

SELF CONCEPT QUESTIONNAIRE (SCQ) - 4

● PURPOSE OF THE TEST :

To explore the level and dimensions of self concept by using Dr. Saraswati's 'self concept questionnaire (SCQ)

● INTRODUCTION :

The self is first and foremost the collection of beliefs that hold about ourselves. The set of beliefs we hold about who we are is called the self concept.

Self concept is a dominant element in personality patterns, therefore the measurement of self concept becomes essential. A variety of methods and techniques have been developed, to measure self concept. Calyns and Kenny (1977) stated that, 'self concept whether high or low, is a primary predictor of achievement levels. Accordingly, if a student with special needs and enter an already low self concept, his/her academic performance could be similarly lowered. Burne (1984) found that nearly all studies report self concept is positively correlated with achievement and many find achievement to be more strongly correlated with academic self concept than with general self-concept.

● TYPES OF SELF CONCEPT :

- 1) Physical - Individuals view of their body, health, physical appearance and strength.
- 2) social - Individual sense of worth in social interaction.
- 3) Temperamental - Individuals view of their prevailing emotional state or predominance of a particular

kind of emotional reaction

4) Moral - Individuals estimation of their moral worth, right and wrong activities.

5) Educational - Individuals view of themselves in relation to school, teachers and extra curricular activities.

6) Intellectual - Individuals awareness of their intelligence and capacity of problem solving and judgements.

● FACTORS AFFECTING SELF CONCEPT :

a) Nature :- Refers to heredity, the intelligence of our inherited characteristics on our personality, physical growth, intellectual growth and social interaction. our age, appearance, gender, somewhat culture affects our self concept.

b) Nurture :- It refers to the influence of the environment on all those same things and includes parenting styles, physical surrounding, economic factors and anything that can have an influence on our self concept, that does not come from within the person. our emotional development, education, relationships with other people, sexual orientation and life experiences affect our self concept. we can have a positive (good) self concept or a negative (poor) self concept. All above factors can affect our confidence, optimism, self acceptance and hence affects our self concept.

- c) Appearance :- It can affect an individual's self concept both constructively and harmfully. For eg: pictures of sports person constructively encourage individual to keep up healthy life.
- d) Relationship :- Supportive family, peer positively affects our self concept. Furthermost dis-functional family supports lead to low self concept.
- e) Age :- self concept fluctuate throughout different life stages. As one's self concept tend to decrease from old age to youth. Apart from these factors there are factors like one's education, income, gender directly or indirectly influence one's self concept.

● THEORIES OF SELF :

- 9) Carl Rogers and self concept :-
Rogers (1961) believed that the human being are always striving to fulfill their innate capacities and capabilities and in become everything that their genetic potential will allow them to become. This striving for fulfilment is called 'self actualization tendency.' An important tool in human self actualization is the development of a image of one self or the self concept.
- Real self and Ideal self -

According to Rogers, the self concept includes the real self and the ideal self. The real self is the persons actual perception of traits and abilities, whereas the ideal self is the perception of what a person would like to be or thinks he or she should be.

When the ideal self and the real self are very similar the person experiences harmony and contentment. When there is a mismatch between the two selves, the person experiences anxiety and may engage in neurotic behaviour.

ii) William James and the consciousness of self.

In the 19th century William James pieced together a theory of self. In the principle of psychology (1980) entitled 'The consciousness of self'. James discuss the manifold nature of self treating in its native complexity.

James talks about the most common empirical science of self. He thinks the self is more than subjectivity. 'In its widest possible range, whatever a man's self is the total but his clothes and his house, his wife and children, his ancestors and friends, his reputation and works, his lands and horses'. All these things give him the same emotions. He proposes that an investigation of the self must look deeply into the constituents of the self.

§ SELF

'I' SELF

'ME' SELF

Material
self

social
self

spiritual
self.

- Difference between self concept, self esteem, self efficacy.

- Self Concept - An area in that the concept of self is not very well defined and is in a self concept. Among them are self image, the ego, self understanding, self perception and phenomenon self.

- Self Esteem - How we feel about ourselves can be assessed directly as well as with more implicit or indirect methods.

- Self Efficacy - It is necessary to believe that we can achieve a goal as a result of our own action or to learn even try.

ABOUT THE PRESENT TEST.

- Conventional Properties.

Self concept questionnaire was developed by Dr. Sariswat measures one's self concept which plays an dominant element in personality pattern. Roger (1951) defined self concept as 'an organised configuration of perception of the self which are admirsible to awareness. The self concept Inventory provides 6 dimensions i.e physical, social, temperamental, intellectual, moral and educational self concept.

i) Physical - An individuals view of their body, health, physical appearance and strength.

ii) Social - Individuals sense of worth in social interaction.

iii) Temperament - Individuals view of their prevailing emotional state.

iv) Educational - Individuals view of themselves in relation to school, teachers and extra curricular activities.

