

A Review on Self-Expression of Adolescent

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Abstract

"In cultural contexts in which intrinsic characteristics are considered to be basic themselves the self, thoughts of expression and ideas is a common practice. An example, people frequently express their as long as they are lawful through a label carrying a slogan and votes, signs of state of belonging to in the that faces forward, and an individual. Through these deal with and words, people known to others | their personal factors, such as a choosing of, faith, and worth. Through these ideas acts, individuals make their feelings are once and feelings tactile, tangible, and eugenically identifiable, and having freedom to speak one's intelligence one's ultimate freedom to be oneself. Thus, assertiveness occupies unique position in these joining together they expression of own feeling, thoughts, because through individuals people define who they are by making their capable of being clearly grasped by the mind."

Keywords: Self-Expression, Cultural Context, Individual.

Introduction

Success does not depend only on academic achievement, there are a number of factors as personality attitude, interest, capability, college & Home environment, classroom climate etc. apart from it, but it is the most influencing factor in attaining success in any field. It is the output of all academic activities and efforts, also a blend of student's learning experiences, knowledge, behavioral change and source of self-satisfaction. Excellence of the learner in his academics is described as his academic achievement. A good academic performance is related to a successful life. Almost all educational institutions have similar kind of aim. A good academic performance or academic knowledge paves the way to a flourished career. In most of the instances, learned and educated people are rational and associated with logical thinking. Merely gaining bookish knowledge is not the aim of education rather it is "a systematic process through which a child acquires knowledge, experiences, skill and sound attitude. It makes an individual civilized, refined and cultured. Education is the mean which goal is to make an individual perfect." Cohen (1994) elucidates that "subjective experience acquired by the student by way of schooling, plays an important role in academic progress. Academic achievement nurtures a child and aids his professional, societal and personal growth which would be beneficial to the entire community."

Self-expression is the expression of one's personality, appearance style, a way of expressing something that is quality of a scrupulous individual or cluster of populace or age. Self-expression can affect the person's psychological processes, as well as mental performance, inclination, self-respect, and interpersonal demonstration of a contemplation, emotion, or feeling that is a component of a human being. Most educationalists can perhaps consent on an explanation of feeling, e.g., what situation to include in a dialogue of sentiment. These mechanisms are well known on the origin of psychological or physiological aspects and embrace sentiment faces, feeling elicitors, and sentiment neural processes.

Meaning of Self-Expression

The good of an individual consists in self-realization and self-expression. The self, a variegated term, is the production of high integration in the being of man and an expression of his spirit. Radhakrishnan rightly states: "At the point when an individual draws his spirit from every outward occasion, accumulates himself together internally and endeavors with focus, there breaks upon him an affair, mystery, unusual and wondrous, which animates inside him, lays hang on him and turns into his exceptionally beautiful procedure of changing the abstract



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into target is both imaginative and basic. It is basically one of the sudden understandings of the truth which has gained universal significance through the all-conquering power of imagination so that the writer can identify himself just as one identifies oneself in a mirror. The selfhood of a sensitive poet is affected not only by the estranged realities of life and landscapes around him but turns to the turbulent inscape desperately searching for his self, rootedness and the essence of his being. Alexander pope in his proper study of mankind is man rightly declares life as an enigma.²

The term 'Academic Achievement' is said to be the coinage of the famous Greek philosopher Plato. According to Plato, "Academic Achievement means the attainment level at which a student functions in his school through a regular curricular in a fixed place to which he names as the academy." According to Crow and Crow (1969) "Academic achievement means the extent to which a learner is profiting from instruction in a given area of learning. Achievement is reflected by the extent to which skill and knowledge has been acquired by a person through the training imparted to him." In this dynamic and competitive world, all the parents, teachers, educationists are concerned with students' academic achievement. It is well said by former Prime Minister Sh. Jawahar Lal Nehru, "Future of our Country is shaped in our classrooms". Today's children are considered as our future hopes. Apart from this, achievement is necessary to lead to a happy and well settled life. It is the academic achievement; on the basis a person gets his source of livelihood. On the source, his/her prosperity of life depends upon. To a large extent, happiness is also concerned with material prosperity along with, obviously, other factors. Academic achievement has vital role in the life of human beings. It is measured by a number of sources, among which annual examinations, class tests, performance, Sessional work etc., are mainly considered. Marks or grades are allotted, on the basis, a person's academic achievements' level is considered. In the other words, whatever a child achieves in the field of academics is called his academic achievement.

Although success does not depend only on academic achievement, there are a number of factors as personality attitude, interest, capability, college & Home environment, classroom climate etc. apart from it, but it is the most influencing factor in attaining success in any field. It is the output of all academic activities and efforts, also a blend of student's learning experiences, knowledge, behavioral change and source of self-satisfaction.

