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**A study of relationship between altruism and social skills of adolescents**

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**Abstract**

The main objective of the present study was to study the relationship between altruism and social skills of the adolescents. To achieve this objective, Altruism Scale (2015) by Rai and Singh and Social Skills Scale (2012) by Sood, Anand and Kumar were used to collect the data. The sample consisted of 200 students of XII class, selected randomly from private schools affiliated to CBSE, New Delhi from Moga District of Punjab, India. The sample was equally categorized between Boys-Girls and Rural-Urban students. Statistical techniques viz. - Mean, Standard Deviation, Standard Error of Means, t-test and Coefficient of Correlation (r) were used to analyze the data. The results revealed that there exists significant relationship between altruism and social skills of adolescents. It means that social skills affect the altruism of the adolescents. If the adolescents have good social skills their level of altruism will be high and vice-versa.

**Keywords:** Altruism, Skills, Social Skills, Adolescents.

**Introduction**

Man is a social being influencing the conduct of others and being influenced by their behavior, in his turn. Social relationship depends upon mutual quality between such behaviour. Every society has some norms and standard regarding social development (Kol and Esra, 2016) <sup>[4, 5]</sup>. A child who accepts and obeys the traditions, customs and deals with the social norms is said to sociable. Altruism and social skills are interrelated terms. Social skills can give us greater insight and help us better to understand the motives and actions of our self and others. Altruism is an ethical doctrine that holds that the moral values of an individual's actions depend solely on the impact on the other individuals, regardless of the consequences on the individuals itself (Andrew, 2006) <sup>[1]</sup>. James Fisser states the altruist dictum as “An action is morally right if consequences of that action are more favorable than the unfavorable to everyone except the agent”.

**Altruism**

Altruism refers to any behavior that is designed to increase another person's welfare and particularly those actions that do not seem to provide a direct reward to the person who performs them (Batson, 2011) <sup>[2]</sup>. It is the principle and moral practice of concern for happiness of other human beings and/or animals, resulting in a quality of life both material and spiritual. It is a traditional virtue in many cultures and a core aspect of various religious traditions and secular worldviews, though the concept of "others" toward whom concern should be directed can vary among cultures and religions. Altruism is a helping behaviour that is motivated only by the desire to relieve suffering and without any anticipation of reward to come (Millet, 2006) <sup>[8]</sup>. Altruism may, therefore, be expressed through pro-social behaviours, such as helping, comforting, sharing, and philanthropy and

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community service and may be considered to be the polar opposite to selfishness (Zaki and Mitchell, 2013) <sup>[13]</sup>

### Social Skills

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Human beings are sociable creatures and we have developed many ways to communicate our messages, thoughts and feelings with others (Yunus, 2013) <sup>[12]</sup>. Developing social skills is about being aware of how we communicate with others, the messages we send and how methods of communication can be improved to make the way we communicate more efficient and effective. A social skill is any competence facilitating interaction and communication with others where social rules and relations are created, communicated, and changed in verbal and nonverbal ways. The process of learning these skills is called socialization. For socialization, interpersonal skills are essential to relate to one another. Interpersonal skills are the interpersonal acts a person uses to interact with others, which are related to dominance vs. submission, love vs. hate, affiliation vs. aggression, and control vs. autonomy categories (Leary, 1957) <sup>[6]</sup>. Positive interpersonal skills include persuasion, active listening, delegation, and stewardship, among others. Social psychology is the academic discipline that does research related to social skills and studies how skills are learned by an individual through changes in attitude, thinking, and behavior.

### Objectives of the Study

The study was carried out with following objectives:

1. To study the altruism among the adolescents.
2. To study and compare the altruism of boys and girls adolescents
3. To study and compare the altruism of adolescents studying in rural and urban area schools.
4. To study and compare the social skills among adolescents.
5. To study and compare the social skills of boys and girls adolescents.
6. To study and compare the social skills of adolescents studying in rural and urban area schools.
7. To find out the relationship between altruism and social skills of adolescents.

### Hypotheses

The study was carried out to test the following hypotheses:

1. There exists no significant difference in the mean scores of altruism of boys and girls adolescents.
2. There exists no significant difference in the mean scores of altruism of adolescents studying in rural and urban area schools.
3. There exists no significant difference in the mean scores of social skills of boys and girls adolescents.
4. There exists no significant difference in the mean scores of social skills of adolescents studying in rural and urban area schools.
5. There exists no significant relationship between altruism and social skills of adolescents.

