

Inferiority Complex amongst College Students in Relation to their Academic Achievement

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ABSTRACT

This study was intended to find out the level of inferiority complex in college student in relation to their academic achievement. For the study students from various govt and private colleges were chosen as a part of sample in the district of Gurugram. It is found that students have high level of inferiority complex and a moderate level of academic achievement. Descriptive survey method is being used for the data collection and the data was collected by simple random sampling from the Gurugram district of Haryana.

Keywords: *Inferiority, Complex, College Students, Academic Achievement*

In today's era where everyone is running in the race of success, the pressure to achieve your goal is high, cutoffs for admissions are touching the skies, competition is all around us, we are heading towards our destination at the cost of our mental sanity. This educational chaos is giving rise to various mental health issues like stress, depression and one.

What is Inferiority complex??

A feeling that you are not as good, as important or as intelligent as other people.

An inferiority complex circumscribes feelings of inadequacy or inferiority. These feelings may result from an actual physical defect, or they may show up in circumstances where we may feel less intelligent than our peers. In other cases, the supposed inferiority may be concocted from purely imagined shortcomings.

This feeling may lead to Under confidence, Low Self Esteem, Low Motivation, Lack of Concentration, Stress and Depression.

In some cases, severe cases inferiority complex can lead to major mental / psychological problems in future including suicidal thoughts, OCD, Burnout, Mental chaos etc.

Overcoming the Inferiority Complex

Most people are able to overcome inferiority complex through an enormous amount of hard work and efforts to bring a change in their thought process and realize the self-worth but in

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some cases supervision of a psychologist or a counsellor is required to make them realize their capabilities and strengths and in order to generate an effective functioning in their daily life.

Academic Achievement

Now Academic Achievement is one of the factors for the development of inferiority complex amongst adolescents and young adults. Everyone has a different Academic Acumen; some are God gifted whereas some struggle really hard to succeed. Everyone has a different level of academic achievement. The Measurement of academic achievement is done through examinations and assessments but these techniques aren't really reliable because they tend to measure only specific areas of learning.

Academic Achievement and Inferiority Complex

The issue of Inferiority complex amongst adolescents is increasing day by day. The pressure to acquire high grades has driven adolescents to a state of complete Burnout. Inferiority complex is a kind of mental huddle that begins usually in High School and can Aggravate if you are not able to reach you desired goal. The reasons for Inferiority Complex are several but the consequences are same which are negative and harmful which can lead to distress, low self-esteem, decreasing performance, Low self-efficacy etc. It is found that Students who constantly tend to perform poor in academics tend to develop a repulsive attitude toward school and college and their peers.

Inferiority complex is an overemphasized form of normal inferiority feeling and individuals with inferiority complex display a tendency towards overcorrection and over reaction.

Inferiority complex in students can significantly lead to vulnerable behaviour including the development of the suicidal thoughts. Theoretical and correlational analysis have yielded tenuous association between low self-esteem and socially problematic outcomes and risk-taking behaviours like substance abuse, aggression and poor academic achievement.

Vulnerable areas of Inferiority Complex

1. Could lead to unhealthy eating habits.
2. Person may get into self-harming behaviour.
3. Can impact the sleep cycle of a person.
4. Suppression of emotions.
5. Person may get into risk taking behaviours like substance abuse, aggression etc.
6. Aggravation of Inferiority complex can lead to prolonged state of stress and depression.

Objectives of the Study

The present study has the following objectives: -

- To find out the students' level of Inferiority complex.
- To find out the College Students' level of Academic achievement.
- To find out whether there is any significant difference between Male and Female, Rural and Urban, Joint and Nuclear family, Govt/Private, College Students' Inferiority complex.
- To find out whether there is any significant difference between Male and Female, Rural and Urban, Joint and Nuclear family, Govt/Private, High School Students' Academic Achievement.

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- To find out whether there is any significant relationship between College Students' Inferiority complex and their Academic achievement.

Rationale of the Research

The problem of inferiority complex is becoming alarming day by day specially among adolescents and young adults. People who suffer from inferiority complex try hard to achieve good academic results because of which they have to compensate on the mental/psychological well-being. This creates a severe amount of stress and pressure among students to achieve the desired goal. Since the environment in which are living in is full of competition this feeling of inferiority and a pressure to compete against our peers is destroying our mental well being completely.

A mentally healthy person wouldn't feel inferior even if he didn't have anything in comparison to his peers. Inferiority complex is an completely internal feeling that comes from within that you are not as intelligent or as good as others.

