

Research Paper

A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

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ABSTRACT

Teachers being competent and empowered is a new concept. The use of the words enable and empower is being seen as scientific development. Under the prevalent practices of education, all those new concepts, ideas, methods, principles, experiments and information can be included which are empowering teachers as well as students and parents. Internationalism, globalization and modern resources of mass communication have established the excellence of teachers as a vital need for students as well as parents seeking education. Perception is a complex mental process. It holds special importance in the mental processes related to knowledge acquisition. Meaning of self-realization. Knowing Yourself: At present all educationists accept the importance and usefulness of perception or direct knowledge. To develop the self-perception of the student, the teacher should use a variety of teaching materials while teaching. The purpose of the study was to check out the relationship of Self-perception and academic achievement of senior secondary school students. The study was survey in nature and 800 sample was collected randomly from various 22 senior secondary school of District Mandsaur, Madhya Pradesh. Self-Perception Scale was used (written by K.G. Agarwal) and t-test were used to analyze the data. The result revealed that there is a Strong relation between Self Perception and Academic Achievement of senior secondary school students. it also stated that girls have better Self Perception compare to Boys. implication of the study that academic achievement and Self Perception have strong correlation so there is need to improve Self Perception among students and ministry of education should introduce Self Perception at school level so that students can cultivate their abilities and improve their academic achievement.

Keywords: *Students, Higher Secondary, Self-Perception, Academic Achievement*

“Self-perception is how we see ourselves – and we don’t see ourselves exactly as we truly are. Read on to learn about how the theory of self-perception and how we can come to see ourselves more accurately”

Self-perception is the process of observing and interpreting one’s own behaviors, thoughts, and feelings, and using those observations and interpretations to define oneself (Robak, 2001). It is thought that since we cannot know certain things about

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Received: March 14, 2024; Revision Received: March 28, 2024; Accepted: March 31, 2024

A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

ourselves for certain, we look to our own behaviors. For example, many people have difficulty identifying what exactly they are feeling in any given situation. Lacking that self-awareness, they might try to infer their emotional state from their actions. For example, if a friend tells me that she was recently promoted, I might notice that I make excuses to leave the room or avoid interacting with her. While I don't know that I am jealous of her success, I might reasonably infer from my avoidant behaviors that I'm experiencing some kind of negative feeling toward her.

What is the Self-Perception- The literal meaning of self-realization is to know oneself. Just as a person tries to know others, he also tries to know or understand himself. On the one hand, a person evaluates others and forms a special understanding about them, and on the other hand, he also evaluates himself and forms a special perception about himself. When we perceive others or form an idea about them or make a decision, it is called other perception, but on the contrary, when we perceive ourselves or reach a decision. It is called self-Perception or self-realization.

Definition-

- **Jack Kelly, *Forbes***- For people, the middle class typically reflects one of these three categories, according to the Brookings Institute: economic resources; education and occupation status; or attitudes, ***Self-Perception*** and Mindset.
- **Paola Cecchi- Dimeglio**, -Constructive feedback can highlight discrepancies between a leader's *Self-Perception* and the perception of others, paving the way for meaningful improvements.
- **Process of Self Perception** – The first sensation received through the senses about an object, creature or event gives rise to a conditioning in the brain. This rite is the rite of first sensation. When that object once again impacts the related sense organs, the brain presents an explanation of the mutual similarities and dissimilarities of both the experiences on the basis of previous impressions and in this way tries to identify the experience received from the object through comparison. As a result, the first sensation gets its real meaning and this meaningful sensation is self-realization. Self-perception works to provide meaning to the sensations received from the present object.

Importance of Self Perception in Education

1. Self-realization provides clarity to the child's knowledge.
2. Self-actualization develops the child's thoughts.
3. According to Rayburn – Self-realization trains the child to concentrate.
4. According to Rayburn- Self-realization is the process of interpretation. Therefore, it makes the child capable of interpreting.
5. Self-realization gives real knowledge of various things to the child. So his exam
6. Self-realization activates the processes of memory and imagination of the child. Only after watching a football match, a child can write an essay on it efficiently.
7. The basis of self-perception is the senses. Therefore, efforts should be made to keep the child's senses strong and healthy.
8. According to Bhatia – Self-realization is the real beginning of knowledge. The senses have the main place in this attainment of knowledge. Therefore, proper training of the child's senses should be given.
9. According to Dumville – There is a very close relationship between self-actualization and movement. Therefore, to develop the child's perception, he should

A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

be given opportunities to perform physical movements. For this purpose, proper arrangements should be made for sports, races etc.

10. To develop the self-actualization of the child, he should be given opportunities to see his surrounding environment, museums, famous buildings and other useful places.
11. To develop the child's self-realization, he should be encouraged to acquire knowledge through self-activity, use and make real objects.