### Delimitations

The present study was delimited in the following areas:

1. The study was delimited to Moga District of Punjab.

2. The study was delimited to Private Schools affiliated to CBSE, New Delhi only.
3. The study was delimited to XII class students only.
4. The study was delimited to 200 students only.
5. The study was delimited to 100 boys and 100 girls.
6. The study was further delimited to 100 rural and 100 urban students only.

### Population of the Study

The entire group of people or objects to which the researcher wishes to generalize the study findings is called population. In the present study all the Private Senior Secondary Schools affiliated to CBSE, New Delhi of Moga district of Punjab is the entire population of the study.

### Sample of the Study

A sample of 200 XII class students (100 girls and 100 boys) was selected randomly from the private schools affiliated to CBSE, New Delhi of Moga district of Punjab. It was further equally categorized between 100 rural and 100 urban students.

### Tools Used

1. Altruism Scale (2015) by Rai and Singh
2. Social Skills Scale (2012) by Sood, Anand and Kumar

### Statistical Techniques Used

Mean, Standard Deviation (SD), 't'-test, and Co-efficient of Correlation (r).

### Analysis and Interpretation

The results of the present study are elucidated as below:

### Hypothesis-I

There exists no significant difference in the mean scores of altruism of boys and girls adolescents.

**Table 1:** Showing the Mean, SD, SE<sub>D</sub> and 't' ratio of Altruism of 100 boys and 100 Girls

Group	N	Mean	SD	SE <sub>D</sub>	't' ratio	Level of Significance
Boys	100	47.69	8.42	1.01	3.99	**Significant
Girls	100	51.72	5.65			

\*\*Significant at 0.05 level and 0.01 level of significance.

Critical value of 't' at 0.05 level =1.97

Critical value of 't' at 0.01 level =2.60

From Table-I it is evident that the 't'-ratio of altruism of boys and girls is 3.99 which is significant at 0.05 and 0.01 level of significance. Hence there exists significant difference in the altruism of boys and girls adolescents. Hence the hypothesis-I "There exists no significant difference in the mean scores of Altruism of boys and girls adolescents" is not accepted.

### Hypothesis-II

There exists no significant difference in the mean scores of altruism of adolescents studying in rural and urban area schools.

**Table 2:** Showing the Mean, SD, SE<sub>D</sub> and ‘t’ ratio of Altruism of 100 Rural and 100 Urban Adolescents

Group	N	Mean	SD	SE <sub>D</sub>	‘t’ ratio	Level of Significance
Rural	100	52.25	4.34	0.746	5.67	**Significant
Urban	100	48.02	6.07			

\*\*Significant at 0.05 level and 0.01 level of Significance  
 Critical value of ‘t’ at 0.05 level =1.97  
 Critical value of ‘t’ at 0.01 level =2.60

From Table-II it is evident that the ‘t’ ratio of altruism of rural and urban adolescents is 5.67 which is significant at 0.05 and 0.01 level of significance. Hence there exists significant difference in the altruism of adolescents studying in rural and urban area schools. Hence the hypothesis-II “There exists no significant difference in the mean scores of altruism of adolescents studying in rural and urban area schools” is not accepted.

**Hypothesis-III**

There exists no significant difference in the mean scores of social skills of boys and girls adolescents.

**Table 3:** Showing the Mean, SD, SE<sub>D</sub> and ‘t’-ratio of Social Skills of 100 Boys and 100 Girls

Group	N	Mean	SD	SE <sub>D</sub>	‘t’ ratio	Level of Significance
Boys	100	321.38	12.28	1.54	6.25	**Significant
Girls	100	331.01	9.23			

\*\* Significant at 0.05 level and 0.01 level of Significance  
 Critical Value of ‘t’ at 0.05 level = 1.97  
 Critical Value of ‘t’ at 0.01 level = 2.60

From Table-III it is evident that the ‘t’ ratio of social skills of boys and girls is 6.25 which is significant at 0.05 and 0.01 level of significance. Hence there exists significant difference in the social skills of boys and girls adolescents. Hence the hypothesis-III “There exists no significant difference in the mean scores of social skills of boys and girls adolescents” is not accepted.

**Hypothesis-IV**

There exists no significant difference in the mean scores of Social Skills of adolescents studying in rural and urban area schools.

