



A STUDY OF SELF-ACTUALIZATION AMONG ADULTS

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Abstract

The purpose of the study was to assess self-actualization among adults in the District of Meerut in relation to their gender, locality and meditation practices. It was found that there exists significant difference at 0.05 level of significance among the adults on the basis of their gender. It was also found that there exists no significance difference in the self-actualization among adults on the basis of their locality. It was also revealed that there exists significance difference in the self-actualization among adults on the basis of their meditation practices. Hence, it is recommended that the adults can bring peace and happiness in their society through meditation as it melts away layers of anxiety, depression, fear, phobias, worries etc.

Key Words: Self-Actualization, Adults, Gender, Habitation, Meditation



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Introduction

Self-Actualization refers to the desire for self-fulfilment, the desire to become everything that one is capable of becoming. Actualization derives from the idea that each individual has a lot of hidden potentialities: talents or competences he or she could develop, but which have as yet not come to the surface. Self-actualization signifies that these potentialities of the self are made actual are actualized in a continuing process of unfolding. Self-actualized individuals are not afraid of the unknown. They have a purpose in life that goes beyond themselves and their mission is usually connected with the greater good. Compassion, selflessness, and humanitarianism are their traits. Because they have a purpose to fulfil, self-actualized people are not bothered by the trivial. If you have met a self-actualized individual, you know it is a joy to be around these serene people who don't complain about minor annoyances. Meditation is a natural path to self-actualization because, to realize self-actualization, one must look inward. Meditation is the only discipline where we develop both the ability and the will to

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sustain that inward view. Meditation is a very real methodology that both points you inward and then empowers you to delve into what you discover there. Meditation is the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. **T. Jayagandhi and Suganthi, M. (2017)** studied to examine the mental maturity and self-actualization on teaching competency of second year D.T.Ed., students. This study revealed that “most of the students in DIET have moderate level of mental maturity, self-actualization and teaching competency. Also this study revealed that there is significant difference between the mean scores of self-actualization of second D.T.Ed. Students with respect to locality, but there is no significant difference in the mean scores of mental maturity and teaching competency with reference to locality. Also, there is no significant difference in the mean scores of self-actualization, mental maturity and teaching competency of second year students with respect to gender, age, marital status, staying, parents educational qualification, parents annual income and newspaper reading. Researchers found that “there is a positive correlation among mental maturity, self-actualization, and teaching competency of second year D.T.Ed. Students but mental maturity and teaching competency have low correlation between them. **Rawat, Anviti (2017)** conducted a study to assess the relationship between the emotional intelligence and self-actualization of B.Ed teacher trainees of Delhi with respect to their gender and educational streams. The results indicated that there is a positive but moderate relation between emotional intelligence and self-actualization on the basis of gender and educational streams. **Charlotte R Stoner, Martin Orrell, Aimee Spector (2018)** conducted a study on the psychometric properties of the control, autonomy, self-realisation and pleasure scale (CASP-19) for older adults with dementia. The aim of this study was to evaluate the CASP-19's psychometric properties in older adults with dementia. : Internal consistency overall was good ($\alpha = .856$) but the autonomy subscale fell below the acceptable. The CASP-19 was significantly correlated in the expected direction with measures of quality of life ($r = .707$), depression ($r = -.707$) and additional measures. It also remained moderately stable over a one-week period but factor analyses indicated a 12-item measure may be more robust. **Kapur, Radhika (2019)** conducted a research to understand individual self-actualization. The main concepts that have been taken into account in this research paper include, the hierarchy of needs, characteristics of self-actualized individuals, ways in which the individuals can self-actualize, and role of adult education in promoting individual self-actualization. **Esam Abdul**

Majeed Al Lawati (2020) conducted a study to find the differences in the self-actualization of males and females, who are studying in higher education institutions, to find differences in self-actualization among higher education students based on specialization, and finally, to find differences in self-actualization among higher education students based on the education levels in Sultanate of Oman. The findings of the study showed that male and female students who are studying in higher education did not differ in their self-actualization. It means the male is not superior to the female. Also, the findings showed that senior students have a higher level of self-actualization compared to junior students. Finally, the third result of the study showed that specialization affects the level of self-actualization among students in high education in Al Sharqiyah Governorate in Sultanate of Oman.

Objectives of the Study

1. To study the significant difference between male and female adults on their Self-Actualization.
2. To study the significant difference between rural and urban adults on their Self-Actualization.
3. To study the significant difference between meditation practitioner and non-practitioner adults on their Self-Actualization.

