

A STUDY OF SELF-DISCLOSURE OF ADOLESCENTS IN RELATION TO THEIR SOCIAL INTELLIGENCE

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ABSTRACT

Life is full of challenges. Man should have capability to compete through these challenges so as to live a successful live. Education is such a flower of fragrance that spreads enlightenment and removes the darkness of life. Only an educated person having balanced personality can face the challenges of life. Social development is one of the most important aim of education and a significant aspect of growth and development of the personality of an individual. Any individual's social development depends upon the social intelligence level i.e. how well he is adjusted in the society.

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INTRODUCTION

The helpless body of today that is adult of tomorrow has to cross the various stages in the process of his development. All the stages of growth and development of an individual are important but adolescence is undoubtedly the most important and critical stage. It is the spring of life of the human being and an important era in his total life span. Adolescents have to face various difficult situations and education should be so organized so as to enable them to face all these problems of life. Parents, teachers and educationists have a vital role to play in the life of the adolescents. They can built their life in a successful manner and make them socially intelligent.

SOCIAL INTELLIGENCE

As the modern society is full of complexities only a competent person can overcome them by using his/her social intelligence. Social intelligence is the ability to understand and manage men and women, boys and girls, to act wisely in human relations. Social intelligence is that part of the individual's mental ability which generates in him the capacity to adapt him to the society. This ability enables him to form relations in the society as such relations are essential for his existence. High social intelligence is possessed by those who are able to handle people well. Adequate adjustment in social situations is the index of social intelligence. Social intelligence has different dimensions-

- Patience
- Cooperativeness
- Sensitivity
- Tactfulness
- Confidence level
- Recognition of social environment
- Memory
- Sense of humor

An adolescent achieves more and more awareness and understanding of his self in the midst of his social environment. He begins to understand himself and his capacities, potentials, attitudes and interests. A socially intelligent adolescent shares his ideas and experiences to a right person at the right moment. Thus he discloses himself. So, self disclosure is an important personality characteristic which is helpful in making an individual a socially intelligent person.

SELF-DISCLOSURE

Self-disclosure refers to the extent in which a person reveals things about himself to a required person at the proper time. It is a behavior which is assumed to be closely united with intimacy and results in satisfying inter-personal relationships. Self-disclosure is an inter-personal process in which a person communicates intimate information, personal feelings and actions to other person. It involves willingness to reveal secret thoughts and feelings rather than superficial or obvious characteristics. Appropriate self-disclosure is important in developing oneself fully into a balanced personality who is free from stress and strain and is useful to the society by maintaining healthy close relationships with others. It is an important part in building friendships and relationships and in general, it increases liking and creates a bond of trust and confidence among people.

TOPIC OF THE STUDY

“A Study of Self-disclosure of Adolescents in relation to their Social Intelligence”

OBJECTIVES

The study was meant to fulfill the following objectives-

1. To find out the Self-disclosure among Adolescents.
2. To find out the Social Intelligence among Adolescents.
3. To find out the difference in Self-disclosure among Adolescent boys and Adolescent girls.
4. To find out the difference in Self-disclosure of rural and urban Adolescents.
5. To find out the difference in Social Intelligence among Adolescent boys and Adolescent girls.
6. To find out the difference in Social Intelligence of rural and urban Adolescents.
7. To find out the relationship between Self-disclosure and Social Intelligence among Adolescents.

HYPOTHESES

The following hypotheses were framed keeping in view the objectives-

1. There will be no significant difference in the self-disclosure among adolescent boys and girls.
2. There will be no significant difference in the self-disclosure among rural and urban adolescents.
3. There will be no significant difference in the social intelligence among adolescent boys and girls.

4. There will be no significant difference in the social intelligence among rural and urban adolescents.
5. There will be no significant relationship between self-disclosure and social intelligence among adolescents.

METHOD

The Descriptive Survey Method was used for the study.