Significant of the Study

Low academic achievement of students along with lack of practicality in social life is a major concern among teachers as well as parents. Prediction of educational achievement depends on some of the factors like Perception, intelligence, adjustment, support of parents, teachers and peers, basic facilities of school etc., when studied, we find that among these factors, values and motivation determine the life of the child. Along with attitude, personality development, there is also a great need for factors like work ethics etc. which affect the educational achievement level of the students. These factors are presented as elements of the child's self-perception capacity. The biological dialectical approach views all human beings as active lives interacting with their environment. Today students are actively growing, trying to overcome challenges and gaining new experiences daily but somewhere they are trying to integrate from within. Feeling frustrated in life when your needs are not fulfilled. Self-perception ability seeks "perfection" in the meaning of life. Personality integration and motivation are considered the basis of life. To understand the meaning of life, a specific desire is required so that the objectives of life can be determined. Self-perception ability not only focuses on innate psychological needs, it also focuses on the pursuit of goals, the effects of goal success, and the consequences of goals.

REVIEW OF RELATED LITERATURE

The literature Study conducted Regarding academic achievement and Self-Perception is described here-

1. Academic Achievement-

***Indian Study-1. Dwivedi (2019)** Studied the impact of mental Health on Academic Achievement of middle School Students. The result showed that the students, who had better mental health, Scored significantly better Academic Achievement than poor mental health, the students who were high seeker had significantly high achievement than the students who were low approval seeker.

2. Sharma & Sharma (2023) observed the factors of which influence students academic performance. Results revealed that in affecting the students academic performance the classroom factors play a major role. This is followed by developmental factors and environmental Factors. The students inner urge, the competency of teacher, no physical distraction and contacts with like-minded colleagues make a student more capable to succeed in life.

***Foreigner Study-1. Amzil and John (2021)** studied the relationship between meta - Cognition and Academic achievement in college students. Findings indicated that both meta-cognitive monitoring and control are good predictors of academic performance in college, while meta cognitive knowledge is not. Moreover, consistent with the idea that relatively poor monitoring skills contribute to lower academic achievement, rating of confidence revealed that low achievers tend to over-estimate their performance.

A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

2. Sam and Churchill (2022) find out the relationship between parental education and academic achievement of (265 boys & 265 girls) whose ages ranged from 13 to 18 years of Transkei in South Carolina (US State). Findings of this study indicated that a significant effect of Parental Education was found Academic Achievement of their Children.

Self-perception

***Indian Study-1. Vipin Jain (2021)** Carried out a Study of Self Perception on Adjustment of 65 Students of Hindi English Medium Students of the age group 12 to 14 years Boys and Girls as well as English Medium Students have more Than good Capacity of Self Perception comparative Hindi medium Students.

2. Gupta et.al (2018) examined the level of Anxiety and Self Perception of College Level Students. The Result showed that were that Girls Were found comparatively more than anxious than Boys in Anxiety level and there is significant difference between Boys and Girls Self Perception Capacity.

***Foreigner Study-1. Suleman and Qadari (2020)** examined the relationship between level of Self Perception and Mental health in community of college students. A significant Positive Relationship was found Self-perception and Mental health. here Sample is 450 of girls and boys of St. Xavier's college, New York.

2. Wang (2021) studied "The Self Perception Capacity of Middle school students in Henan province and China" findings of this study revealed that 26 students have High Capacity of Self Perception 1234 students were in normal state and 40 students is low in Self Perception. It was Girls better than Boys Students.

Statement of the Problem-

A Study of Self-perception ability in Relation to Academic Achievement of higher secondary school students (District Mandsaur M.P.)

The Present Study

This study is completely different from other studies in all aspects in terms of objectives, hypothesis and sample. This research has been done specifically with the variable academic achievement of senior secondary school students. Although a lot of research has been done on this topic but on a very small sample, whereas this study has been done on a large scale with 800 samples. Self- Perception ability is a variable that requires more research study because the student's need for new experiences is reflected daily.

Research Objective

1. To find out the level of the self-perception among senior secondary school.
2. To find out whether there is any significant difference in self-perception among secondary school students with respect to gender.
3. To find out whether there is any significant difference in the self-perception and academic achievement of secondary school students.
4. To find out whether there is any significant difference in the dimensions of self-perception and Academic Achievement of Secondary School Students.

A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

Research Hypotheses

1. There is no significant difference in the dimensions of self-perception of students with respect to gender.
2. There is no significant difference in self-perception among secondary school students.
3. There is no significant difference in the self-perception and Academic Achievement of secondary school students.

RESEARCH METHODOLOGY

The current study is survey-based research, aimed at investigating the relationship between self-determination and academic achievement of senior secondary school students.

