

Self-Recognition of Standard XII- A Study

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ABSTRACT

This research paper deals with the conceptual and methodology of Self-recognition of higher secondary students of kheda district of Gujarat state. Researcher selected 200 higher secondary students for this study through, from rural and urban both area. The Self-Recognition inventory was constructed and used in the study. Survey method was used for data collection. Mean, SD and t value statistics was used for study. Research found that there was a significant difference between Male and Female students of high school with regard to their Self-Recognition, and there were no significance difference between Urban and rural areas high school students on their Self-Recognition mean scores.

Keywords: *Self-Recognition.*

Introduction :

Self-Recognition is an important concept in understanding the development of psychological health. It is defined as an individual's acceptance of all of his/her attributes, positive or negative. Self-Recognition enables an individual to appropriately evaluate his/her efficient and inefficient features and accept any negative aspects as parts of their personality

We share the view that Self-Recognition is a very important strength of character and pillar of emotional health in large part because of the theory of Albert Ellis. Ellis and his colleagues (e.g., Ellis, Wolfe & Moseley, 1968) who have written about the pernicious effects of self-depreciation on the mental health of children and the need for adults to not only combat

young people's tendencies to negatively self-rate, but also to explicitly teach Self-Recognition. Teach children to never rate themselves in terms of their behavior and to separate judgments of their actions from judgments of self-worth. Encourage them to acknowledge and accept responsibility for their traits and behaviors –both good and bad- without evaluating themselves as good or bad. Help combat children's tendencies towards self-downing by reminding them they are made up of many good qualities (and some that are not so helpful) and that they do not lose their good Qualities when bad things happen. Explain to children that all human beings are capable and likeable in their unique ways and, therefore, it is good for children to accept themselves unconditionally without having to prove

themselves (from Ellis, Wolfe & Moseley, 1968, *How to Raise an Emotionally Healthy, Happy Child*).

Concept of Self-Recognition:

In some ways, it is easier to illustrate the meaning of Self-Recognition by its converse, Self-depreciation (also referred to as self-downing or negative self-rating). Semantically, self-Depreciation involves the mislabeling of one's overall value as a person as worthless, hopeless or failure. Logically, self-depreciation is seen as a non sequitur where a conclusion is reached that because one (or more) aspect of one's behavior or traits is bad; therefore, all aspects of one are bad. Empirically, self-depreciation results from selective abstraction of one or more aspects of one's negative behavior or traits to arrive at the false conclusion that all aspects of one's negative behavior or traits to arrive at the false conclusion that all aspects of oneself are bad.

There are two forms of Self-Recognition that Albert Ellis discusses both of which can be taught to children and adolescents. When Self-Recognition is characterized by semantic precision, logic and is evidence-based, it can be described as the elegant solution to the problem of self-depreciation and self-rating. "Self-Recognition means that the individual fully and unconditionally accepts herself whether or not she behaves intelligently, correctly or competently and

whether or not other people approve, respect, or love her (Ellis, 2005)". Simply stated, Self-Recognition is the belief that one is a worthy person just because one exists, and despite one's faults Walen, Wessler & DiDiuseppe, 1993). Unconditional Self-Recognition has been described as the acknowledgement of one's fallibility and flaws, without rating one's worth either positively or negatively.

'Self Acceptance' is, simply, acknowledging yourself. It is accepting totally the fact that 'I am me' and recognizing that everything about you is a fact. It is realizing inside yourself that this total you is a fact, whether you like different aspects about yourself or not. Self Acceptance is unconditional. When the notion of 'self esteem' is replaced with 'Self Acceptance', there is no such dependence on others. For Self Acceptance learners rely totally on themselves- 'I can take it in my own hands' and create their own security. In this inner security they find inner strength. Their potential is released.

According to Jerkily (1963), the sum total of a person's view of what he wishes he were or think he ought to be, as distinguished from what he is generally is called self acceptance. The adolescent's self acceptance has many facts, It includes aspirations he is vigorously striving to attain, or hopes dimly some day to relays. According to Roger (1951), Self-Recognition comprises what the person would like to be or holds out as a

goal for individual development and achievement.

Objectives:

- (1) To study the difference between Male and Female high school students with respect of Self-Recognition.
- (2) To study the difference between Urban and Rural area of high school students with respect of Self-Recognition.

Hypothesis:

Ho1. There will be no significant difference between the mean scores of male and female students of high school with respect of Self-Recognition.

Ho2. There will be no significant difference between the mean scores of urban and rural areas students of high school with respect of Self-Recognition.

Limitations:

The present study has been restricted to the following limitations.

- (1) The study was limited to Kheda District only.
- (2) 12th standard school students were taken for the study.

Sample:

Researcher got the complete list of higher secondary schools of kheda district. Researcher has distributed schools from urban and rural. Researcher selected twenty schools randomly from the list, in which ten

schools from urban area and ten schools from rural area. Then, Researcher has selected 100 boy students and 100 girl students of standard 12th from kheda district through random sampling from 10 schools. Thus researcher selected 170 urban students and 30 girl students and total 200 students.

Method of the study:

Survey method was used in this research.

Tool:

The Self-Recognition inventory was constructed by the researcher. Researcher included only twenty questions related to self- recognition. Researcher had shown it to expert and made corrections in it. Researcher implemented it on a small group of sample, and then made corrections needful. Thus researcher finalized the tool.

Statistical techniques:

Mean, SD and t-value was used in this study.

Data Analysis & Interpretation:

Ho.1 there will be no significant difference between the mean scores of male and female students of high school with respect of Self-Recognition.

Table No.-1

Difference between male and female students with respect to Self-Recognition

Gender	N	Mean	SD	t-value	S / N.S.
Male	100	21.95	5.262	3.192	S
Female	100	20.54	4.589		

From the above table-1, the calculated t-value (3.192) is greater than the value (2.58) at 0.01 levels. Hence, there is a significant difference between male and female high school students with regard to their Self-Recognition. There for the above hypothesis is rejected.

Ho.2 there will be no significant difference between the mean scores of urban and rural areas students of high school with respect of Self-Recognition.

Table No.-2

Difference between urban and rural areas students with respect to Self-Recognition

Area	N	Mean	SD	t-value	S / N.S.
Urban	170	7.20	2.320	0.265	N.S.
Rural	30	7.25	2.126		

From the above table-2, it is cleared that the t-value (0.265) is less than the table value (1.96) at 0.05 levels. Hence, there is no significance difference between the urban and rural areas high school students on their Self-Recognition mean scores. Therefore, the above hypothesis is accepted.

Findings of the study:

Findings of the study are as below;

- (1) It is found that there is a significant difference between Male and Female students of high school with regard to their Self-Recognition.

- (2) It is found that there exists no significance difference between Urban and rural areas high school students on their Self-Recognition mean scores.

Conclusion:

Self-Recognition plays an important role in each and every human being. Self-Recognition requires consistency, stability, and tends to resist change. If Self-Recognition changed readily, the individual would lack a consistent and dependable personality. Every person is a social being thus Self-Recognition helps him to understand the self and what other thinks about himself.

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