



# CONSCIENTIOUSNESS: THE MISSING FACTOR IN COLLEGE STUDENTS - A STUDY AT PUNE UNIVERSITY

**Dr Supriya Srivastava**

Dean Management Studies

Sushila Devi Bansal College, Indore

## Abstract

Conscientious people are more active to exercise as well as observe the activities that are able to enhance longevity, mental ability, alertness, and productivity. In the case of college students, conscientiousness has become a missing factor in this developing era. The aim of this study is to investigate the reasons behind missing conscientiousness among college students in Pune. This study is focusing on Pune University to measure the level of conscientiousness among its students. There is a great relationship between the personality feature of conscientiousness and academic achievement. Personality plays an important role in balancing the academic learning process and also influences students to set their careers toward the future. Accompanied by conscientiousness students can understand the difference between right and wrong decisions which can make effective results. The researcher has chosen a “primary quantitative data gathering tool” to generate all the topic-related resources and data to enhance the quality of the research paper. In addition to this, to explore all the raw data and information, the researcher has found it beneficial to use IBM SPSS software to make the numerical calculation in a positive way. Accompanied by selecting valuable methodological tools, the researcher has successfully generated all the required information to meet the research objectives. Moreover, the study will prove helpful for the students of Pune University.

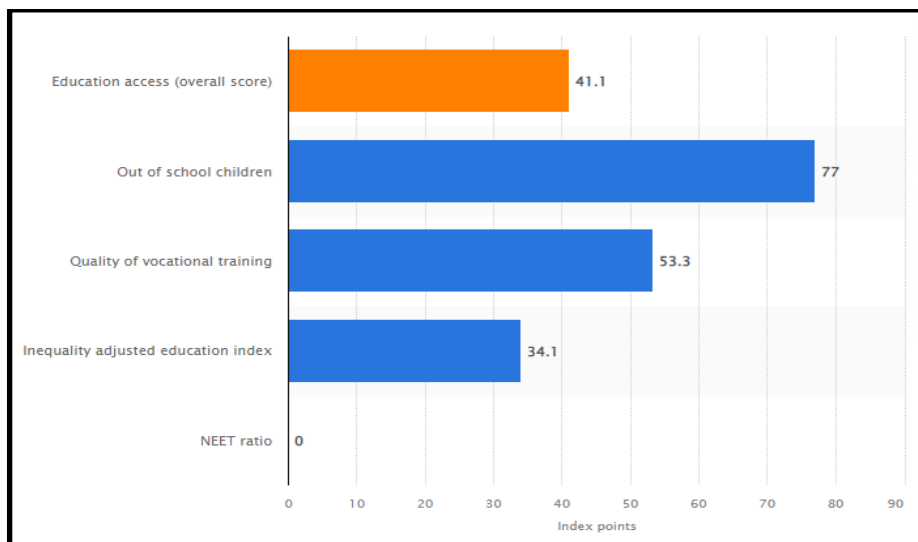
**Keywords:** *conscientiousness, college students, academic performance, personality growth.*

## 1. Introduction

### 1.1 Background of the study

Pune is recognised as the centre of the educational academy in Maharashtra and also a better education area. At Savitribai Phule Pune University, countless students have come from every corner of India to take higher studies as it is the most popular and finest educational base (Chaturbhuj, & Motewar, 2021). There are nearly **705 affiliated colleges** that are engaged in serving better career growth of **3,694 students** (Unipune.ac.in, 2022). The majority of the students have been found addicted to internet penetration which also decreases conscientiousness and educational performance. In India, based on the 2020 report, the total social mobility rate among education access was **41.1** whereas for school students the rate was as high as **77** (Statista.com, 2020). In addition to this,

nearly **30% of men** aged 35 to 49 years old have registered as alcohol-addicted in India and also include college students (Statista.com, 2021). All these addictions are rapidly increasing among college students which impacted conscientiousness.