1. **The population of the Study**-The population of this study includes all the senior secondary students of District –Mandsaur (M.P.), Government & Private Schools.
2. **The Sample and Sampling of the study**-Sample is a small portion of population and in the study the 800 sample was taken from 22 Schools (Government and Private) of Mandsaur District Randomly.
3. **Research Tool**-In the presented Research, the Annual Results of Class 10 were used to Measure Academic Achievement and Self Perception Scale was used (written by K.G. Agarwal) for the Study.
4. **Statistical Techniques**- To get result from raw data collected from senior secondary schools the following Statistical techniques were used-
 1. Percentage Analysis
 2. t-test

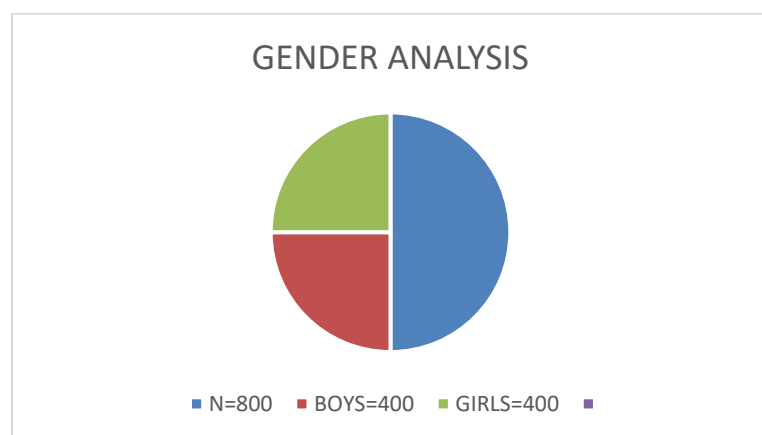
Data Analysis and Interpretation

The Interpretation of the results based on the hypothesis is as follow-

Table-1- Hypothesis1-There is no significant difference in the dimensions of Self Perception of students with respect to Gender.

Gender	Frequency	Percentage
Boys	400	50.0
Girls	400	50.0
Total	800	100.0

The Above table declares that for conducting this research 800 sample was collected which has 50% strength of Boys and as well as 50% Girls.

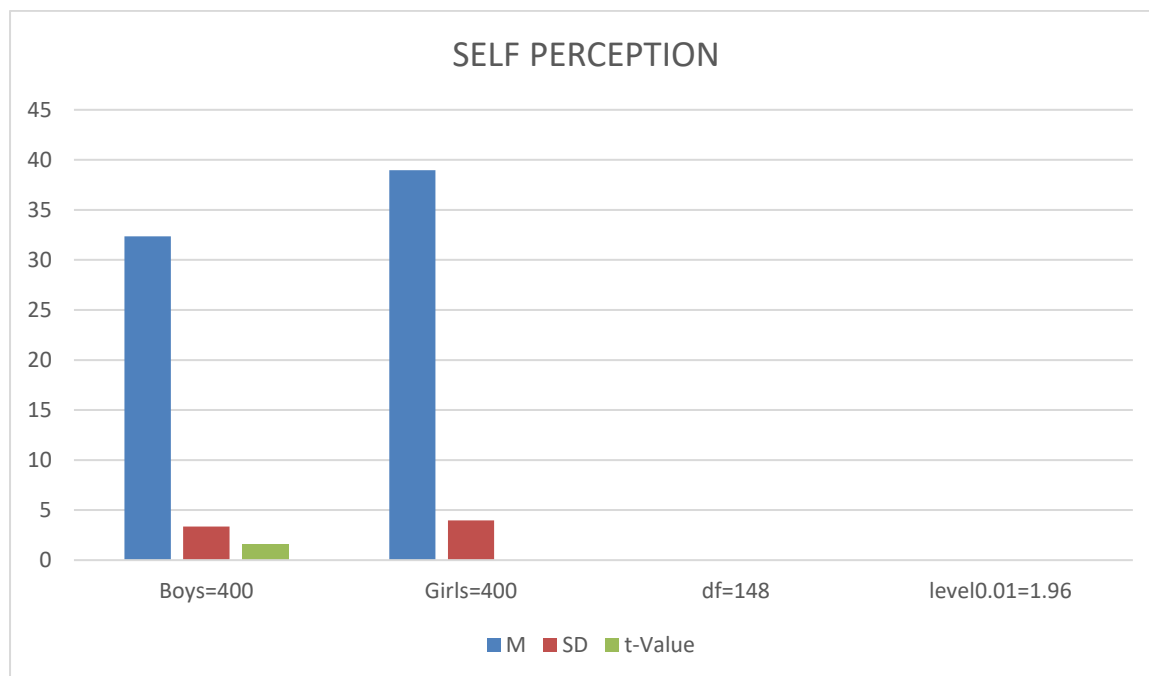


A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

Table -2- Hypothesis-2-There is no significant difference in Self Perception among Secondary school students.

