



Study of co-relation of Self Control and Neurotic Tendency of M. Ed. student

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Abstract

Now a day education is considered as a basic need. It is a teacher who helps them to learn in school, but at home mother is considered as child's 'first guru'. Many efforts are taken by parent right from birth of their baby to make the baby self controlled, so he/she will behave properly. The purpose of making them trained in self control is to make them understand how and what behavior is to be controlled and to what extent. If they don't get trained properly then sometimes their behavior may prove problematic to peer, colleagues or to society also.

Being teacher educator and being in contact with students the researcher noticed some things about behavior of students. But before providing them any help it is important to know them properly so some more information has to be collected. There are some tests which measures self control as well as neurotic tendency traits of individuals.

It is generally observed that person who can control himself properly, his neurotic tendency is considered as normal; whereas who cannot control him/herself properly they may be show neurotic tendency. It is general observation but as a researcher, the researcher wanted to study if there is really any significant co-relation between self-control and neurotic tendency.

For this purpose the researcher worked on M. Ed. students and found out their Self-control and neurotic tendency of their neurotic tendency. No significant correlation found in self control and neurotic tendency occurred but negative correlation (-0.2) between Self control & neurotic tendency indicates that if the self control is greater the neurotic tendency is less and if self control is less then neurotic tendency is higher.

Key Words: *Self-control, Neurotic tendency & M.Ed. students*

Introduction:

Human beings are curious in nature and always want to have information about the things happening around him. For this he has invented many things right from news papers to television, phone to internet. All these things provide loads of information about things happening around him. Many of the news are about human relation and disputes among them as they are living with each other. Differences are expected in those students as no two persons are alike and so differences of opinion has to be there but sometimes neurotic tendency or some factors in neurotic tendency don't allow them to respect other person's opinion and this creates problem.

The researcher is teaching at P.G. Dept. and the observation is, some students are self controlled, quite open to new information and respect each other's opinion. They get adjusted easily with other person and have no problem in being with others; whereas there are some students, who are not open, don't get connected with others, have some false impressions about their own or others and don't get adjusted with others. They either have many complaints about peers, or show withdrawn nature. As these students are future teacher educators there are many expectations from them. The researcher has question, are they competent enough to deal with the changing situation. Sometimes it is observed that some of students having problems in self control and so the researcher has question if there is any relation between self control and neurotic tendency of an individual.

The researcher decided to study the question in own mind by studying the self control and neurotic tendency of the students. The title framed for the study was 'Study of co-relation of self control and neurotic tendency of M. Ed. student'

Here **self-control** is nothing but the score that students got on the self-control scale by Arun Kumar Singh and Alpana Sen Gupta. **Neurotic Tendency** is the score student got on KNPI (Kundu's Neurotic tendency Inventory) And **M.Ed. students** are students from S.N.D.T.'s P.G. Dept. of Education (2012-13) from Pune campus.

1. Study of related literature and researches:

- No research found which is exactly similar to present study.
- Tangney JP, Baumeister RF and Boone AL in their study found that Higher scores on self-control correlated with a better adjustment. Some new researches suggest 'self-

control can be improved using abstract reasoning'. Many of the studies have given some strategies of improving self control. Some studies showed self-control instantly replenished by self-affirmation.

- No researches found in education about neurotic tendency; few researches found in ProQuest medical library which are having connection with neuroticism. According to Schmitz, n., Kugler, J., & Rollnik, J. (2003) Neuroticism and self-esteem were strongly associated with depression disorder. Krabbendam, L., Janssen, I., Bak, M., Bijl, R. V., de Graaf, R., & Jim, v. O. (2002) studied on risk factors of psychosis and found that neuroticism increases the risk for development of psychotic symptoms.

In present study the researcher only thought of finding co-relation between self control & neurotic tendency & didn't tried to develop or improve self control or attempted measures for lowering neurotic tendency of the student in the sample. But after the work some measures for self control was provided to students in the sample.