**Figure 1.1.1: Social mobility index in education in India**

(Source: Statista.com, 2020)

Due to a lack of proper conscientiousness, the students have become motiveless towards their educational interests and have become addicted to other components that have a harmful effect not only on their health but also on their academic performance level (Pitcan, Marwick, & Boyd, 2018). In this regard, it can be mentioned that in India approximately **128 thousand people** according to the report of 2021 have received drug treatment (Statista.com, 2021). Thus, due to a lack of proper guidance and observation from families as well as in the flow of modern society college students have become involved in these types of activities.

## 1.2 Aim and objectives

The main aim of this research paper is to identify the missing factors of conscientiousness among the college students of Pune University. The objectives set by the researcher are:

- To recognise the impact of conscientiousness on academic performance.
- To identify the reasons behind low conscientiousness among college students.
- To evaluate the problems faced due to low conscientiousness by Pune college students.

## 2. Literature review

### 2.1 Concept of Conscientiousness

**“Conscientiousness”** refers to individual differences in the tendency to observe socially authorised norms for instinct domination to be able to follow the potential rules. As opined by Sari (2020), it is a kind of personality trait of being rigorous and careful to take anything seriously to tackle the situation. It brings emotional intelligence in the right direction which is required to adopt the correct margin to secure the inner feelings of the students. Conscientiousness allows the students to improve their disciplinary margin and help in making better decisions against poor and impulsive vibes. It has been seen that highly conscientious students are less committed to crime and engaged in alcohol or drug addiction. Especially, during academic sessions developing a strong work ethic and remaining punctual is very essential that can be balanced only with strong conscientiousness. Both

environmental and biological impacts can easily influence the level of conscientiousness that can transform the living style and academic results of an individual student.

## 2.2 Impact of conscientiousness on academic performance

Academic performance is highly important for the majority of students to set their future career goals. As per the view of Rubright, Jodoin, & Barone (2019), it can be measured depending on “grade point average (GPA) scores”. The impact of conscientiousness on academic performance has a great influence to measure the levels to reach the goal. It has been found that conscientious students have high efficacy and are serious about their aim which helps them to get higher grades. In anxiety tests also it has been seen that conscientious students are less suffered from these types of complexities.

The utilisation of conscientiousness is found limited in college students as they are influenced by modern society and the influence of other students in the majority of cases they become addicted to some negative flows. As opined by Wang et al. (2019), conscientiousness has been identified as one of the powerful predictors of academic achievement. Conscious students are always alert and active about their goals and make the plans to achieve them in time. Creating academic values and quality consciousness allows the openness to identify effective strategies.

## 2.3 Reasons behind low conscientiousness among college students

In the 21st century, the use of the internet has become a very essential part of everyone's life and it has both good and bad impacts on the student's consciousness. However, excessive use of the internet by students has a potential negative impact on their consciousness as uncontrolled use of the internet becomes addictive for the students. Addiction to the internet is a most common mental health issue these days, and the younger generation depends on the internet fully. Internet addiction also examines the consciousness of parents and questions the parenting style as well as the guidance skills of a teacher (Zhang *et al.*, 2019). Parents and teachers need to be protective and conscious of the student's addiction towards the internet.

Personality traits if human beings are different from each other and these personality traits also impact human consciousness. Today's generation gets addicted to alcohol and drugs at a very young age and consuming alcohol and drugs also lowered the consciousness of the human being. Drugs are illegal in the world, but the younger generation is addicted to illegal drug consumption which affects the physical health and mental health of the students. Consuming drugs and alcohol deteriorate mental health and defective behavioural changes are seen in the student which lowered their consciousness level of the students (Kang, 2022). Apart from this, it is testified that high neuroticism, high openness and low consciousness are related to alcohol and drug consumption.