- v) Moral - Individuals estimation of their moral work.
- vi) Intellectual - Individuals awareness of their intelligence and capacity of problem solving and judgement.

SCORING : - The respondent is provided with alternative to give responses ranging from the most acceptable to least acceptable description of his self concept. The alternative or responses are arranged in such a way that the scoring system for all the items will remain the same i.e. 5, 4, 3, 2, 1 whether the item are positive or negative.

● Psychometric Properties

a) Reliability - Test-retest reliability was found to be .91. Reliability coefficient of its various dimensions varies from .67 to .88

b) Validity - 100 items were given to 25 psychologist to classify the item to the category to which it belongs. Items of highest agreement and not less than 80% of agreement were selected. Content and construct validity were established.

c) Standardization and Norms - The SCA was standardized on 1000 students of 20 high secondary schools of Delhi. pertaining to Delhi administration and central schools. The students were from ixth and xth classes ranging from 14 to 18 years of both sexes.

● CONTEMPORARY TEST :

1) Mohsja self concept Inventory :- This test was

developed by S.M. Mohsin. The Mohsini's self concept Inventory consists of 60 items consisting of positively or negatively phrased statements about abilities and strengths pertaining to cognitive, affective and cognitive areas.

2) Tennessee self concept scale :- The Tennessee self concept scale is a measure of self esteem developed by William. H. Fitts in 1965. An updated version of the TSCS-2 has been published by western psychological services since 1996.

3) Self-Perception Inventory :- This test was developed by A.T. Sources and L.M. Sources.

MATERIAL :

Two booklets + wooden screen + Manual + Stationery.

PROCEDURE : The subject was called into the cubicle and rapport established. Detailed case history was taken and instructions were given as per the manual.

PRECAUTIONS :

Subject should not write anything on the test booklet, subject should not be allowed to turn the page before starting test or until asked to do so. Subject should not skip any question. Subject should not be exposed to the test material before beginning the test. Case history should be taken by experimenter in detailed before beginning the test.

CASE HISTORY :

The subject is female and 20 years old. She has completed her graduation in psychology and now she has taken break. Subject is not that much oriented towards academics. She is not that much good in maths, science, english and average in languages. But she is good in history and geography. She has taken her high school and college education in marathi medium. She likes to play intellectual challenges like crosswords but she prefers marathi only. She loves to see different types of arts and she critically analyse the piece of art she sees. According to her, her nature is talkative and helpful. She loves animals and give respect to others. She reacts eagerly to any situation and can get angry easily. She is satisfied with her behavioural pattern but she wants to low down her anger. She is also satisfied with her physical beauty. According to her, her company is enjoyed by others. She likes to attain social gatherings and likes to meet new people. She follows rules and values. She likes to follow modified version of the values. Overall she loves the way she is, she is satisfied with herself.

RESULT TABLE :

Area	Scores	Interpretation.
1. Physical	81	Above Average
2. Social	35	High
3. Temperamental	34	High
4. Educational	28	Above Average
5. Moral	36	High
6. Intellectual	30	Above Average
Total	194	High self concept.

INTERPRETATION :

The self concept questionnaire is a test designed by Dr. R. C. Sarswat to measure individual's self concept.

Self concept can be defined as a one's collection of beliefs about oneself, or how individual considers himself.

The subject was called in the cubical and rapport was established. After that detailed case history was taken and then instructions are given as per the test manual.

The subject has scored 31 that is above average in physical self concept, which matches with the case history, as subject is satisfied with her physical appearance but thinks she need work little more.

The subject has scored 35 that is high on social self concept, which matches with the case history, as she likes to attend social gatherings and likes to interact with people.

The subject has scored 34 that is high on temperamental self concept, which matches with the case history, as she is satisfied with the way she reacts to particular situation. She is satisfied with her behavioural pattern.

The subject has scored 28 that is above average in educational self concept, which matches with the history, as she is good in languages and history and geography, but

have difficulty in science and maths.

The subject has scored 86 that is high on moral self concept, which matches with the case history, as she likes to follow traditions and values. She likes to follow modified version of values.

The subject has scored 80 that is above average in Intellectual self concept, which matches with the case history, as she likes to play intellectual challenges. She likes to solve crosswords but she prefers marathi language.

The overall score of self concept is 194 that is high self concept. All the scores matches with the case history.

Scores should be interpreted with caution because test administrator is a student of psychology and is still under the ~~training~~.

CONCLUSION :-

There are total 6 areas of self concept are measured in this inventory. The subject has scored above average in physical, educational and intellectual self concept. The subject has scored high on social, temperamental, moral self concept. Overall self concept of the subject is high.

REFERENCES :

- 1) Saraswati R.K manual For self concept questionnaire.
- 2) Bemister R.F The self in psychology an overview.

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