2. Objectives:

- i. To find out the self control level of M.Ed. students
- ii. To find out neurotic tendency of M.Ed. students.
- iii. To find out correlation between self control and neurotic tendency

3. Methodology:

In present research survey testing method of survey was used as self control and neurotic tendency of M. Ed. students were tested.

Sample:

It was incidental sampling where M. Ed. students of 2012-13 year from S.N.D.T. Pune were included in the sample.

Tools for data collection:

Two tools were used for data collection.

- a) One was **Self control scale** (SCS) by Arun Kumar Singh and Alpana Sen Gupta to identify self control level of students included in the sample. The test consists of 30 items selected after item analysis. 1 to 10 items belongs to the dimension of delay of gratification, 11 to 20 belongs to the dimension of resistance to temptation and item number 21 to 30 belongs to the dimension of freedom from self-centeredness. The reliability of the test by both test-retest and split half method was 0.92 which was significant at 0.01 level. The temporal stability coefficient, with a gap of 14 days was 0.84 which was also significant at 0.01 level.

The value of computed rank difference between test ranks of students and ranking done by teachers was 0.879 and was significant at 0.01 level. So the test has satisfactory concurrent validity.

During the administration of test students were made to seat comfortably and asked to read questions carefully and then place a tick mark on the cell below either 'yes' or 'no'. For scoring each correct answer was assigned a score '1' and for an incorrect answer a score '0' was assigned. There were two types of items, positive and negative. All positive items answered 'yes' by student and all negative items answered by the students 'no' were given score '1'. To all other answers '0' was allotted. Thus high score on the test indicates high self control and low score indicate low self control on the part of the subject.

- b) The other was 'KNPI' by Kundu. The test was developed according to Indian socio-cultural pattern. To minimize faking effect nonaggressive types of items were included. In order to check the subjects who have a tendency to respond to the middle most category from a pattern of systematic presentation, the arrangement of the response pattern from 1 to 5 was not made according to the decreasing degree of symptom. To avoid suspicion as to the real purpose of the inventory the abbreviated name K.N.P.I.(Kundu's Neurotic Personality Inventory) was used.

The inventory is self administering in nature. The result depends on the truthfulness of answers and through co-operation of the subject.

Scope & limitations:

Scope: Outcomes of this research will prove useful only for the sample used in the research and cannot be generalized as it was incidental sampling.

Limitations: two psychological tests were used in the research; if students have not performed those sincerely then that is the limitation of this research.

Analysis:

According to the objective number 1 & 2 the researcher checked both Self-control Scale and KNPI filled by M.Ed. students and found out scores obtained and their interpretation.