## 2.4 The problems faced due to low conscientiousness by Pune college students

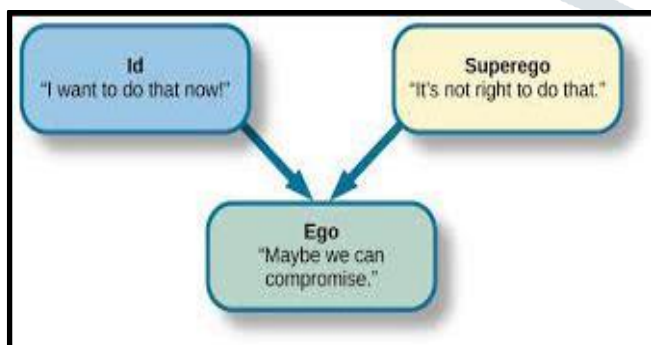
When a person is conscious they can control their actions, and reactions and the students can focus on their studies, also in their academic career and achieve their goals. People with high consciousness are determined with their academic careers but students with lower consciousness are unable to focus on their studies which result in lower grades in their academic careers. Besides, students with lower consciousness are unclear and unsure about their future and might not be successful in their careers (Gordon, 2022). After the pandemic, the whole world depends on the internet for various reasons and the development of the internet in this generation has given more accessibility to the student for exploring various things available on the internet.

Students in higher education need more adaptable consciousness to gain knowledge from the academic sector. The good or bad personality traits of the students are generally related to their consciousness and moods such as happiness and sadness. Students with lower consciousness can not perform well at anything in their life which sometimes badly impacts their mental health. Apart from this, the lower consciousness of these students makes them vulnerable sometimes and sometimes some students prefer illiteracy just out of fearing failure. During the pandemic, the whole world depended on the internet and students were learning through online platforms (Rettew *et al.*, 2021). However, there are some students with lower consciousness who are not able to focus on their studies through this online process. There are various reasons Pune college students face problems because of their lower consciousness.

## 2.5 Theoretical perspective

Students require the most consciousness to support their academic goals and achieve future career options. In order to motivate them the “*Freudian theory of personality*” is one of the greatest theories that can be proven to be a great influencer. According to Fitriani (2019), this theory is concerned with the human personality and operating on morality rules to modify their efficiency. It has three different perspectives as *id*, *ego*, and *superego* which are highly effective to improve the unconsciousness of an individual. Based on this scenario, college students in this modern world are addicted to several harmful activities which decrease the level of their consciousness. Accompanied by this theory, students’ thoughts, emotions, and memories can be identified and the colleges can modify their educational activities according to their needs and preferences to make education more interesting for them.

The ego is a conscious state of mind and the educational system needs to be egoistic by generating different types of competition. Enhancing awareness among students can influence the level of paying attention to any particular element. In the words of Niaz, Stanikzai, & Sahibzada (2019), in developing an adult personality and setting future career opportunities, this theory is one of the most useful driving tools. Accompanied by improving all three elements *id*, *ego*, and *superego* the collagen students' academic performance can be modified in an effective way.



**Figure 2.5.1: Freudian theory of personality**

(Source: Influenced by Fitriani, 2019)

## 2.6 Literature gap

The researcher only collects resources from 2018 to 2022 which provides limited staff. Due to a lack of proper resources about Pune University students, the researcher could not make a clear vision regarding the

missing consciousness. In addition, due to having limited time the researcher could implement a few components to make the literature fulfilled.

### 3. Methods

Selecting research-conducting tools is highly important in any research paper as it is the main driving element to gather relevant information and data about the level of unconsciousness among college students based on Pune University records. The researcher has found the **“positivism research philosophy”** most effective as it is capable of factual knowledge based on inspection. It allows the researcher to lead the research in an objective way by monitoring the social world (HR & Aithal, 2022). In addition to this, an **“inductive research approach”** has been selected by the researcher as it is effective to draw a valuable conclusion to keep the quality of the paper stable. Accompanied by developing theory this research approach has helped the researcher to move from the specific to the general. However, within a **“descriptive research design”** the researcher has successfully produced the result in a systematic way. Describing the population, and phenomenon this design is able to measure the accurate outcome in an effective way.

