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Self-understanding of tribal and non-tribal adolescents: An introspective study

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Abstract

The study was intended to explore the level of self-understanding of tribal and non-tribal adolescents. 400 tribal and non-tribal adolescents were selected by using random sampling technique. All the respondents were elected within the age group of 14-21 years. Self-Understanding Scale (SUS) developed by Akther Banoo & Sushmaa Talesera (2014) was used for data collection. The collected data was subjected to statistical treatment by using Frequency, Percentage, Mean, SD and 't' value. Results revealed that tribal and non-tribal adolescents differ significantly on various levels of self-understanding. Non-tribal adolescents were seen with highly level of self-understanding as compared to tribal adolescents.

Keywords: Self-understanding, tribal adolescents, non-tribal adolescents

1. Introduction

Self-understanding designates the consciousness of an individual regarding his own self. Self is considered the fundamental constituent for opening the door of wisdom. Aristotle was very much correct when he noted that "*Knowing yourself is the beginning of all wisdom.*" Understanding of one's own capabilities, character, feelings, emotions, limitations and motivation is called self-understanding. The purpose behind self-understanding is helping you understand yourself, your abilities, your motives, your limitations. In other words one can explore himself how he/she see him/herself through the lenses of their skills, talents, roles, value, habits, personal identity and how she/he meets his psychological needs, how she/he react to stress and pressures of life. Also how is he/she influenced by other people? Do we get time to think about values, interests, hobbies strengths, motives and drives? Do we seek few minutes for self-interview? Do we ever inspect about our psychological needs which questions are essential for everyone for Self-Understanding. Self-Understanding will be enhanced if we dream to learn more and more about self, how we manage our time, how much time we waste, do we have pain of wastage of time etc. self-understanding mean the process of introspection of one's talents, attitude, competence, exposure, limits and limitations. Large number of research studies has been conducted in the field of self-understanding of adolescents. Besides, diversified results have been reported in these studies. Like studies conducted by; Nida, A. (2002)^[9], Sharma, A. K. (2004)^[12], Ravinder, A. K. (2002)^[10, 16], Yawer, A. L. (2003)^[14], Javid, A. G. (2009)^[6], Mehraj, A. (2009)^[8], Kuldeep, S. (2018)^[7]. However, in the study area of Kashmir there may be hardly any study which has been explored on the level of self-understanding of adolescents. Accordingly, the investigator conquers the research problem which reads as:

1.2 Statement of the problem: The statement of the research problem is as under:
"Self-Understanding of Tribal and Non-Tribal Adolescents-An Introspective Study"

1.3 Objectives of the study: The objectives of the present study are as under:

1. To study the self-understanding of tribal and non-tribal adolescents on their level of self-understanding.

1.4 Hypothesis: Following hypothesis has been framed for the present study:

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1. There exists no significant difference between tribal and non-tribal adolescents on their level of self-understanding.

1.5 Operational definition: The operational definitions of terms and variables are as under

1. **Self-understanding:** Self-understanding in the present study refers the set of score obtained by the respondents on self-understanding scale developed by Akther Banoo & Sushmaa Talesera (2014).
2. **Tribal adolescents:** Tribal adolescents in the present study refer those adolescents who are belonging to Gojer, Bakerwall and Other Backwards Classes.
3. **Non-tribal adolescents:** Non-tribal adolescents in the present study refer those adolescents who are other than tribal adolescents.

1.6 Methodology: Keeping in view, the research evidences, objectives and hypotheses, the researcher found it suitable to go through descriptive survey method. Accordingly, present study was carried with the help of descriptive method.

- a. **Sample:** 400 tribal and non-tribal were selected by using random sampling technique. These physical education teachers were drawn from delimited districts of South Kashmir of Union Territory of Jammu and Kashmir.
- b. **Instrument Used** self-understanding scale developed by Akther Banoo & Sushmaa Talesera (2014) was uses for data collection.

