

ASSESSMENT OF THE IMPACT OF SELF-CONCEPT ON THE LIFE SATISFACTION AMONG COLLEGE STUDENTS.

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Abstract: Self-concept is the concept of an individual about his/her own self. This concept about the self is highly influential as it has its impact on all the behavioural aspects of the person. This study was done to find out how the self-concept of college students contributes to their level of life satisfaction. A sample of 100 under graduate students was included using convenience sampling method from various disciplines. Self-concept rating scale and Life satisfaction scale were the tools used for the study. Correlation Analysis was done and it was inferred that self-concept has a positive impact on the life satisfaction levels of the college students. The higher the self-concept, better was their satisfaction on the various aspects of life. Those who had low self-concepts found it difficult to face the challenges of life confidently and have a satisfied life style.

Key words: Self-concept, life satisfaction, college students.

Introduction:

Self-concept is a belief system about one's own self. It is the multi-dimensional, multi-level cognitive and evaluation of oneself and the relationship with his/her surroundings. It's the central part of the person's personality (Zhang X, 2010). This guides the person's ability to cope up with all other stressors of life. Self-concept, when high, contributes to better life satisfaction and performances, both in academics and also in personal lives.

Life satisfaction is an important aspect in Positive Psychology and is being under research a lot these days. Life satisfaction is conceptualized as a cognitive judgmental process in which individuals assess their quality of life based on the level of their functioning capabilities. In students, life satisfaction is influenced by many factors. In general, factors that affect life satisfaction in students are divided into two, namely internal factors and external factors (Qudsyi, H, Sholeh, A & Afsari, N. 2020).

Self-concept and life satisfaction are found to be related in many aspects. Only when the self-concept of a person is high, he/she would be able to view life with positivity which is a key component of life satisfaction. Both the self-concept and the level of life satisfaction are based on both internal and external factors. The internal factors include self-confidence, attitude towards self, others and life. All this is greatly influenced by the experiences the person receives in life. The external factors mainly comprises of the support system the person has, which would include family, friends and colleagues with whom the person closely associates.

Need of the study

This study has been initiated with the main aim to see if the person's self-concept has a contributing role to play in the level of life satisfaction he/she experiences. With the influence of social media and various other life stressors, we find many young people complaining on the complexities of life. The level of life satisfaction and positivity towards life is found to be low among most youngsters. This study was conducted having all this in mind to ascertain the relationship between self-concept and the level of life satisfaction. It was also done with the intension to identify the reasons, if any, for lowered self-concept or lowered levels of life satisfaction.

Review of literature:

A study has been done by Schnettler B et al in (2017) on the impact of family support and eating habits on the life satisfaction of university students. The study included university students from various disciplines and the results of the study shows that a healthy and happy family support is crucial for heightened levels of life satisfaction among university students.

Susan (2017) did a study on how life satisfaction affected the academic performance of university students. Three hundred and fifty seven students were included in the study and it was found that students who had high levels of life satisfaction exceeded in academic performance too when compared to students with average or below average life satisfaction.

Kumar H (2016) conducted a study on university students to find out the relationship between psychological distress and life satisfaction. The study included 398 university students from various disciplines and the study proved that there was a significant correlation between distress and life satisfaction among university students.

Pascarella E, Smart J, Ethington C, Nettles M did a study on the impact of college experiences on the self-concept of the college students in 1987. This was a longitudinal study done on 4597 college students from various disciplines and they were observed for a period of 9 years. The study clearly proved that the nature of experiences they had during their college days had a tremendous impact on their self-concepts.

A study was done by Onetti Onetti et al in 2019 to find out the relationship between self-concept and physical activities among 440 college students from Spain and Portugal. They found out that better the physical activities, higher was their levels of self-concept. They were found to be more confident and positive in their outlook and approach towards life.

Thus we can understand that self-concept and life satisfaction are dependent on various factors and are also found to be inter dependent in many cases.

Methodology:

Objective: The objective of the study is to find out the impact of self-concept on life satisfaction of college students.

Sample: The sample included 100 college students who were pursuing their graduation from various disciplines. Convenient sampling method was used to collect data.

Tools used: Self-concept questionnaire developed by Raj Kumar Saraswath. It has 48 statements that assist in the assessment of the subject's self-concept. It has reliability of 0.91 and good validity. Life satisfaction scale was developed by Promila Singh and George Joseph. It has test retest reliability is 0.91 and validity is 0.83.

Methodology: Statistical methods were used to find out the correlation analysis between self-concept and life satisfaction of the college students who fell under the category of under graduates. 100 students were selected as sample for the study using Convenient Sampling method. The tools were administered to the sample and the data was collected following all ethical standards.

Results:

The results of the study have been tabulated below. It clearly depicts the presence of a positive correlation between life satisfaction and self-concept.

Table 1 shows correlation between life satisfaction and self-concept among young adults

Variables	Correlation Value
Life Satisfaction	0.352
Self-Concept	

Discussion:

The Table 1 shows a correlation of 0.352 between life satisfaction and self-concept. This value clearly explains how satisfaction in the various spheres of life contributes to an increased level of self-concept. Life satisfaction has a lot of contributing factors like career, relationships, academics, health, socio economic background and other personality factors. Even when the level of satisfaction in any one dimension is reduced, there is an overall drop in the level of life satisfaction. This value also proves that each of the variable contributes to the development of the other and hence can be worked upon to develop the other variable. Analysis of the life events prove that in many occasions we can relate life satisfaction to an elated self-concept and vice versa.

Conclusion:

The results of this study show that among college students, there is a significant correlation between life satisfaction and self-concept of college students. The life satisfaction of college students generally centered on their academics, interpersonal relationships with their friends that they consider the most important and the impact of social networking that affects their life satisfaction levels and in turn affect their self-concepts.

Suggestions:

Based on the research results, steps can be taken to enhance the life satisfaction and self-concept of college students through orientation programs, organizing counselling sessions and creating an awareness among the college students on the facts of life and its shortcomings. Strategies to develop self-concept can be taught to college students like Positive attitude, meditation, self-love, and maintaining peace of mind during stressful situations.

Limitations:

1. Only UG Students have been included for the study.
2. Only one dependent and one independent variable has been studied.
3. The study limits to the college students in Thoothukudi.

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