On the other hand, a **“primary quantitative data gathering tool”** has been adopted to collect all the first-hand and fresh data regarding the topic. In order to generate this, the researcher has prepared a survey process with a sample size of **51 candidates**. It includes students, professors, and principals who have actual experience and knowledge. The researcher has made a set of questionnaires of **“10 close-ended questions”** which had five options to make it easy to answer. After that, to evaluate the raw data and information the researcher has chosen **“IBM SPSS Software”**. As stated by Soniewicki & Paliszkiwicz (2019), it offers reliable and fast answers based on its dynamic ability and is also able to serve useful tables and graphs to explain the result. Moreover, the selected research tools have been identified as helpful to make the research paper valuable and authentic.

### 4. Results and discussion

#### 4.1 Results

##### Frequency table

		Statistics										
		Age	Gender	Consciousness level's can build a better growth of the college students	College students of University are engaged in several descriptive articles	Highly consciousness students are committed to course and engaged in school or drop substitution	Both ambivalent I and students can impacts on University students that impacted at different students	Consciousness is missing among the University students that impacted at different performance	The most interest students has increased the University level and induced them to make writing decision	Consciousness a people are more active to write an article as well as engage the activities that are able to improve long-term mental ability, stressless, and productive	Alcohol and drug addiction college students have developing unconscious ness	
N	Valid	51	51	51	51	51	51	51	51	51	51	51
	Missing	0	0	0	0	0	0	0	0	0	0	0
Mean		86	45	3.29	3.39	2.67	2.24	3.41	2.69	3.49	3.02	
Median		1.00	.80	4.00	4.00	3.00	3.00	4.00	3.00	4.00	4.00	
Mode		1	0	4	4	4	3	4	4	4	4	
Std. Deviation		775	553	1.045	.918	1.395	1.350	.883	1.273	.925	1.288	
Variance		601	259	1.092	.843	1.947	1.824	.687	1.620	.855	1.660	
Minimum		0	0	0	0	0	0	0	0	0	0	
Maximum		2	1	4	4	4	4	4	4	4	4	
Sum		44	23	169	173	136	114	174	137	178	154	

Figure 4.1.1: Frequency table

(Source: SPSS)

**“Frequency table”** is an important table that helps in summarising the set of data depending on the research variables. As stated by Van Truong & Huyen (2021), this generally generates based on the “mean” and “median” values which ensure the connection between the research variables. According to this table the “mean values” are **0.86, 0.45, 3.29, 3.39, 2.67, 2.24, 3.41, 2.69, 3.49, and 3.02**. Besides this, the “median values” are **1, 0, 4, 4, 3, 3, 4, 3, 4, and 4**. It shows there is a positive relationship among the research variables which is valuable to make it authentic.

**Descriptive statistics**

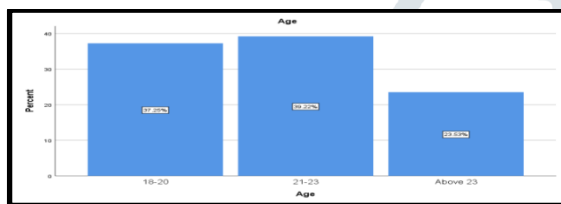
Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Gender	51	0	2	.869	.775
Controlled substance use Controlled substance use frequency or use change	51	0	1	.45	.503
Controlled substance use frequency or use change by gender	51	0	4	3.39	0.918
Highly conscientious students are more likely to be involved in college activities	51	0	4	2.67	1.395
Highly conscientious students are more likely to be involved in college activities by gender	51	0	4	2.24	1.350
Controlled substance use frequency or use change by gender	51	0	4	3.41	0.983
Controlled substance use frequency or use change by gender	51	0	4	3.69	1.273
Controlled substance use frequency or use change by gender	51	0	4	3.49	0.925
Alcohol and drug use among college students	51	0	4	3.02	1.288
Alcohol and drug use among college students by gender	51				