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REVIEW OF LITERATURE

S Venkataraman and S Manivanan (2018) Attempted to determine the relation between inferiority complex of high school students in relation to their academic achievements and the result findings showed Peculiarly high level of inferiority complex and moderate level of academic achievement. Manoranjan Tripathy and SK Shrivastava did a research attempt to determine the effect of academic achievement on the level of inferiority- insecurity feeling and the results of the study showed that the variable has academic achievement effected to inferiority and insecurity feeling of Adolescents. Mandeep Kaur and Puneet Kaur (2013) explained that parental education provides most robust indicator of parental functioning. The family in which the child is born and brought up plays an enormous role in moulding the child's behaviour and personality. Syed Muhamad Kabir (2016) did an attempt to explain psychological wellbeing, inferiority complex and interpersonal values of university students at Bangladesh and the result showed that the students were low in inferiority complex and high on wellbeing.

Manju Deodar et al., (2014) examined the efficacy of Meditative-Prayer on the feelings of Guilt, Inferiority and Insecurity among college going students. Experimental and control group design was used.

The result of the study shows that Meditative Prayer is significantly effective in reducing the levels of Guilt, Inferiority and Insecurity Feelings. Wang, Zhen Hong et al., (2014) assessed Chinese on their abilities to freely label facial expressions and emotional situations.

Results indicated that the overall accuracy of free-labelling facial expressions increased relatively quickly in children aged 3-5 years, but slowed down in children aged 5-7 years. In contrast, the overall accuracy of free-labelling emotional situations increased continuously in children aged 3-7 years.

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Hypothesis of the study

The investigator of the present study framed suitable null hypothesis based on the previous researches.

Method of the Study

For this study the investigator adopted Descriptive Survey method.

Dependent Variable

For the present study, was taken Inferiority complex as a dependent variable.

Independent Variable

For this study, the investigator took Academic achievement as the independent variable.

Sample and Sampling Technique

The present study consists of 200 College Students, Gurugram District, Haryana. The samples were selected by using simple random sampling technique. The sample forms a representative sample of the Total population.

A simple random sample (SRS) is the simplest form of probability sample. The goal of the study may be to estimate a quantity with a desired precision (defined as the variance or the deviance from the population mean) or to test a hypothesis about the mean.

Tool Used

To find out the Inferiority complex, Inferiority complex Scale Constructed and validated by Sorensen (2006) was used.

For the Academic Achievement the semester SGPA of the college students has been taken.

Descriptive Analysis

To find out the Inferiority complex of college students, the Mean and S.D have been calculated.

Demographic Variable	Sub Sample	N	Mean	SD
Gender	Male	98	66.98	12.03
	Female	102	61.86	10.09
Locality	Urban	140	63.17	11.75
	Rural	60	66.03	10.72
Family Type	Joint	137	64.36	12.01
	Nuclear	63	63.98	10.51
Total Sample		200	64.22	11.45

Total Sample

It is evident from the above Table that the calculated Mean score of Total sample indicates that the High School students have high level of Inferiority complex.

In order to find out the Academic achievement of college students, the Mean and S.D have been calculated.

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Demographic Variable	Sub Sample	N	Mean	SD
Gender	Male	98	67.98	11.56
	Female	102	71.86	12.53
Locality	Urban	140	71.17	12.15
	Rural	60	66.03	12.34
Family Type	Joint	137	64.36	12.75
	Nuclear	63	63.98	11.81
Total Sample		200	69.48	12.38

Total Sample

The calculated Mean score of Total sample indicates that the students have moderate level of Academic achievement.

Correlational Analysis

For the testing of the 'r' the value is calculated

Variables	N	R value	Significance at 0.5 Level
Inferiority Complex and Academic Achievement	200	-0.8	Significant and Negative

It is inferred from the, since the 'r' value is significant and negative at 0.05 and concluded that there is significant negative relationship exists between students' Inferiority complex and their Academic achievement.

RESULT AND DISCUSSION

From the above data it is clear that there is a significant relationship between inferiority complex and academic achievement of the college students. And also, the level of Inferiority complex was high amongst college students with a moderate level of academic achievement.

CONCLUSION

The High School Students' Inferiority complex and Academic achievement has been considered in terms of Type of family, Gender and Locality of School. Findings of The high level of Inferiority complex and moderate level of Academic achievement, shows a peculiarity of the relationship. The education system should add activities to check and modify inferiority complex towards positive side.

Recommendations

The recommendation based on the findings of this study are: There is significant negative relationship found between Inferiority complex and Academic achievement, hence, Psychologists should be appointed for giving counselling about the need of achievement. Teachers and Parents also should be given proper counselling to grow their children with more confidence.

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Conflict of Interest

The author(s) declared no conflict of interest.

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