S.N.	Self-Perception	N	M	df	SD	t-value
1-	Boys	400	32.36	148	3.36	1.6
2-	Girls	400	38.96		3.98	

Significance Level 0.01-Value of $t = 1.96$

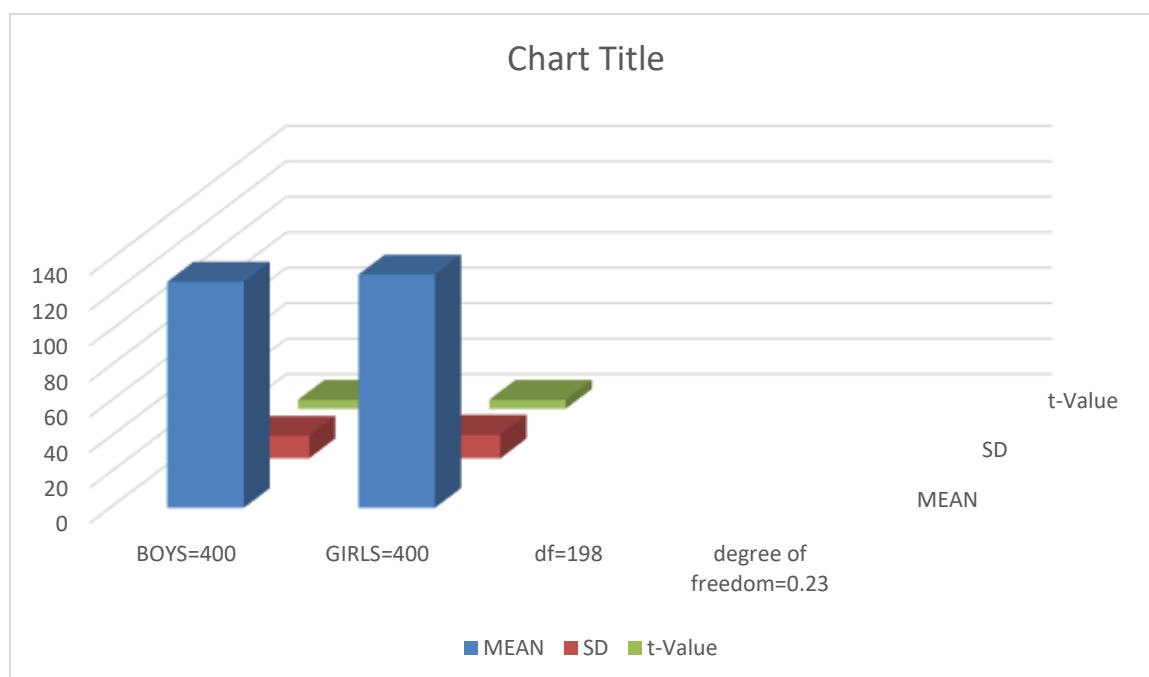


The above table shows that the mean of scores related to self-perception of higher secondary school's Boys students is 32.36 and 38.96 and standard deviation is 3.36 and 3.98 respectively and t- test for significant difference in their mean values. After calculating the values of t, the value of t was found to be 1.6, which is less than the table value of 0.36 at 0.01 level on degrees of freedom 148. Hence it is significant at significance level. Hence the null hypothesis is accepted.

Table -3-Hypothesis-3- There is no significant difference in the Self Perception and Academic Achievement of Secondary school students.

Academic Achievement & Self Perception	N	Mean	SD	df	t-Value	Degree of Freedom Difference
Boys	400	127.5	12.65	198	5.08*	0.23
Girls	400	131.5	13.29			

A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)



The above table shows that the mean of scores related to self-perception of higher secondary school students regarding their educational achievement is 127.5 and 131.5 and standard deviation is 12.65 and 13.29 respectively and t- test for significant difference in their mean values. After calculating the values of t, the value of t was found to be 4.6, which is less than the table value of 0.23 at 0.01 level on degrees of freedom 198. Hence it is significant at significance level. Hence the null hypothesis is accepted.

CONCLUSION

1. The t value of self-perception ability of higher secondary school students has been found to be low at the significance level, that is, there is no significant difference in the self-perception ability of students.
2. In terms of self-perception regarding Academic achievement in girls of higher secondary school, the mean values were found to be higher than the values of students, that is, a significant difference was found in the mean values of boys and girls of higher secondary schools.

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A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.)

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Shrivastava, S.P. & Rukari, S. (2024). A Study of Self Perception Ability in Relation to Academic Achievement of Higher Secondary School Students (District Mandsaur M.P.). *International Journal of Indian Psychology*, 12(1), 2494-2501. DIP:18.01.228.20241201, DOI:10.25215/1201.228