Self-Concept and Social Adjustment among College Going Reality Show Participants

Jasseer, J*, Selvaraj, S** Fresnal**

*Assistant Professor, **Research scholars, Department of Psychology, University of Kerala.*
Corresponding Author: Jasseer, J

Abstract: Reality shows are very popular in the present decade. Reality shows vary from channel to channel; from song to cookery, and comedy to dance. Reality shows are strong reflection of the dreams, aspirations, struggle and emotions of the common man especially the youngsters. .Reality shows are becoming increasingly popular among the college students which affecting their attitude and mental health. The present study focused on exploring whether there exists any relationship between self-concept and social adjustment of reality show participants; and if there is, to what extent. Stratified Random Sampling was adopted for selecting 150 contestants who are participating in different reality shows in different channels. The variables were measured using self-concept inventory and social adjustment inventory. The result indicate that there exists a significant positive relationship between the self-concept and social adjustment of reality show participants.

I. INTRODUCTION

Television broadcasting first came to India in the form of Doordarshan on September 15, 1959. Doordarshan is the National Television Network of India and also one of the largest broadcasting organizations in the world. At present there are more than 100 different channels operating with nearly 20 Television companies broadcasting programmes all over India. Television ownership is growing fast with plenty more room to expand. There were roughly 119 million homes with television in India by 2004, making it the third largest television market in the world after the United States and China.

In Malayalam TV channels, there are many reality shows, and such reality shows mainly hunt for young talents. People watch the reality show as a leisure time activity mainly because they love music and songs. Viewers get the thrill of real unedited action in reality shows, whether it is a game, talent hunt, music, dance, cookery or comedy. But many channels are getting diverted from the primary objective and considering the shows to be nothing other than a big business. There are many people who send SMS' and participate as voters to select their favourite contestant from a particular show. Though the transparency or the intentions of this SMS system has not yet been proved, these messaging services hosted by private mobile companies or real estate groups who are the major source of revenue for the shows.

Reality show has emerged as a new concept for the viewers which include unscripted dramatic or humour situations, documentary on actual events, and featuring ordinary people instead of professional celebrities. This reality shows are a means to search for the talented like actors, singers, dancers and comedians. Most of the reality shows have a voting system where the viewers can select the most talented contestant.

The reality shows perch on a very strong emotional content which make their connection with the audience very strong. This strong emotional connect also subconsciously translates to a large extent with the product being marketed. Reality shows are either for entertainment or infotainment.

Reality shows are a strong reflection of the dreams, aspirations, struggle and emotions of the common man; and cater mostly to the family audiences. Grand- parents, parents, and the children all watch such shows together; and vicariously experience the enthrallment of a spot light. The format of most shows is such that they attract audience from across diverse age groups and genders. Hence reality show provides an ideal platform to send a strong message to the entire family and make them to think and discuss together about the shows put-up or the product. The format of the reality show has a built- in, quick response- seeking factor from the audience.

Most of the reality shows demand conscious as well as subconscious involvement of the viewers.The conscious involvement is in terms of getting an opportunity to vote for their favourite participant, or to make a live call and chat with their favourite celebrity or make a telephone call and pour in one's own views in a talk show and so on. The subconscious involvement is in the form of living though the joy of the participant

comments by a judge or a celebrity – the vicarious experience of living it through your favourite, is what mimicked.

Reality shows can discover talented youngsters for real, if presented with focus on the real spirit and a standardised judgment. These reality shows are not expected to be in violation of the personal rights of the contestants, or be asking them un-necessary questions. Parents also should bother about these things. If their kids are actually talented, they need not be bothered about the judgment. Parents should not put extraordinary stress upon their kids to make them 'star' in reality shows or cash queens.

Research evidence suggests that athletes and performing artists share a susceptibility to some negative appraisals, and also points out that there are some key differences between the experiences of athletes and performing artists (Akgun, 2004; Alter & Forgas, 2007; Elliot & Thrash, 2004; Martin, 2008; Stokic et al., 2003). Procrastination is another form of self-handicapping in which a large portion of the general population engages. This serves as a defensive strategy that is both a failure of self-regulation and a mechanism for avoiding loss of self-esteem both in one's own eyes and in the eyes of others (Deb & Arora, 2009; Ferrari, 2001; Ferrari & Morales, 2007; Martin, Marsh, Williamson, & Debus, 2003; Sirois, 2004).

There is existing research evidence pointing to the relation between self-concept and social difficulties. In a longitudinal study of college students, self-concept was measured before beginning college, and social problems were assessed later-on into the course of the freshman year. In this study, self-concept did predict social difficulties, wherein individuals with lower self-concept reported more social problems. (Crocker & Luhtanen, 2003).

Broh (2002) observed that students who participated in musical activities talked more with parents and teachers, and that their parents were more likely to talk with friends' parents. She concluded that these social benefits were likely to lead to a higher self-esteem in the children which in turn lead to increased motivation and self-concept (Crocker & Luhtanen, 2003).