**Figure 4.1.2: Descriptive statistics**

(Source: SPSS)

“*Descriptive statistics*” is a medium of describing elements of the data set to mention the content of the data sample. As opposed to Awosoga (2022), the accuracy of data has been depending on the “standard deviation” values. According to this table, the “standard deviation” values are **0.775, 0.503, 1.045, 0.918, 1.395, 1.350, 0.983, 1.273, 0.925, and 1.288** which has highlighted that the measurement of the data set is valid.

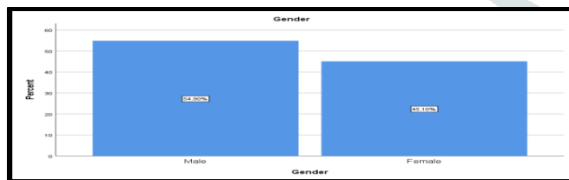
**Bar chart analysis**



**Figure 4.1.3: Age group**

(Source: SPSS)

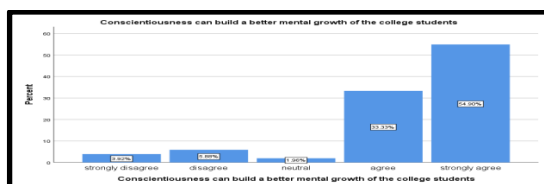
Based on the above bar chart it has been seen that there were three age groups in the survey set by the researcher. The “18-20 age group” conveys **37.25%** of total candidates, the “21-23 age group” conveys **39.22%** of the candidates, and the remaining **23.53%** of the candidates are included in the “above 23 age group”. The maximum number of participants has become from the “21-23 age group” and the minimum number of participants have become from the “above 23 age group”.



**Figure 4.1.4: Gender Group**

(Source: SPSS)

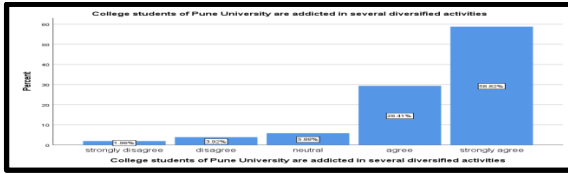
In the survey, the researcher has set two gender groups “male” and “female” which conveys with students, principals, and professors. The “male group” conveys **54.90%** of the candidates and the remaining **45.10%** of the candidates belong to the “female group”.



**Figure 4.1.5: Conscientiousness can build better mental growth in the college students**

(Source: SPSS)

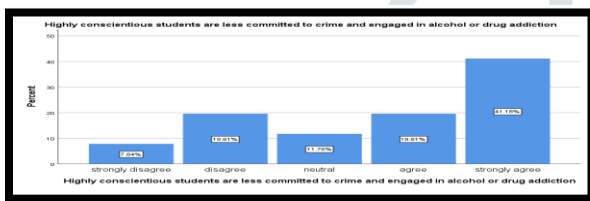
In the first statement “conscientiousness can build better mental growth in college students”, **54.90%** of the candidates “strongly agreed” therefore **33.33%** of the candidates “agreed”. Although due to having limited understanding, **1.96%** of the candidates thought to be “neutral” to be safe. However, **5.88%** of the candidates disagreed therefore **3.92%** of the candidates “strongly disagreed”.



**Figure 4.1.6: College students of Pune University are addicted to several diversified activities**

(Source: SPSS)

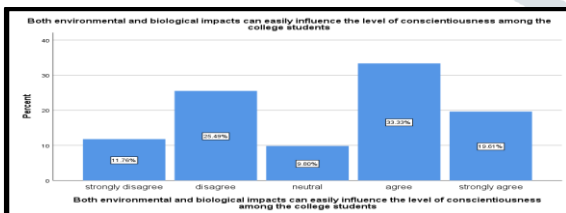
According to the above bar chart, **58.82%** of the candidates “strongly agreed” therefore **29.41%** of the candidates “agreed” that college students of Pune University are addicted to several diversified activities. In addition to this, **5.88%** of the candidates preferred to be “neutral” as they have bounded knowledge regarding this. Contradictory, **3.92%** of the candidates disagreed, therefore **1.96%** of the candidates “strongly disagreed”.