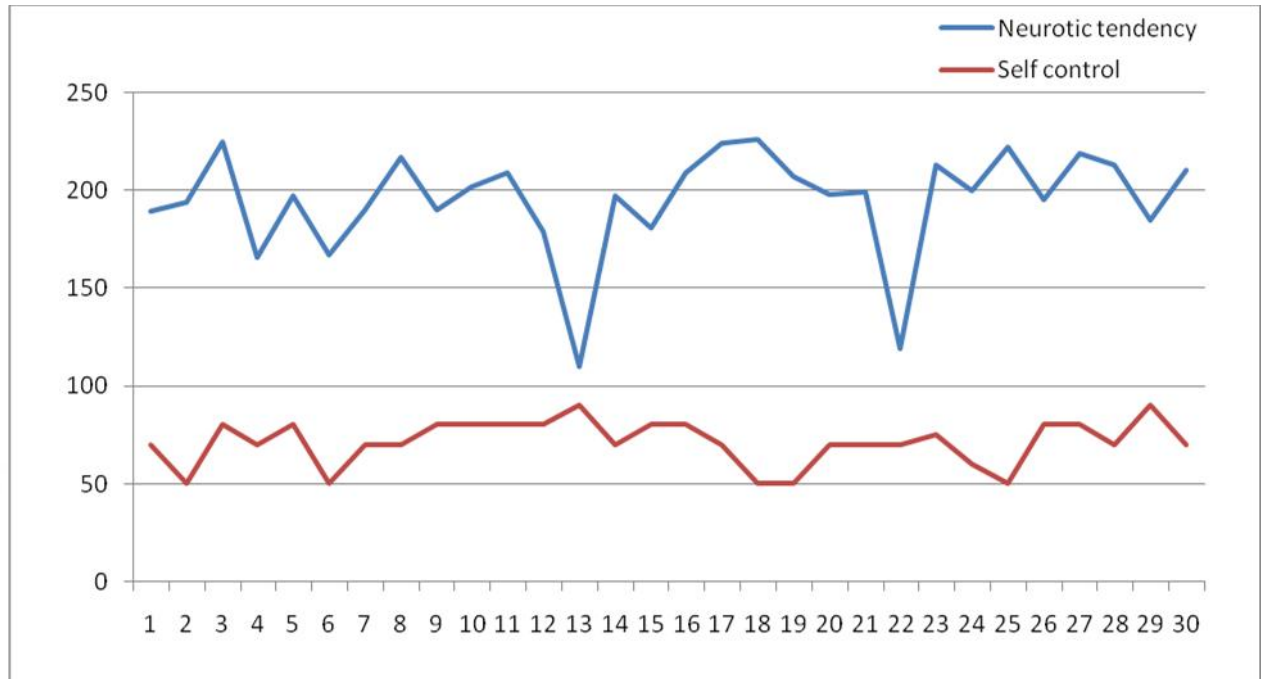
Table Number 1: Scores and Interpretation of scores on SC scale & KNPI

Serial Number	Self Control (SC)Scale		Neurotic tendency KNPI	
	Score	Interpretation	Score	Interpretation
1	70	High	189	Slightly Neurotic
2	50	Medium	194	Slightly Neurotic
3	80	High	225	Moderately Neurotic
4	70	High	166	Normal
5	80	High	197	Slightly Neurotic
6	50	Medium	167	Normal
7	70	High	190	Slightly Neurotic
8	70	High	217	Moderately Neurotic
9	80	High	190	Slightly Neurotic
10	80	High	202	Slightly Neurotic
11	80	High	209	Slightly Neurotic
12	80	High	179	Normal
13	90	Very High	110	Normal
14	70	High	197	Slightly Neurotic
15	80	High	181	Normal
16	80	High	209	Slightly Neurotic
17	70	High	224	Moderately Neurotic
18	50	Medium	226	Moderately Neurotic
19	50	Medium	207	Slightly Neurotic
20	70	High	198	Slightly Neurotic
21	70	High	199	Slightly Neurotic
22	70	High	119	Normal
23	75	High	213	Slightly Neurotic
24	60	Medium	200	Slightly Neurotic
25	50	Medium	222	Moderately Neurotic
26	80	High	195	Slightly Neurotic
27	80	High	219	Moderately Neurotic
28	70	High	213	Slightly Neurotic
29	90	Very High	185	Slightly Neurotic
30	70	High	210	Slightly Neurotic

Table Number 1 shows that M. Ed. students are distributed on different levels of Self Control and neurotic tendency (neurotic tendencies).

The graph drawn according to the table number-1, is given below.

Graph Number -1: Self control & Neurotic tendency of M. Ed. Students



The graph number 1 clearly shows that self control and neurotic tendency are inversely proportional.

From table number 1 the number of students on different levels of Self control was found out and presented here.

Table Number 2: Number of students on different levels of Self Control

Serial Number	Self Control		
	Category	Number of students	% of students
1	Very High	02	07
2	High	22	73
3	Medium	06	20
4	Low	00	00
5	Very Low	00	00
Total		30	100

Most of the M. Ed. students are having High Self Control whereas few having Medium Self Control, very few have Very High Self Control and no student on highly incompetent level.

From table number 1 the number of students on different neurotic tendencies was found out and presented here.

