

SELF-DISCLOSURE AMONG ADOLESCENTS IN RELATION TO GENDER AND LOCALE

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Abstract

The main objective of the study was to study self-disclosure among adolescents in relation to gender and locale. To accomplish the objectives Self-Disclosure Inventory by Dr. Virendra Sinha (1993) was adopted. The descriptive survey method was employed. The sample consists of 200 adolescents studied in senior secondary school of Kapurthala district of Punjab. The sample was categorized into urban and rural areas and it was further categorized on the basis of gender. The results revealed that there is no significant difference in the mean scores of self-disclosure of adolescent boys and girls and also found no significant difference in the mean scores of self-disclosure of urban and rural adolescents. Further the result indicates that adolescents of senior secondary school of Kapurthala district have average self-disclosure.

Keywords: self-disclosure, adolescents, senior secondary schools.



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INTRODUCTION

Man's behavior is visible, his experience is not. Yet it is man's experience that is the subject of great fascination to everyone. We want to know what a man means by his behavior, what he is saying to us and to the world by his deeds. The only way we can know what a man is experiencing is if he discloses his experiences to us in a language we can understand. Man hide much of his real self behind an iron curtain melts like wax, when it is exposed to the warm breadth of love. When people are willing to share depressing events with others and tell others about their trauma pressure and depression, they will receive greater social support, release their inhibitions' and improve their integration with society. As we know adolescence stage is very critical and crucial one. Mind of an adolescent is full of various feelings and emotions but if he does not share his thoughts and feelings to anyone he may faces some sort of anxiety and disturbances in his life. Hence self-disclosure is necessary to

disclose feelings, ideas and attitudes as one of the major criterion of healthy personality and major aspects of basis personality.

SELF- DISCLOSURE

Self- disclosure is both the conscious and unconscious act of revealing more about ourselves to other. This may include but it is not limited to thoughts, feelings or favorites many people attempt to avoid “ self-disclosing” too much to co-workers or when dating for fear to being judged negatively by others.

Typically self-disclosure is alone when we initially meet someone and as we continue to build and develop our relationship with people. Self-disclosure is one of the mean by which healthy personality is both achieved and maintains. Self-disclosure reveals the real nature of the self. Self-disclosure is the process of communicating personal information to another individual. It involves a willingness to reveal secret thoughts and feeling rather than superficial or obvious characteristics appropriate. Self-disclosure is important in communicating effectively and maintaining healthy good relationships. Self- disclosure refers to the extent to which a person reveals things about himself to others. It is a behaviour which is assumed to be closely united with intimacy and results in satisfying interpersonal relationship. Modern psychotherapy gives too much emphasis on self-disclosure and believes that it can provide as an important means of reducing the mental tension of patient. Failure to disclose about oneself may result in psychological maladjustment. Maladjusted individual is potential danger to wellbeing of society. Self- disclosure implies how much person express his desires, feelings, ideas, love and hate to other person in social environment.

According to social penetration theory, there are two dimensions to self-disclosure breadth and depth. Both are crucial in developing a fully intimate relationship. The range of topics discussed by two individuals is the breadth of discussed by two individuals is the breadth of disclosure. The degree to which the information revealed is private or personal is the depth of that disclosure. It is easier for breadth to be expanded first in a relationship because of its more accessible features. It consists of outer layer of personality and everyday lives, such as occupations and preferences. Depth is more difficult is reach, given its inner location; it includes painful memories

and more unusual traits they might try to hide from most people. That is why we reveal ourselves most thoroughly and discuss the widest range of topics with our spouses and loved ones.

OBJECTIVES

- To find out the difference in self-disclosure of adolescent boys and girls.
- To find out the difference in self-disclosure of urban and rural adolescents.