**Figure 4.1.7: Highly conscientious students are less committed to crime and engaged in alcohol or drug addiction**

(Source: SPSS)

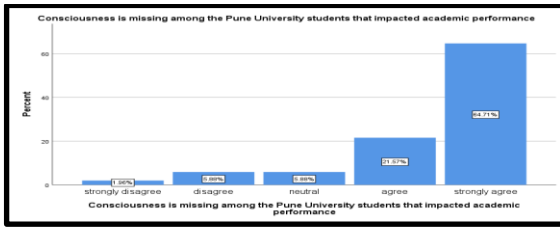
Depending on the above graph, **41.18%** of the candidates “strongly agreed” therefore **19.61%** of the candidates “agreed” that highly conscientious students are less committed to crime and engaged in alcohol or drug addiction. Thus, **11.76%** of the candidates remained “neutral” as they have bounded knowledge. However, **19.61%** of the candidates disagreed therefore **7.84%** of the candidates “strongly disagreed”.



**Figure 4.1.8: Both environmental and biological impacts can easily influence the level of conscientiousness among the college students**

(Source: SPSS)

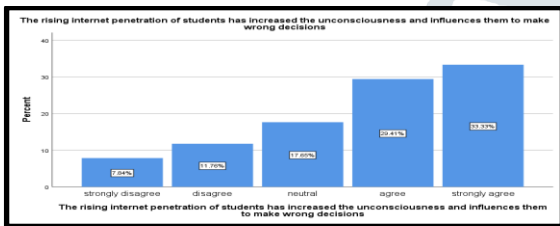
In the fourth statement “both environmental and biological impacts can easily influence the level of conscientiousness among the college students”, **19.61%** of the candidates “strongly agreed” therefore **33.33%** of the candidates “agreed”. Although due to having limited understanding, **9.80%** of the candidates thought to be “neutral” to be safe. However, **25.49%** of the candidates disagreed therefore **11.76%** of the candidates “strongly disagreed”.



**Figure 4.1.9: Consciousness is missing among the Pune University students that impacted academic performance**

(Source: SPSS)

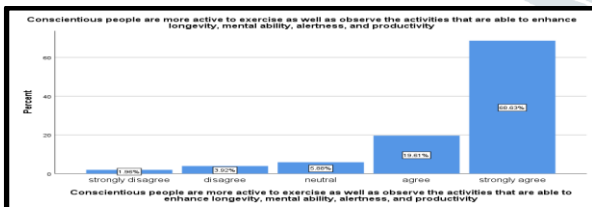
According to the above bar chart, **64.71%** of the candidates “strongly agreed” therefore **21.57%** of the candidates “agreed” that consciousness is missing among the Pune University students that impacted academic performance. In addition to this, **5.88%** of the candidates preferred to be “neutral” as they have bounded knowledge regarding this. Contradictory, **5.88%** of the candidates disagreed therefore **1.96%** of the candidates “strongly disagreed”.



**Figure 4.1.10: the rising internet penetration of students has increased their unconsciousness and influenced them to make wrong decisions**

(Source: SPSS)

In the sixth statement “the rising internet penetration of students has increased the unconsciousness and influences them to make wrong decisions”, **33.33%** of the candidates “strongly agreed” therefore **29.41%** of the candidates “agreed”. Although due to having limited understanding, **17.65%** of the candidates thought to be “neutral” to be safe. However, **11.76%** of the candidates disagreed therefore **7.84%** of the candidates “strongly disagreed”.