**Table 4:** Showing the Mean, SD, SE<sub>D</sub> and ‘t’ ratio of Social Skills of 100 Rural and 100 Urban Adolescents

Group	N	Mean	SD	SE <sub>D</sub>	‘t’ ratio	Level of Significance
Rural	120	334.06	10.98	1.70	4.36	**Significant
Urban	120	326.65	13.02			

\*\*Significant at 0.05 level and 0.01 Level of significance  
 Critical value of ‘t’ at 0.05 level = 1.97  
 Critical value of ‘t’ at 0.01 level = 2.60

From Table-IV it is evident that the ‘t’ ratio of social skills of adolescents studying in rural and urban area schools is 4.36, which is significant at 0.05 and 0.01 level of significance. Hence there exists significant difference in the social skills of adolescents studying in rural and urban area schools. Hence the hypothesis-IV “There exists no significant difference in the mean scores of social skills of adolescents studying in rural and urban area schools” is not accepted.

**Hypothesis-V**

There exists no significant relationship between altruism and social skills of adolescents.

**Table 5:** Showing the Co-efficient of Correlation between Altruism and Social Skills of Adolescents

Sr. No	Group of Variables	N	‘r’	Result	Level of Significance
1	Altruism	200	0.474	Positive Correlation	**Significant
2	Social Skills	200			

\*\* Significant at 0.05 level and 0.01 level of Significance  
 Critical value of ‘r’ at 0.05 level =0.098  
 Critical value of ‘r’ at 0.01 level =0.128

From table-V, it is evident that the coefficient of correlation ‘r’ between altruism and social skills of adolescents is 0.474, which is significant at 0.05 and 0.01 level of significance. Hence there exists significant relationship between altruism and social skills of adolescents. Hence the hypothesis-V “There exists no significant relationship between altruism and social skills of adolescents” is not accepted.

**Findings of the Study**

On the basis of results obtained after the interpretation of the hypotheses the following findings have been drawn:

1. There exists significant difference in the mean scores of altruism of boys and girls (t= 3.99). The mean score of girls (M=51.72) is greater than the mean score of boys (M=47.69). Hence the girls have higher level of altruism than the boys.
2. There exists significant difference in the mean scores of altruism of adolescents studying in rural and urban area schools (t=5.67). The mean score of adolescents studying in rural area schools (M=52.25) is greater than the mean score of adolescents studying in urban area schools (M=48.02). Hence the adolescents studying in rural area schools have higher level of adolescents than the adolescents studying in urban area schools.
3. There exists significant difference in the mean scores of social skills of boys and girls (t=6.25). The mean score of girls (M=331.01) is greater than the mean score of boys (M=321.38). Hence the girls have better social skills than the boys.
4. There exists no significant difference in the mean scores of social skills of adolescents studying in rural and urban area schools. The mean score of social skills of adolescents studying in rural area schools (M=334.06) is greater than the mean score of social skills of adolescents studying in urban area schools (M=326.65). Hence the adolescents studying in rural area schools have better social skills than the adolescents studying in urban area schools.
5. There exists positive relationship between altruism and social skills of adolescents.

**Conclusion**

Analysis and interpretation of the data shows that both the variables i.e. altruism and social skills are positively correlated with each other. It means that both affects each other, both the variables are directly proportional to each other. If adolescents will have better social skills, then the altruism among them will also be better and vice-versa.

### **Educational Implications**

In the present study investigator found that there exists positive relationship between altruism and social skills of adolescents. Following may be the educational implications:-

1. These results helps the Principals, Guidance Workers, Counselors, Teachers and Parents to know the problems of adolescents and the importance of altruism and social skills in their lives.
2. More efforts could be done to enhance the level of altruism and social skills among boys and urban area adolescents.
3. To promote social skills and justice of equity, it is suggested that boys and girls should be treated equally at home as well as school by providing them equal opportunity in all the matters pertaining to their physical, educational, emotional and social development etc. This will create equal participation of boys and girls in discussing the major issues related to home as well as society they could become the acceptable and dignified members of society.
4. These results will be very beneficial in the harmonious development of personality of the adolescents.
5. These results will help the teachers to make students more creative.
6. As there has been found difference in the altruism and social skills of adolescents studying in rural and urban area schools, it is suggested that the adolescents studying in urban area schools should be provided more altruist and social environment to eradicate the difference.
7. These results will give immense help in the construction of curriculum.
8. The results will give immense help to the teacher in the development of suitable methods of teaching.
9. Special courses should be introduced in school so that the students can become self-reliant, self –confident, well altruistic, well skilled, in the society school as well as home.
10. These results have practical utility in the field of education.
11. As there has been found difference in Altruism and social skills. To eradicate this problem there should be proper provisions of guidance and counseling in the schools.

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