Table Number 3: Number of students on different Neurotic Tendencies

Serial Number	Neurotic Tendencies		
	Category	Number of students	% of students
1	Normal	6	20
2	Slightly Neurotic	18	60
3	Moderately Neurotic	6	20
4	Highly Neurotic	00	00
Total		30	100

80% of the M. Ed. students having neurotic tendency, 20% are moderately and 60% are slightly neurotic. Only 20% were normal.

According to the objective number three, a hypothesis was set as follows-

Hypothesis: There is no significant correlation between self control and Neurotic tendency of M. Ed. students.

As the hypothesis itself is a null hypothesis, there is no need to frame null hypothesis for testing

The researcher got following result after testing the hypothesis

Table No. 4: co-relation between Self-control and Neurotic tendency

Correlation between	Co-relation	Value To be significant at 0.05	Significance	Interpretation
Self control & Neurotic tendency	-0.233	0.361	Not significant at 0.05	The null hypothesis gets accepted.

In present work the number of respondents was 30 so the degrees of freedom is $30-2 = 28$ and for 28 the value of correlation to be significant at 0.05 is 0.361

There is negative correlation between Self control & neurotic tendency indicates that if the self control is greater the neurotic tendency is less and if self control is less then neurotic tendency is higher. But it is not significant so the research hypothesis which is

null hypothesis itself get accepted that is 'there is no significant correlation between self control and neurotic tendency of M. Ed. students'.

4. Results:

- Most of the M. Ed. students are having High Self Control whereas few having Medium Self Control and very few have Very High Self Control.
- Only 20% of M.Ed. students are in normal range, 80% shown neurotic tendency, of which 20% are moderately & 60% are slightly neurotic.
- No significant correlation found in Self Control and neurotic tendency.

5. Discussions:

Here in this study no significant correlation found in self control and neurotic tendency. But a graph show where self control is low neurotic tendency is high and where self control is high neurotic tendency is low. In previous studies neurotic tendency have shown relevance with self esteem.

6. Conclusions:

No significant correlation is found between self control and neurotic tendency. But -0.2 correlation show when self control is less neurotic tendency is high and when self control is high neurotic tendency is less.

7. Recommendations:

Though here is no significant correlation between self control and neurotic tendency; student having low self control have high score on neurotic tendency and high self control have low score on neurotic tendency.

So it is important for the students who are (in M.Ed. course and future teacher educators) at low levels on self control and high neurotic tendency to work for increasing their self control. Some tips were given for them (as they are suppose to be a responsible) to improve their self control and think rationally which will help them to come out of neurotic tendency, those tips are mentioned below.

- The first step to greater self-control is acknowledging when you're at your weakest.
- Make the decision before you're in the tempting situation.
- Set some self imposed rewards for your own.
- Punish yourself for bad behavior.

- Try to keep away from temptations both physically and mentally and stay close to things that promote your goals.
- Be optimistic and avoid temptation.
- Devaluate temptation and increase the value of goals that will help in increasing performance.
- The heart often rules the head, so use your emotions to increase self-control.
- Think about core values that will help you to top-up your self-control when it's been depleted.
- Think 'why' you are doing something; this 'why' will help you control yourself.

For thinking rationally-

- Every person can have his/her own point of view, about a thing.
- Every other person may have different interpretation of a thing, which can be different from you.
- It is not necessary that every person to behave in a way you like.
- The 'right' and 'wrongs' according to you may be different for other person.
- Behave with others in a way what you expect others should behave with you.
- Judge whether your expectations are rational or not, and if they are irrational try to change into rational.

For teacher educators-

Though these students are considered as responsible still their teachers (teacher educators) should pay attention to students' self control and if they are having neurotic tendency as they will be teacher educator in future. They may help their students with the same tips given above.

For educational institutions-

It is really very important to see that no teacher should go for teaching whose self control is weak and having neurotic tendency as it will directly affect on students and then on society. Efforts should be taken at teacher education course for correcting their behavior.

For Government-

Extra funds should be given to teacher education institutions for arranging such type of workshops for students as it is needed most.

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