

## **A Study of Self-concept and Emotional Stability in Students.**

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**Abstract:**The main purpose of this research was to find out the Mean difference between students in Self-concept and emotional stability. The total 80 sample were taken out which 40 were Gujarati medium (14 to 17 years) students and 40 were English medium (14 to 17 years) students. The research tool for Self-concept scale was developed by Dr. S. P. Ahluwalia's and Emotional stability scale was developed by Dr. A. Sengupta and Dr. A. K. Singh scale was used. Here Gujarati adaption used and the t-test was applied to check the difference of Self-concept and emotional stability and the Karl-person 'r' method used to check the correlation. Result reveals that no significant difference in Self-concept in students and significant difference in emotional stability in students. While co-relation between Self-concept and Emotional Stability reveals 1.00 positive correlation.

**Key word:-**Self-concept and Emotional Stability

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### ***Self-concept***

Self-concept is made up of one's self-schemas and interacts with self-esteem, self-knowledge, and the social self to form the self as a whole. It includes the past, present, and future selves, where future selves represent individuals' ideas of what they might become, what they would like to become, or what they are afraid of becoming. Possible selves may function as incentives for certain behavior. Self-concept is an overarching idea we have about who we are physically, emotionally, socially, spiritually, and in terms of any other aspects that make up who we are (Neill, 2005). We form and regulate our Self-concept as we grow; based on the knowledge we have about ourselves. It is multidimensional and can be broken down into these individual aspects.

“Self-concept is the individual's belief about himself or herself, including the person's attributes and who and what the self is.” - **Roy Baumeister (1999)**“Self-concept is the totality of an individual's thoughts and feelings having reference to him as an object.” - **Rosenberg's (1979)**

Self-concept is related to several other “self” constructs, such as self-esteem, self-image, self-efficacy, and self-awareness. Self-concept is an essential part of the development of personality. Self in terms of psychology has two Meanings that our attitude and feelings of a person towards himself, and something the whole psychological process that controls behavior and self-adjustment. According to Burns The Self-concept is self-esteem, self-worth or self-acceptance that includes all beliefs and judgments about ourselves, it will define who we are in our mind, what we can do in our minds and what we become in our minds. The perception humans have about their past or future selves relates to their perception of their current selves. The temporal self-evaluation theory argues that people tend to maintain a positive self-evaluation by distancing themselves from their negative selves and paying more attention to their positive ones. In addition, humans have a tendency to perceive past selfless favorably.

### ***Emotional stability***

Emotional stability can be defined as having a congruent transition of emotional states and moderate emotional resilience to environmental influences. Someone who can cope with general changes in the environment, without responding with an intense emotional reaction, is said to be emotionally stable. The ability to stabilize emotions differs from the ability to regulate emotions. The signs of an Emotional Stability are calmness of mind and freedom from anxiety and depression (Hay & Ashman, 2003). An emotionally stable person has the attributes of emotional maturity, self-confidence, and stability in their plans and affections; Emotional Stability is not one of the effective determinants of the personality patterns, but it also helps to control the growth of adolescent development. Stable emotional behaviour at any level is that that reflects the fruits of the normal emotional development. An individual who is able to keep his emotions stable

and under control even in extreme situations, might still be emotionally stunned or be childish in his behavior sometimes. So Emotional Stability is considered as one of the important aspect of human life.

## **I. REVIEW OF LITERATURE**

Jayesh b. sarvaiya (2017) Self-Concept and Emotional Stability in students. In addition, result indicates that the revealed the significant difference in Self-concept and Emotional Stability of English medium student and Gujarati medium student.

Narendra K. Singh, Nishant Goyal and Vinit K. Singh (2016) Gender Differences in Self-concept among School Going Adolescents. In addition, result indicates that the revealed significant difference in Self-concept of the boys and girls among school going adolescents in Indian setting. Female students scored lower on physical Self-concept than male students, but higher on temperamental Self-concept.

Kinjal P. Usdadiya (2015) A study of Self-concept and Emotional Stability among Gujarati medium and English medium student. result indicates that the revealed the significant difference in Self-concept and Emotional Stability of English medium student and Gujarati medium student. Positive correlation between Self-concept and Emotional Stability

Chaubey Smita, Kumari Mamta and Dubey Seema (2017) Emotional Stability among children in sultanpur city. In addition, result indicates that the revealed the boys had extremely Emotional Stability rather than girls.

Shrawan Pandey, Sumita Dave and Ashok K. Chandra (2017) Emotional Stability: study on adolescent students of bhilai, india. In addition, result indicates that the revealed the significant difference in Emotional Stability of adolescent boys and girls.

### ***Problem:-***

A study of Self-Concept and Emotional Stability in students.

### ***Objectives***

The main objectives of study were as under:

1. To measure the Self-concept in Gujarati medium and English medium students.
2. To measure the Emotional Stability in Gujarati medium and English medium students.
3. To measure the correlation between Self-concept and Emotional Stability.