Whitwell (1977) argued that creative participation in music improves self-image and self-awareness, and creates positive self concept. Similar findings have been found with urban black middle-school students (Marshall, 1978) and children of low economic status (Costa-Giomi, 1999). It would appear that success in music can enhance overall feelings of confidence and self concept, increasing motivation for study more generally.

A study with non-music students who had previously participated in musical groups established similar benefits but there was a greater preoccupation with the impact of group music making on the self and personal development. Students reported that active involvement in music helped them develop life skills such as discipline and concentration and provided an outlet for relaxation during demanding study periods (Kokotsaki & Hallam, 2007). In a study of 84 members of a college choral society, 87% indicated that they had benefitted socially, 75% emotionally, and 49% spiritually (Clift & Hancox, 2001).

Being involved in the extra-curricular rehearsal and performance of a school show has been shown to facilitate the development of friendships with like-minded individuals and make a contribution to social life through a widespread awareness of the show by non-participants (Pitts, 2007). Such participation increased pupils' confidence, social networks and sense of belonging, despite the time commitment which inevitably impinged on other activities. Another research has also shown that involvement in group music activities in the high school helps the individuals acquire skills to support each other, maintain commitment and bond together for group goals (Sward, 1989).

Within small musical groups, the social relationships and the development of trust and respect are crucial for their functioning (Davidson & Good, 2002; Young & Colman, 1979). For long-term success, rehearsals have to be underpinned by strong social frameworks as interactions are typically characterised by conflict and compromise related mainly to musical content and its co-ordination, although some interactions (e.g. approval) are more of a personal nature (Young & Colman, 1979; Murningham & Conlon, 1991). The smaller the group the more important personal friendship seems to be. In adolescence, music makes a major contribution to the development of self-identity. It was also found that teenagers listen to a great deal of music (Hodges & Haack, 1996).

Research in Switzerland showed that increasing the amount of classroom music within the curriculum did not ave a detrimental effect on language and reading skills despite a reduction in the time of acquisition for these lessons (Spychiger, Patry, Lauper, Zimmerman & Weber, 1993; Zulauf, 1993) and there was an increase in social cohesion within class, greater self-reliance, better social adjustment and more positive attitudes in the children.

Reality shows generate good revenues for television industry and also create a very good platform for thousands of Indian youngsters who want to achieve great things in their field of interests. But most often the unhealthy comments made and the abuse from the judges create stress and frustration in the contestants. The contestants have been pressurized, and even harassed psychologically within these shows; so that the viewers

can watch the sentiment drama and group cries. This would cause the formation of an emotional attachment to the participants, resulting in the SMS votes that the business holders hope for.

Unhealthy competitions are becoming almost a norm within the reality shows, with the participants and their parents willing to go to great lengths just to get into the limelight, leaving behind a trail of physical abuses, bribes and extortions in its wake.

The main objective of the study was to find out, if there exists any significant relationship between self concept and social adjustment of the reality show participants.

II. METHOD

The method adopted for the study have been presented below

Participants:

Stratified random sampling was adopted to select 150 college students, both male and female, who were participating in different reality shows in different channels and belonged to the age group of 18 to 22 years.

Instruments:

The instruments used for the present study include:

1) Personal Data Schedule: *A* personal data schedule was prepared to collect relevant data such as age, sex, income etc. of the participants.
2) S.S. Inventory: It is a 20 item multiple choice questionnaire developed by Selvaraj and Jasseer (2014) for the purpose of measuring self-concept and social adjustment of reality show participants. The psychometric properties of the inventory were also established.

Plan of Analysis:

The data collected were analyzed using Pearson product-moment method of correlation.

III. RESULTS AND DISCUSSIONS

The results along with the discussion of correlation analysis presented below

Table 1 *Correlation between Self Concept and Social Adjustment*

Variables	Self concept	Social adjustment
Self concept	( )	
Social adjustment	0.656**	

**Significant at 0.01 level

In order to find whether there exist any significant relation between self concept and social adjustment among reality show participants, the correlation co efficient between these variables were computed. The 'r' value obtained for the variables self concept and social adjustment (0.656) was statistically significant at 0.01 level. The result indicated a positive correlation between the variables, which indicated that as self concept increases, a corresponding increases in social adjustment can be observed or vice versa.

Reality show participants with positive self-concept posses adequate self control and self esteem. They are very much confident about their abilities and performances. The contestants, who have positive self concept, perform well and can handle social situations very effectively. The positive self-concept of the participants facilitates better social adjustment.

The relationship between social self-concept and psychological adjustment has implications for mental health, because an increase in social self-concept can increase levels of psychological adjustment and reduce levels of depression and loneliness. (Betz & Schifano, 2000). Some research suggests that self-concept and social difficulties are related. In a longitudinal study of college students, the researchers concluded that self-concept did predict social difficulties, with individuals with lower self-concept reporting more social problems. (Crocker & Luhtanen, 2003). Certain studies revealed that lower self-concept has been related to poorer social adjustment (Geist & Borecki, 1982; Rice, 1999).

The present study concluded that the self concept of the reality show participants influences their social adjust and performance.

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