

Relationship Between Self-Concept and Level of Aspiration Among College Students of CBCS Pattern

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ABSTRACT

The aim of the study was to investigate the relationship between self-concept and level of aspiration among college students enrolled in the undergraduate courses of CBCS pattern in Ara district. The CBCS pattern or choice-based credit system follows the semester system in the National education policy 2020. The higher education follow the traditional education system before the implement of National education policy 2020. The CBCS system allows the students to choose interdisciplinary, intra disciplinary courses as per their convenient. The CBCS pattern also focus on the skill development of the college students enrolled under the semester system. The students enrolled in the undergraduate courses in colleges follow the three-year degree courses in the annual system pattern before the implementation of new education policy 2020. In the NEP 2020, the students follow the semester system in the undergraduate courses. In the today era students are bound to face more pressure to do better in their education and as they are facing such problems in their day to day life, the concept of self and level of aspiration become more important. Therefore, the researchers had adopted the present study to investigate the relationship between the self-concept and level of aspiration among college students enrolled under CBCS pattern. **Objective:** To see the relationship between self-concept and level of aspiration among college students of CBCS Pattern. **Method:** The sample was comprised of 200 college students whose age ranging from 18 to 22 years. Purposive cum incidental sampling methods was used. The obtained data was analyzed statistically with the help of Pearson Product Moment Correlation Coefficient method. **Tools:** Self-concept scale developed by Pratibha deo (2014) and level of aspiration scale developed by Dr. Mahesh Bhargava and Prof. M. A. Shah. **Result and conclusion:** On the basis of data, it can be said that there were strong positive relationship between the self-concept and level of aspiration among college students enrolled under CBCS pattern.

Keywords: *Self-concept, Level of aspiration, Undergraduate Student, CBCS*

Higher education in India is undergoing reforms to enhance the quality of education in various Universities across the Country. The University Grant Commission (UGC), an autonomous body operating under the Ministry of Education, Government of India, periodically which issues new guidelines to improve the quality of higher education. UGC has the authority to make independent decisions regarding higher

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Relationship Between Self-Concept and Level of Aspiration Among College Students of CBCS Pattern

education in Universities nationwide. During this phase of transformation, the Choice-Based Credit System (CBCS) has been implemented in undergraduate programs. This shift in higher education has transitioned undergraduate courses from an annual system to a semester system.

The CBCS pattern, introduced as part of National Education Policy (NEP) 2020 follows the semester system. Before the implementation of NEP 2020, higher education followed a traditional education system. The CBCS system allows students to choose interdisciplinary, intra disciplinary courses based on their interests and convenience. It also emphasizes skill development among college students enrolled in the semester system. Before the implementation of NEP 2020, undergraduate courses in colleges followed a three-year degree program under the annual system. However, under NEP 2020, undergraduate courses now follow the semester system.

In the modern era, students face increasing pressure to perform well in their education. As they encounter various challenges in their daily lives, the concepts of self-concept and level of aspiration become increasingly significant. Therefore, researchers have undertaken the present study to investigate the relationship between self-concept and the level of aspiration among college students enrolled under the CBCS pattern.

Self-concept:

A self-concept of this nature appears to comprise three main components: the visualization of how we appear to another individual, the perception of their assessment of that appearance, and a corresponding self-emotion, like pride or embarrassment.

According to Fiske and Taylor (1991), “The self-concept is largely based on what is learned in interactions with other people beginning with immediate family members and then broadening to interactions with those beyond the family.

G Murphy (1947) asserts that the 'self' refers to the individual as recognized by that same individual; it encompasses how one views one's own identity. It serves as the core of each person's experiences, thoughts, feelings, attitudes, knowledge, and emotions. Even someone who is deeply altruistic can be characterized by having integrated the trait of selflessness as a key aspect of their self-concept.

Level of Aspiration:

The idea of the level of aspiration was initially introduced in 1931 by Dembo, a student of Lewin, during a research study on anger. The first experiment aimed at analyzing the level of aspiration—a term translating from the German words *Anspruch* and *Niveau*—was conducted by Hoppe in 1930.

Hoppe (1930) characterized the level of aspiration (LOA) as a person's expectations, objectives, or demands regarding their future accomplishments in various tasks.

The American Psychological Association describes aspiration as an ambition, goal, or any type of desired outcome that can be achieved through individual effort. (American Psychological Association, 2023)

Relationship Between Self-Concept and Level of Aspiration Among College Students of CBCS Pattern

Frank (1935) characterized the level of aspiration as, “the expected future performance on a familiar task that an individual, aware of their past performance in that task, consciously sets out to achieve.”

REVIEW OF THE LITERATURE

Deepa Gupta (2012) carried out a study titled "Collecting the facts about the self-concept and the level of aspiration of Front Benchers and Back Benchers." The research sample comprised 100 secondary school students from different secondary and higher secondary institutions in Kanpur City. The analysis and interpretation of the data revealed that Front Benchers exhibited a stronger self-concept, while Back Benchers displayed an average self-concept. In terms of aspiration levels, Front Benchers demonstrated high levels of aspiration, whereas Back Benchers had average aspiration levels. Significant differences were identified in both the self-concept and aspiration levels between Front Benchers and Back Benchers.