RATIONALE OF THE STUDY

The present investigation deals with study of self-disclosure among adolescents in relation to gender and locale. The study has very much significance in the present scenario. As we know today's almost everyone faces some sort of stress and anxiety in their life which adversely affect upon not only their physical health but also on mental and psychological health. The case is more severe in case of adolescents who are not able to cope with the odd situations; the reason may be lack of self-disclosure. Many researches have been conducted in this area and still there is a lot of scope to do research in this field. So the investigator chose this area for the research. By reviewing the related studies such as Lakhwinder (1993) found that rural and urban adolescents differ significantly on the variable of adjustment and self-disclosure. Hardeep (2007) found that there is significant difference between the self-disclosure of rural and urban area students. Panyanunt, Carter & Narissa (2006) found that male and female has different perceptions about their self-disclosure behaviors on the internet. Theresia, Susan A. & Anil Kumar (2013) study reveals that girls students have better emotional intelligence, self-disclosure and mental health status compared to that of male students and urban students have better emotional intelligence, self-disclosure and mental health status compared to that of rural students. The present study will help the parents and teachers to make their wards comfortable so that they disclose themselves before them and also help the parents and teachers to provide encouragement and congenial environment at home and school which helps in self-disclosure.

HYPOTHESES

- There is no significant difference in the mean scores of self-disclosure of adolescent boys and girls.

- There is no significant difference in the mean scores of self-disclosure of urban and rural adolescents.

Method

The Present study is a descriptive survey which is conducted on senior secondary school students of Kapurthala district. The study was equally balanced between rural and urban adolescents and it was further categorized into male and female.

Tools used

Self-Disclosure Inventory by Sinha (1993).

Statistical techniques used

Mean and S.D and 't'-ratio was calculated.

Procedure

Before administering the test rapport was established with students and instructions were given in simple language. The responses made by the students to SDI were recorded, tabulated and analyzed using appropriate statistical techniques.

ANALYSIS AND FINDINGS

Table: 1 Mean Scores of Self-Disclosure among Adolescents (Total Sample)

N	MEAN	S.D.
200	414.5	95

Table:1 Shows that the mean scores of self-disclosure among adolescents of Kapurthala district. The mean score is 414.5 and S.D. is 95. The mean scores of self-disclosure reveal that they have average self-disclosure. The reason may be they disclose themselves before their parents, sister, brother, friends and teachers as they provide freedom and opportunity to them, good rapport between parent- child, love and sympathetic attitude of teacher, peer group cooperation etc.

Table: 2 Mean scores of self-disclosure among adolescent boys and girls.

Group	N	MEAN	S.D.	S.ED	t-value	Level of significance
Boys	100	423	90.39	13.37	1.27	Not
Girls	100	406	98.64			significant

Table: 2 Shows the mean score of self-disclosure among boys and girls. The mean scores are 423 and 406 respectively. The S.D. is 90.39 and 98.64 respectively. The S.ED value is 13.37 and t-value of the difference is 1.27. The two groups are not

significant at both levels of confidence i.e. 0.05 and 0.01. Further it shows that mean scores are in favour of boys that is due to natural traits of boys, their personality, attitude and behaviour.

Hence, Hypothesis (1) stating, “There is no significant difference in the mean scores of self-disclosure of adolescents boys and girls”, stands accepted.

Table: 3 Mean scores of self-disclosure of urban and rural adolescents.

Group	N	MEAN	S.D.	S.ED	t-value	Level of significance
Urban	100	421	85	13.43	0.96	Not
Rural	100	408	104			Significant

Table: 3 Shows the mean scores of self-disclosure of urban and rural adolescents. The mean scores are 421 and 408 respectively. The S.D. is 85 and 104 respectively. The S. ED value is 13.43 and t-value of the difference is 0.96. The two groups are not significant at both levels of confidence i.e. 0.05 and 0.01. The mean scores are in favour of urban adolescents. The reason may be open and democratic environment at home, love and affectionate attitude of family members, literacy of parents, discussions at home, motivation by teachers at school, participation in co-curricular activities that provides a good platform of self-disclosure which is somehow not possible in rural areas.

Hence, Hypothesis (2) stating, “There is no significant difference in the mean scores of self-disclosure of urban and rural adolescents”, stands accepted.

CONCLUSION

Under the light of above discussion and results the investigator reaches at the conclusion that there is no significant difference in self-disclosure of adolescent boys and girls and it has also been found that there is no significant difference in self-disclosure of urban and rural adolescents. Further it can be concluded that adolescents have average self-disclosure or we can say that they are not very much disclose themselves. This is one of the reasons that they suffers from stress and depression. Hence it can be said that it is prime duty of parents and teachers to make them aware about importance of self-disclosure so that they are capable of being facing challenges of life and keep themselves physically and emotionally sound.

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