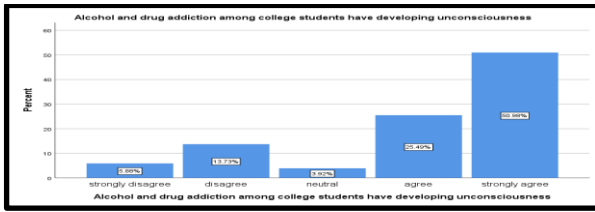


**Figure 4.1.11: Conscientious people are more active to exercise as well as observe the activities that are able to enhance longevity, mental ability, alertness, and productivity**

(Source: SPSS)

Depending on the above graph, **68.63%** of the candidates “strongly agreed” therefore **19.61%** of the candidates “agreed” with this statement. Thus, **5.88%** of the candidates remained “neutral” as they have bounded knowledge. However, **3.92%** of the candidates disagreed therefore **1.96%** of the candidates “strongly disagreed”.

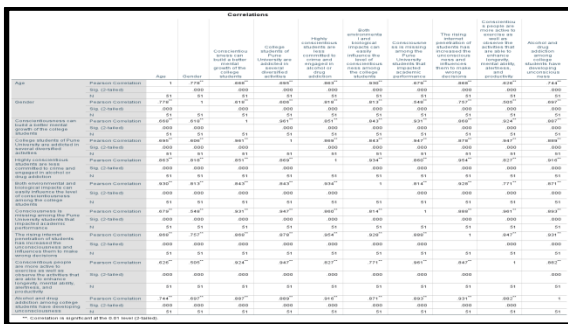




**Figure 4.1.12: Alcohol and drug addiction among college students have developing unconsciousness**  
(Source: SPSS)

According to the above bar chart, **50.98%** of the candidates “strongly agreed” therefore **25.49%** of the candidates “agreed” that alcohol and drug addiction among college students have developing unconsciousness. In addition to this, **3.92%** of the candidates preferred to be “neutral” as they have bounded knowledge regarding this. Contradictory, **13.73%** of the candidates disagreed therefore **5.88%** of the candidates “strongly disagreed”.

**Correlation analysis**



**Figure 4.1.13: Correlation analysis**  
(Source: SPSS)

The above “correlation table” has indicated that if the value of research variables becomes greater than 0, the variables will be acceptable (Liu et al. 2019). In this regard, the value has become 1 which is greater than 0 which indicated that the research variables are granted to be enlisted.

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	51.055	7	7.294	88.769	.000 <sup>b</sup>
	Residual	3.533	43	.082		
Total		54.588	50			

a. Dependent Variable: Conscientiousness can build a better mental growth of the college students  
 b. Predictors: (Constant), Alcohol and drug addiction among college students have developing unconsciousness. Both environmental and biological impacts can easily influence the level of conscientiousness among the college students  
 Conscientious people are more active to exercise as well as observe the activities that are able to enhance longevity, mental ability, alertness, and productivity. Highly conscientious students are less committed to crime and engaged in alcohol or drug addiction. College students of Pune University are addicted in several diversified activities. The rising internet penetration of students has increased the unconsciousness and influences them to make wrong decisions. Conscientiousness is missing among the Pune University students that impacted academic performance

**Figure 4.1.14: ANOVA analysis**  
(Source: SPSS)

According to the rule of ANOVA, the “sig. value” needs to be less than 0.001 to present data (Uysal et al. 2019). In this table, the “sig. value” becomes **0 (0<0.001)** which also indicated it is valuable.

