Group in Reference to their Self Awareness.**

Table 3, and figures 5 and 6 show distribution of lower socio- economic group adolescents in reference to their self- awareness. Table portrays that highest percentage of boys (32%) and girls (28%) were reported with low self-

awareness in them. 20 per cent boys and 24 per cent girls had high self-awareness level. 24 per cent boys and 20 per cent girls were found with good self-awareness in them. 20 per cent boys and 12 per cent girls had average self-awareness level, while 4 per cent boys and 16 per cent girls were observed with poor self-awareness in them.

Finding revealed that majority of the adolescent boys and girls of lower socio economic groups were found with low self-awareness, and the rest had average to poor self-awareness. Results depict that in lower socio economic group mostly adolescents are less confident and have negative self-concept and self-esteem. They also fail to understand their emotions and in most cases, they are insecure and vulnerable. It could be attributed to their strained home environments, where due to financial constraints parents fail to fulfil their basic needs which constantly keep youngsters under psychological pressure and insecure. Their neighbourhood and surroundings are also poor these factors adversely affect the self-awareness of adolescents. According to Singh and Chaudary (2015), in the lower socio-economic status, parents do not provide extra facilities because of responsibilities. Parents have limited resource to meet children's basic and social emotional needs.

**Table 4: Comparison of Self Awareness between Adolescent Boys and Girls across Three Socio-Economic Groups**

Socio-Economic Groups	Boys		Girls		T-Score	
	Mean	SD	Mean	SD	t- cal	t- tab
Upper Socio-Economic Group	38.28	5.79	37.40	6.96	0.84	1.98
Middle Socio-Economic Group	37.84	7.12	36.52	6.65	1.17	
Lower Socio-Economic Group	35.60	6.07	33.88	6.87	1.67	

Table 4 portrays the comparison of self-awareness between boys and girls across socio-economic groups. Adolescent boys from upper socio-economic group scored slightly higher (38.28) than the girls (37.40) in reference to self-awareness component of emotional maturity. Further, the "t"-tabulated (1.98) was found higher than the "t"-calculated (0.84), therefore no significant difference (at 0.05 level) in self-awareness between adolescent boys and girls was found. In the middle socio-economic group as well the boys scored higher (37.84) than the girls (36.52). Similar was the finding in the lower socio-economic group as well where boys scored higher (35.60) than the girls (33.88). But on further comparison the "t"-tabulated was higher (1.98) than "t"-calculated in both middle and lower Socio-economic groups (1.17 and 1.67 respectively) at 0.05 probability levels showing that though the boys have scored little higher than the girls but difference in their self-awareness levels was not significant which means that in all the socio-economic groups the levels of self-awareness in both the gender is more or less the same.

Findings revealed that adolescent boys and girls were quite similar in their self-awareness status. The reason for these findings could be that the self-awareness of adolescents is correlated with the factors like self-confidence, self-concept, body image, media and social experiences, irrespective of gender. Besides this, home and peer both affect self-awareness of adolescents, if their upbringing is done with warmth in a nurturing environment and they have supportive and close friends then that help in developing good self-awareness and self-efficacy regardless of gender.

Tripathi (2015) analyzed the relationship between emotional intelligence and gender and reported that, adolescent boys and girls were not significantly different in their self-awareness. Aminbhavi (2006) also supported that the adolescent boys and girls were not significantly different in stress and self-confidence. Aiyappa and Acharya (2014) also conducted study on gender differences in emotional intelligence of adolescents. Result indicates that male adolescents scored high mean (14.24) than mean (13.81) of female. But male and female are not significantly different in interpersonal awareness.

## CONCLUSIONS

It can be concluded from the finding that, adolescents (boys and girls) belonged to upper socio-economic group and middle socio-economic groups were better in self awareness level than lower socio-economic group. It is also inferred from the findings, there is no significant difference found in self awareness level of adolescent boys and girls. Findings clearly revealed that socio-economic status is very important determinants that affect emotional self awareness of adolescents, and gender have no impact on self awareness of adolescents.

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