

**Comparative Study**

## **A Study of Self-Consciousness among Arts and Commerce Stream Students**

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### **ABSTRACT**

The main purpose of this research was to study the Self-consciousness of Arts and Commerce college students. For that a total of 60 students of arts and commerce have been selected as sample. Simple random sampling method used for data collection. In this research, self-consciousness scale designed by DR.Asha Shukla has been used. Statistical method 't' has been used for data interpretation. Obtained 't' < table t. So it can be said that 't' of receipt is less than t of table. So it can be said that hypothesis is accepted. There is no significant difference in the Self-consciousness of the Arts and Commerce college students.

**Keywords:** *Academic Stress, Achievement Motivation, College Students*

Today's human life is changing day by day. Change is the law of the world. In today's modern era, human being started making strides in the field of technology. So human life has become happy and convenient. Media – like TV, mobile, e-mail, internet etc facilities are available. Due to which the world has become very small, How much a person is aware of himself or how much he knows about himself. It continues to be a subject of research today

**SELF** - Self in a broad sense, sum total of all that calls oneself and one's own and feels oneness with is called.

Self in the narrow sense is what a person identifies as himself. One who acknowledges his behind his behaviour. It is called self. The self has many aspects which includes self awareness, self respect, self-knowledge, self-vision. All parts of self enable people to change and modify themselves to gain acceptance in society. Self means one's own nature or quality. One's self-awareness or self-awareness in self.

**Consciousness** – The realization of what is going on in one's mind is the state of consciousness or consciousness. So says the British philosopher John Locke. While American psychologist William James defines consciousness as a stream of thoughts. Consciousness is the awareness of one's own sensations, realizations, thoughts and feelings....Consciousness is Consciousness: Consciousness of the external environment as

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well as internal events is consciousness are also conscious of that is, their activities are equally self-aware of their bodily and mental life.

**Self-Consciousness** : Self-consciousness can be understood as awareness itself. Self-consciousness is a form of consciousness itself. which is conventionally expressed by the words I and My in Agra. in which we each use to refer to ourselves.

Self-consciousness also includes awareness. A person is his own identity, which is formed over time in interactions with other people. It is at the core of higher level processes. Such as theory of mind or empathy as processes that allow us not only to be aware of others, but also to separate ourselves from them through their cognitive and affective experiences.

### **Definition:**

Self-Consciousness: Self-Consciousness is a sense of awareness that is philosophical state of self-awareness. A Self-aware person exists as an individual. Consciousness refers to your personal awareness of your unique thoughts, memories feelings sensations and environment.

### **Objectives:**

To study on self-consciousness among Arts and Commerce college students

### **Hypothesis:**

There is no significant difference in the self-consciousness of arts and commerce college students.

### **VARIABLES:**

- INDEPENDENT VARIABLE : Arts and Commerce college students
- DEPENDENT VARIABLE : Self-Consciousness
- CONTROLLED VARIABLE : Only Bhavnagar city college students are included
- Only Arts and Commerce college Students are included.

### **SAMPLE:**

A total of 60 samples have been selected as per the objectives of the present study . Sample of 30 Arts students and 30 Commerce students have been selected from Bhavnagar City.

### **RESEARCH DESIGN:**

Within present research 60 sample of Arts and Commerce students selected by simple random sampling method of which 30 were arts and 30 were commerce students. After collecting the information though the questionnaire, the difference was calculated by the 't' test.

### **DATA COLLECTION TOOLS:**

The following tools have been used to collect the required data in the present sheet.

#### **1. PERSONAL INFORMATION SHEET**

Keeping in view the main objective of the research, a personal information sheet was filled from the students of Arts and Commerce. In which things like name , age, caste, educational stream, educational qualification etc were included..

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### 2. SELF-CONSCIOUSNESS SCALE

In the present research Asha Shukla's Questionnaire was taken to study self-Consciousness of Arts and commerce students. Which was translated by Dr. Y.A.Jogsan and Dr. D.R.Doshi. It was used. Its reliability is 0.63 to 0.69 and its reality is 0.59 to 0.67.

**Scoring:** - There are a total of 50 statements in the present balance. This Scale is a two point measuring scale. In which 1 mark is given for 'YES' and '0' marks for 'NO'. In which maximum score is 50 and minimum score is 0. The higher score, the higher self-consciousness, and the lower the score, the lower the self-consciousness.

#### **Data Analysis:**

Data analysis have been used keeping in mind the objectives to perform statistical analysis of the data obtained in the present research. In which the 't' test has been used.

### **RESULT**

Stream	N	Mean	SD	t	Significant
Arts	30	24.9	866.7	0.5631	0.05
Commerce	30	27.7	1374.3		NS

Sig : 0.01 = 2.639

Sig: 0.05 = 1.990

### **INTERPRETATION:**

From the result table it can be seen that the mean of arts stream is 24.9 and SD is 866.7, while mean of commerce stream is 27.7 and SD 1371.3 and 't' is 0.5631 at 0.05 level for DF 58. It is seen that t of table is 1.990. Obtained 't' is 0.5631 and Table t is 1.990 at the 0.05 level. So it can be said that 't' of receipt is less than t of table. So obtained  $t < \text{table } t$ . So it can be said that hypothesis is accepted at 0.05 level.

### **CONCLUSION:**

No significant difference in the self-consciousness was found between Arts and Commerce college students.

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#### **Conflict of Interest**

The author declared no conflict of interest.

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