Model Summary										
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				Sig. F Change	
					R Square Change	F Change	df1	df2		
1	.967 <sup>a</sup>	.935	.925	.287	.935	88.769	7	43	.000	

a. Predictors: (Constant), Alcohol and drug addiction among college students have developing unconsciousness. Both environmental and biological impacts can easily influence the level of conscientiousness among the college students . Conscientious people are more active to exercise as well as observe the activities that are able to enhance longevity, mental ability, alertness, and productivity. Highly conscientious students are less committed to crime and engaged in alcohol or drug addiction. College students of Pune University are addicted in several diversified activities. The rising internet penetration of students has increased the unconsciousness and influences them to make wrong decisions. Conscientiousness is missing among the Pune University students that impacted academic performance

**Figure 4.1.15: Model summary analysis**  
(Source: SPSS)

The “R-square” represents **0.935** and the “R-value” represents **0.967** which highlights that the research variables are authenticated.

Reliability Statistics	
Cronbach's Alpha	N of Items
.975	10

**Figure 4.1.16: Reliability test**

(Source: SPSS)

According to the formula, “Cronbach’s Alpha” value always needs to be larger than 0.70 (Elliott et al. 2020). In this SPSS analysis, the “Cronbach’s Alpha” value has become **0.975** which is greater than 0.70 and indicated the research data is valid and reliable.

## 4.2 Discussion

Evaluating the raw data, it has become generated that consciousness is missing among the Pune University students’ impacted academic performance. In addition, the rising internet penetration of students has increased their unconsciousness and influenced them to make wrong decisions. Along with this, alcohol and drug addiction among college students have developing unconsciousness. It has been observed by the majority of the people that conscientious people are more active to exercise as well as observe the activities that are able to enhance longevity, mental ability, alertness, and productivity. However, highly conscientious students are less committed to crime and engaged in alcohol or drug addiction (Tharshini et al. 2021). It is very important to adopt effective strategies to convert students’ mind into other objects to make sure they will gain their conscious mind to improve their academic performance and set the future career growth.

## 5. Conclusion and recommendations

### 5.1 Conclusion

Following the entire research procedure, it has become understood that consciousness is highly important to make anything in the correct order. Thus, maximum Pune University students are involved in different types of harmful activities such as the internet, alcohol, and drugs which decreased consciousness power among them. It also impacted the academic performance level of Pune University and they become scared about the future career options of the students.

### 5.2 Recommendations

Based on the numerous obstacles in the college student lives at Pune University some recommendations need to be suggested to overcome these gaps. The colleges under Pune University must need to implement strict regulations to guide the students to follow them. In addition, by observing their interest and preferences, colleges can change their educational pattern to increase their interest rate. As opined by Ferri, Grifoni, & Guzzo (2020), using digital devices also can provide a better approach to understanding the educational topic in a far more understandable way. Cultivate strong teacher-student relationships also can serve as a better atmosphere to learn and improve consciousness among college students to develop their academic performance level. Moreover, following these suggestions will help the readers to motivate the Pune University students’ consciousness.

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## Appendix

### Questionnaire

#### Section 1: Demographic Block

1. Age
  - a) 18-20
  - b) 21-23
  - c) Above 23

## 2. Gender

- a) Male  
b) Female

**Section 2: Statement**

(Please rate your opinion against the attached statements based on the scale suggested below-  
0 = strongly disagree, 1 = disagree, 2 = neutral, 3 = agree, 4 = strongly agree)

Statements	0	1	2	3	4
3. Conscientiousness can build a better mental growth of the college students	2	3	1	17	28
4. College students of Pune University are addicted in several diversified activities.	1	2	3	15	30
5. Highly conscientious students are less committed to crime and engaged in alcohol or drug addiction.	5	10	6	10	20
6. Both environmental and biological impacts can easily influence the level of conscientiousness among the college students	6	6	5	17	17
7. Consciousness is missing among the Pune University students that impacted academic performance.	1	3	3	11	33
8. The rising internet penetration of students has increased the unconsciousness and influences them to make wrong decisions.	4	6	9	15	18
9. Conscientious people are more active to exercise as well as observe the activities that are able to enhance longevity, mental ability, alertness, and productivity.	1	2	3	10	35
10. Alcohol and drug addiction among college students have developing unconsciousness.	3	7	2	13	26