### ***Hypothesis***

To related objectives of this study, null hypothesis were as under:

1. There will be no significant difference in Self-concept of Gujarati medium and English medium students.
2. There will be no significant difference in Emotional Stability of Gujarati medium and English medium students.
3. There will be no correlation between Self-concept and Emotional Stability.

## **II. METHOD**

### ***Participants***

According to the purpose of present study total 80 samples has been selected. There were 40 Gujarati medium school student and 40 English medium school students were taken as a sample from different school of Rajkot City (Gujarat).

### ***Tools:-***

Following instrument were used for data collection.

1. *Self-concept scale*:- The Self-concept scale was developed by Dr. S. P. Ahluwalia's (1986). This scale Gujarati translated by Dr. Y. A. Jogsan (2014). This scale contains 80 item with 2 alternative responses varying from yes or no response. There reliability and validity is higher.
2. *Emotional stability*:- The Emotional ability scale was developed by Dr. A. Sengupta and Dr. A. K. Singh. This scale Gujarati translated by Dr. Y. A. Jogsan (2014). This scale contains 15 item, 2 alternative responses varying from yes or no response. There reliability and validity is higher.

### ***Research design:-***

The aim of present research was to study the Self-concept and Emotional Stability in students. For the total 80 students were taken as a sample from randomly select in Rajkot city (Gujarat) out of 80 students 40 Gujarati medium school student and 40 English medium school students. here to measure Self-concept and emotional ability. The Self-concept scale was used which was made by Dr. S. P. Ahluwalia's (1986) and Emotional ability scale was used which was made by Dr. A. Sengupta and Dr. A. K. Singh.

**Statistical analysis:-**

The main objective of present study was to measure the Self-concept and Emotional Stability in student. In it statistical t-test method is used, to check correlation between Self-concept and Emotional Stability by Karl Pearson 'r' method is used.

**III. RESULT AND DISCUSSION**

The main objective of present study was to do comparative study of Self-concept and Emotional Stability in students. In it statistical t-test was used and their correlation was measured. Results discussions of present study is as under:

**Table No. 1**  
**Showing t-value score of Self-concept in Gujarati and English medium students:**

Variables	N	Mean	SD	t	Sig.
Gujarati medium student	40	64.33	11.64	0.79	NS
English medium students	40	62.05	13.98		

Sig. LEVEL = 0.05 = 1.99  
0.01 = 1.66  
NS = Not Significant

According to t-test Self-concept (table - 1) we said that t-value of medium variable was 0.79. The Mean of Gujarati medium students received 64.33 and English medium students received 62.05. The standard deviation of Gujarati medium students 11.64 and English medium students 13.98. The t-value of medium variable was not significant difference. So we can say that first hypothesis was accepted because not significant difference can be seen the t-value of medium was 0.79.

**Table No. 2**  
**Showing t-value score of Emotional Stability in Gujarati and English medium students:**

Variables	N	Mean	SD	t	Sig.
Gujarati medium student	40	8.95	3.34	3.12	0.05
English medium students	40	6.90	2.35		

Sig. LEVEL = 0.05 = 1.99  
0.01 = 1.66  
NS = Not Significant

According to t-test Emotional Stability (table - 2) we said that t-value of medium variable was 3.12. The Mean of Gujarati medium students received 8.95 and English medium students received 6.90. The standard deviation of Gujarati medium students 3.34 and English medium students 2.35. The t-value of medium variable was significant difference at the 0.05 levels. So we can say that first hypothesis was not accepted because significant difference can be seen the t-value of medium 3.12.

**Table No. 3:**  
**Correlation of Self-concept and Emotional Stability in Gujarati and English medium students:**

Variables	N	Mean	r	Sig.
Self-concept	80	63.19	1.00	0.05
Emotional stability	80	7.93		

Sig. LEVEL = 0.05 = 1.99  
0.01 = 1.66  
NS = Not Significant

Here the correlation between Self-concept and Emotional Stability is 1.00. This was positive correlation it Means Self-concept increase Emotional Stability increase and Self-concept decrease Emotional Stability decrease. So we can say that third hypothesis was not accepted.

#### IV. CONCLUSION

We can conclude by data analysis as follows.

There was not significant difference the Mean scores in Self-concept of Gujarati and English medium students. There was significant difference the Mean scores in Emotional Stability of Gujarati and English medium students. The correlation between Self-concept and Emotional Stability is high positive correlation.

#### **Limitation of the research:-**

This study had several limitations that can be addressed by future research. The participants consist only students of different school of Rajkot city. So it is not representative of all other city. Hence, a more representative participant might yield different result. For example a participant from different city of Gujarat might show significant interaction effects of different city.

#### **Suggestions:-**

Endeavor can be executed to analyze more than 80 data of sample with efficacy to attain better results. For the accumulation of information, varied methods except scale can be adopted. Selection of sample can be accomplished with the intake of different city students, different state to ascertain in their Self-concept and Emotional Stability. To carry the research work, other method of selecting sample can be appropriated.

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