1.7 Analysis and interpretation of the data: The collected data has been analysed as under:

Table 1: Showing tribal and non-tribal adolescents on their composite score of self-understanding. (N=200 each)

Variable	Non-tribal Adolescents		Tribal Adolescents		't' value
	Mean	SD	Mean	SD	
Self-understanding	77.89	9.49	68.62	15.91	7.70@@

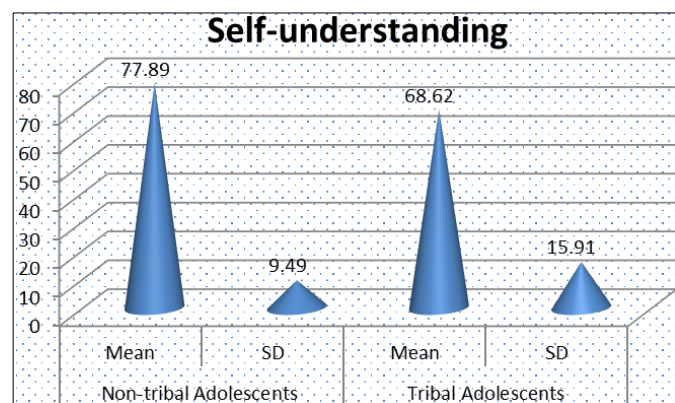


Fig 1: Showing graphical illustration of tribal and non-tribal adolescents on composite score of self-understanding

Interpretation: The statistical analysis obtained in the above mentioned table (Please refer table 1, Fig. 1) gives the comparative analysis of the respondents on the basis of their mean significant difference between tribal and non-tribal adolescents on their perception about their self-understanding scale. The obtained results indicate that the mean score of non-tribal adolescents was observed higher (M=77.89) as compared to tribal adolescents (M=68.62).

However, in the above mentioned table, the tribal and non-tribal adolescents were comparatively analysed with the help of independent 't' value. In the same statistical analysis, the 't' value came out to be 7.70, which is significant at 0.01 level of significance. Subsequently, from the above reported results, it can be inferred that impact of tribe is significant on the level of self-understanding perception of the respondents. Non-tribal adolescents were seen with high level of self-understanding as compared to tribal adolescents. Subsequently, from the above reported results significant difference has been reported between tribal and non-tribal adolescents on their level of self-understanding. Non-tribal adolescents were seen with high level of self-understanding as compared to tribal adolescents. Accordingly the status of the hypothesis is reported as under:

Hypothesis: There exists no significant difference between tribal and non-tribal adolescents on their level of self-understanding

-----**Status:** Rejected

Rejected: Significant difference has been reported between tribal and non-tribal adolescents on their level of self-understanding. So in context to same, the results are supported by host of the researchers like;

“Nida, A. (2002)^[9], Sharma, A. K. (2004)^[12], Ravinder, A. K. (2002)^[10, 16], Yawer, A. L. (2003)^[14], Javid, A. G. (2009)^[6], Mehraj, A. (2009)^[8], Kuldeep, S. (2018)^[7]”

Nida, A. (2002)^[9] argued that non-tribal adolescents were seen with high level of self-understanding as compared to tribal adolescents. Sharma, A. K. (2004)^[12] justified that impact of tribe, gender and locality is significant on the level of self-understanding of the respondents. Ravinder, A. K. (2002)^[10, 16] inferred that male adolescents as compared to female and non-tribal adolescents as compared to tribal adolescents were seen with high level of self-understanding. Yawer, A. L. (2003)^[14] found that impact of locality and tribe is significant on the level of self-understanding of the respondents. Javid, A. G. (2009)^[6] argued that tribe and gender has significant impact on the level of self-assessment of the respondents. Mehraj, A. (2009)^[8] revealed that impact of rural urban dichotomy is significant on the level of emotional maturity of the respondents. Kuldeep, S. (2018)^[7] argued that tribal adolescents as compared to non-tribal and male adolescents as compared to female adolescents hold high level of self-understanding.

1.8 Conclusions of the study: The aim of the study was to explore the level of self-understanding of tribal and non-tribal adolescents. In pursuance to same, significant difference was reported between tribal and non-tribal adolescents. Non-tribal adolescents were seen with high level of self-understanding as compared to tribal adolescents.

1.9 Conflict of interests: Keeping entire research process under consideration, the investigator has not declared any conflict of interests.

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