Hypotheses of the Study

1. There is no significant difference between male and female adults on their Self-Actualization.
2. There is no significant difference between rural and urban adults on their Self-Actualization.
3. There is no significant difference between meditation practitioner and non-practitioner adults on their self-Actualization.

Research Methodology

Descriptive Survey Method was used for the present study. The population constituted all the Senior Secondary School Students of Meerut district of Uttar Pradesh. The sample constituted of 100 students studying in class XI and XII from different senior secondary schools of Meerut district through Simple Random Sampling Technique. The investigator used Cybercrime Scale (CCAS-RS) developed and standardised by Dr.S.Rajasekar (Annamalai Nagar) (2011). For the analysis and interpretation of data mean, standard deviation and 't'-test were used.

Analysis and Interpretation

❖ **Analysis of Mean Scores of Male and Female Adults on their Self-Actualization**

Table 1: Significance of Difference in Self-Actualization among Adults based on their

Gender					
Gender	N	Mean	SD	‘t’ value	Level Of Significance
Male	50	75.4	4.5	2.08	Significant at 0.05 level
Female	50	77.5	5.5		

From the above table and figure it is clear that the mean scores of male and female adults on their Self-Actualization is 75.4 and 77.5 respectively. The critical ratio between two groups comes out to be 2.08 which is greater than the table value at 0.05 level of significance and smaller than the table value at 0.01 level of significance. It is interpreted that it is significant at 0.05 level of significance but it is not significant at 0.01 level of significance. It can be further observed that female adults obtained higher mean scores on Self-Actualization than male adults. It is concluded that female adults have more Self-Actualization as compared to male adults.

Hence, the formulated null hypothesis no.1, that is, “There is no significant difference between male and female adults on their Self-Actualization.” is partially accepted.

❖ **Analysis of Mean Scores of Rural and Urban Adults on their Self-Actualization**

Table 2: Significance of Difference in Self-Actualization among Adults based on their

Locality					
Locality	N	Mean	SD	‘t’ value	Level Of Significance
Rural	50	76.5	4.9	0.425	Not significant
Urban	50	76.9	4.2		

From the above table and figure it is clear that the mean scores of rural and urban adults on their Self-Actualization is 76.5 and 76.9 respectively. The critical ratio between two groups comes out to be 0.425 which is smaller than the table value at both level of significance. It is interpreted that it is not significant at both levels of significance. It can be further observed that

urban adults obtained higher mean scores on Self-Actualization than rural adults. It is concluded that urban adults have more Self-Actualization as compared to rural adults.

Hence, the formulated null hypothesis no.2, that is, “There is no significant difference between rural and urban adults on their Self-Actualization.” is accepted.

❖ Analysis of Mean Scores of Meditation Practitioner and Non-Meditation Practitioner Adults on their Self-Actualization

Table 3: Significance of Difference in Self-Actualization among Adults based on their Meditation Practices

Meditation	N	Mean	SD	‘t’ value	Level Of Significance
Practitioner	50	78.9	5.2	3.76	Significant
Non Practitioner	50	75.2	4.6		

From the above table it is clear that the mean score of adults who practice meditation on their Self-Actualization is 78.9 and the mean score of adults who do not practice meditation is 75.2. The critical ratio between two groups comes out to be 3.76 which is greater than the table value at both level of significance. It is interpreted that it is significant at both levels of significance. It can be further observed that adults who practice meditation obtained higher mean scores on Self-Actualization as compared to adults who do not practice meditation. It is concluded that adults who practice meditation have more Self-Actualization as compared to adults who do not practice meditation.

Hence, the formulated null hypothesis no.3, that is, “There is no significant difference between meditation practitioner and non-meditation practitioner adults on their Self-Actualization.” is accepted.

Result and Discussion

The purpose of the study was to examine the Self-Actualization among Adults in relation to their Gender, Locality and Meditation. After analysis and interpretation it is concluded that there is a significant difference at 0.05 level of significance between male and female adults on their Self-Actualization which shows that male and female adults differ in their Self-Actualization at 0.05 level of significance. No significant difference was found between adults on the basis of their Locality and extremely significant difference was found between adults on

their Meditation practice. It is concluded that adults do not differ in their Self-Actualization on the basis of their Locality but they partially differ on the basis of their gender and they extremely differ on the basis of their Meditation practice. It was also found that female, urban and meditation practitioner adults have obtained more mean scores as compared to male, rural and meditation non-practitioner adults.

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