Excellence of the learner in his academics is described as his academic achievement. A good academic performance is related to a successful life. Almost all educational institutions have similar kind of aim. A good academic performance or academic knowledge paves the way to a flourished career. In most of the instances, learned and educated people are rational and associated with logical thinking. Merely gaining bookish knowledge is not the aim of education rather it is "a systematic process through

which a child acquires knowledge, experiences, skill and sound attitude. It makes an individual civilized, refined and cultured. Education is the mean which goal is to make an individual perfect." Cohen (1994) elucidates that "subjective experience acquired by the student by way of schooling, plays an import role in academic progress. Academic achievement nurtures a child and aids his professional, societal and personal growth which would be beneficial to the entire community."

Need of the study

Presently the education aims at the development of an all-round personality usually called as the integrated personality. In order to develop this personality different types of curricular experiences are ranged and organized in the college education. Now a day's self-expression is becoming very important area for everyone and it is necessary for the development of the society. The classroom is an excellent pace for children to practice positive self-expression through creative activities such as art, dance and play. As they interact with their teachers'peers' young children will be learning how to manage their emotions, share and take turns, consider other people feelings and practice self-control. These are the skill that children need to foster their healthy development and prevent them from engaging behaviors now and later in life. Self-expression is very important because each one of us is unique and different, we all have wonderful talents the need to be used in our everyday life self-expression provides children. It is hoped that the present study will provide better interaction among students should organized different activities like games and sports, drama and other cultural activities which should be helpful in their adjustment.

Objectives of the Study

1. To study the relationship between self-expression among college students.
2. To study the relationship between self-expression among college students belonging to different locality i.e. rural and urban.

Hypotheses of Study

1. There will be no significant difference between self-expression among college students
2. There will be no significant difference between self-expression among college students belonging to different locality i.e. rural and urban.

For present study the sample was 200 colleges going students of Gurugram District. The study was restricted to one variable like self-expression. Only t-test was used for analysis of the data. In the present study the independent variables are gender: Boys and Girls and Locality: Urban and Rural. Whereas the dependent variable was Self-expression scores. Self-Expression Inventory standardized by Dr. R.P. Verma and Dr. Usha Mishra was used for the investigation. The main objective of the investigation was to find out the affecting academic anxiety. In the present study descriptive survey investigator focus on following aspects: -

1. To suggest the curriculum for future development.

2. To provide information useful to the solution of problems.
3. To collect data from a relatively large number of cases at a particular time.
4. To analyze and interpret the data collected.

Table 1: Showing the 't' ratio for self-expression of rural and urban college students

Category	N	Mean	SD	t-ratio	Level of significance
Rural	100	43.06	6.6	1.50	Not significance
Urban	100	44.6	7.8		

Interpretation

From the above table it can be seen that there is no significance difference in the self-expression of students belonging to rural and urban college students towards self-expression. Here difference is non-significant as the t-value is 1.50

which is less than 1.97. There is no significant difference in self-expression of rural and urban college students. Thus, hypothesis is accepted as there is no significant difference in the self-expression of rural and urban college students.

Table 2: Showing the 't' ratio for self-expression of boys and girl's college students

Category	N	Mean	SD	t-ratio	Level of significance
Boys	100	43.09	8.5	1.34	Not significance
Girls	100	44.5	6.2		

Interpretation

From the above table it can be seen that there is a no significance difference in the self-expression of boys and girls of college students. The difference is in significant as the t-ratio value is 1.34, which is less than 1.97. It can be safely interpreted and there is no significant difference in the self-expression of boys and girls studying in college. Thus, null hypothesis is accepted.

balanced society. A balanced society with energetic generation equipped with sound though is a sign of progress. Therefore, self-expression of the younger generation must be promoted through adequate education and training.

References**Findings**

There is no significant difference between self-expression among college students belonging to different locality i.e. rural and urban and there is no significant difference between self-expression among college students belonging to different gender i.e. boys and girls. Therefore, an effective intervention practice can be organized to help the adolescence to improve their self-expression and academic performance. There are various provisions to enhance the self-expression of students activities through organizing and motivating student for a variety of group activities. Teacher can ensure that all pupils experience trust-building activities. Teacher can encourage positive behavior programmes and a systematic scheme of rewards. Utilizing parental programs to overcome the problem, positively affects the parent/child relationship. Through this positive interaction, improve the self-expression among children. Promoting and acclaiming individual successes across a wide range of academic and non-academic achievements. Individual counseling of students can help in boosting self-expression.

Conclusion

Results of the study reveal that no significant difference exists between rural and urban and male and female adolescents so far as their self-expression is concerned. Therefore, to boost their self-expression and academic performance, an intervention practice may be organized at institutional level. Various co-curricular activities namely, cultural, literary, sports & games may be organized periodically so as to engage the adolescents in these activities according to their interest and thus to channelize their potentialities. Besides, such activities promotes network expansion and mutual understanding. Teachers at school need to create a congenial climate wherein the adolescents feel free to share their feelings freely which in turn help them to grow with integrated personality. When the young generation is expressive, it eventually builds a

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