The goal of Y.G. Singh's (2011) study was to determine the "Level of Educational Aspiration in Secondary School students in the influence at difference variables like sex and medium."

The trait is not normally distributed according to the findings. Boys are more inclined than girls to pursue higher education, and the medium of instruction has an impact on this goal.

Objective of the study:

To study the relationship between self-concept and level of aspiration among college students.

Hypothesis:

There will be no significant relationship between self-concept and level of aspiration of college students.

METHODOLOGY

Sample

The sample would comprise of 200 (N=200) undergraduate college students enrolled in semester system of age ranging from 18 to 22 years. Sample would be drawn from different colleges of Ara district. Descriptive survey method was used to gather the data belonging to different colleges of Ara district. Personal data sheet has been used to collect the information of students and parents. Prior necessary permission and proper rapport has been established with the students before taking the data.

Research design

The present study would be in correlational research design.

Research Tools

Self-concept scale: The self-concept Scale created by Pratibha Deo was utilized to gather information on the self-concept of students. The self-concept Rating scale was revised by Deo in 2014. This checklist includes 90 terms that address nearly all significant elements of personality. The rating scale operates on a 5-point system, where the points represent “Very much like this,” “Much like this,” “Uncertain,” “Not much like this,” and “Not at all like

Relationship Between Self-Concept and Level of Aspiration Among College Students of CBCS Pattern

this.” This rating scale is capable of assessing all four dimensions of self-concept: perceived, ideal, real, and social, reflecting both positive and negative aspects.

Level of Aspiration scale: The level of aspiration was assessed by Dr. Mahesh Bhargava and Lt. Prof. M.A. Shah. In 1987, Bhargava created a test to measure the level of aspiration. The performance sheet consists of 50 circles (each with a diameter of 1cm) organized into five rows of ten circles each. At the top and bottom of these rows, there are two boxes on the right; the upper box is designated for recording the expected score, while the lower box is intended for noting the actual score or completed performance. Each subject will undertake ten trials, excluding the practice trial. A stopwatch or timer is needed for the rest period. For each trial, duration of 30 seconds is allowed, and at the end of this time, participants must stop marking, count the number of completed faces, and record this in the lower box. This trial is considered the "PRACTICE TRIAL." In the subsequent trials, participants will repeat this process, additionally noting the number of faces they plan to complete in the upper box based on their previous actual performance. Thus, a total of 10 trials will be conducted for the actual work.

The scoring procedure is straightforward, yielding three types of scores:

1. Goal Discrepancy Score (GDS),
2. Attainment Discrepancy Score (ADS), and
3. The Number of Times of Goal Reach Score (NTRS).

In this research, the focus was solely on GDS (Goal Discrepancy Score) as recommended by the author; GDS serves as an indicator of the Level of Aspiration. The Reliability Coefficient for the Goal Discrepancy Score of the Level of Aspiration was determined to be 0.72 using the test-retest method and 0.77 using the split-half method.

Data Analysis: The obtained data was analyzed statistically with the help of Pearson Product Moment Correlation Coefficient method.

RESULT

The results of the present study have been presented in tabular forms. As per our objective of the study, the hypothesis of the study was that there will be no significant relationship between self-concept and level of aspiration of college students.

Table-1 Data Showing the Correlation between Self-concept and Level of Aspiration of College Students from Ara District

Variables	N	'r' value	Significance at 0.05 level
Self-concept	200	0.632	Not Significance
Level of Aspiration			

df=198

From Table-1, since the calculated r is significantly greater than the critical values, the stated null hypothesis has been rejected. The correlation results between Self-concept and level of aspiration scores of undergraduate students are given. It is observed that 'r' value = 0.632 with df 198 is not significant at .05 levels. Hence the obtained result did not support the hypothesis as the obtained value of 'r' is greater than table value at 0.05 level which shows significant positive relationship between self-concept and level of aspiration. Therefore, the null hypothesis is rejected and instead an alternative hypothesis has been proposed, stating a

Relationship Between Self-Concept and Level of Aspiration Among College Students of CBCS Pattern

significant positive correlation between self-concept and level of aspiration among college students. Further it was found in this research that self-concept is positively associated with level of aspiration among undergraduates college students of CBCS pattern. The students who had higher self-concept had higher level of aspiration and vice versa.

CONCLUSION

On the basis of result from the obtained data, we can say that statistically not significant was found between self-concept and level of aspiration of undergraduate college students in CBCS pattern. We can say that from the obtained result that the relationship between self-concept and level of aspiration is statistically not significant. The correlation ($r=0.632$) indicates a moderate to strong positive relationship which means that as self-concept increases, the level of aspiration tends to increase as well. Thus, the hypothesis stating "no significant relationship" is not supported by the data.

Limitation of the Study

The present study was limited to some colleges of ARA district.

Further Suggestion

- The present study can be taken on large sample size.
- The self-concept and level of aspiration of college students are interrelated and crucial for academic and personal success so the role of cultural differences in shaping self-concept and level of aspirations.

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Conflict of Interest

The author(s) declared no conflict of interest.

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