SAMPLE

Keeping in view the objectives, a sample of 200 adolescents from 8 different schools (rural and urban) were taken. Out of these 200 adolescents, 100 were boys and 100 were girls. Out of these 100 adolescent boys, 50 were from rural area and 50 from urban area. Similarly, out of 100 adolescent girls, 50 were from rural area and 50 from urban area.

TOOLS USED

In the present study the following tools were used for data collection-

- Self-Disclosure Inventory by Dr. Varendra Sinha (1982)
- Social Intelligence Scale by N.K.Chadda and Usha Ganeshan (2004)

ANALYSIS AND INTERPRETATION

The data was subjected to necessary statistical computation.

❖ **Hypothesis 1- There will be no significant difference in the Self-disclosure among Adolescent Boys and Girls.**

Table 1: Showing the summary of test of difference of mean scores of Self-disclosure among Adolescent Boys and Girls.

Group	N	Mean	SD	SEO	t ratio	Level of Significance
Boys	100	332.5	75.38	15.25	7.45	Highly Significant at .01 level
Girls	100	446.2	132.57			

Table 1 shows that the calculated 't' value is 7.45 which is much greater than the tabular value both at .05 and .01 level. Thus, there is highly significant difference in self-disclosure of adolescent boys and girls. So the hypothesis-1 is rejected. It means that girls are more extrovert than boys and can disclose their feelings more quickly than the boys.

- ❖ **Hypothesis 2- There exists no significant difference in the self-disclosure of rural and urban adolescents.**

Table 2: Showing the summary of test of difference of mean scores of Self-disclosure of rural and urban adolescents.

Group	N	Mean	SD	SEO	t ratio	Level of Significance
Rural	100	340	135	16.61	2.70	Significant at .01 level
Urban	100	385	90.9			

Table 2 shows that the calculated 't' value is 2.70 which is greater than the tabular value at both .05 and .01 level. So our hypothesis 2 is rejected as there exists significant difference between self-disclosure of rural and urban adolescents. Therefore it can be said that the urban adolescents are more social and unreserved than the rural adolescents and they disclose their feelings more quickly than the rural adolescents.

- ❖ **Hypothesis 3- There exists no significant difference in the social intelligence of adolescent boys and girls.**

Table 3: Showing the summary of test of difference of mean scores of social intelligence of adolescent boys and girls.

Group	N	Mean	SD	SEO	t ratio	Level of Significance
Boys	100	115	7.68	0.95	8.94	Highly Significant at .01 level
Girls	100	106.5	5.61			

Table 3 shows that the calculated 't' value is 8.94 which is much greater than the tabular value at both .05 and .01 level. So our hypothesis 3 is rejected as there exists significant difference between social intelligence of adolescent boys and girls. Therefore it can be said that the adolescent boys are more socially intelligent than the adolescent girls. Boys are more

independent and liberal. They spend most of their time in social gatherings as compared to the girls.

❖ **Hypothesis 4- There exists no significant difference in the social intelligence of rural and urban adolescents.**

Table 3: Showing the summary of test of difference of mean scores of social intelligence of rural and urban adolescents.

Group	N	Mean	SD	SEO	t ratio	Level of Significance
Rural	100	107.5	6.32	0.96	2.60	Significant at .01 level
Urban	100	105	7.33			

Table 4 shows that the calculated 't' value is 2.60 which is greater than the tabular value at both .05 and .01 level. So our hypothesis 4 is rejected as there exists significant difference between social intelligence of rural and urban adolescents. Therefore it can be said that the rural adolescents are socially intelligent than the urban adolescents.

❖ **Hypothesis 5- There exists no significant relationship between the self-disclosure and the social intelligence of adolescents.**

Table 5: Showing the significance of correlation between self-disclosure and social intelligence of adolescents.

Variable	Coefficient of correlation	Level of significance
Self-disclosure	0.56	Significant at .01 level
Social intelligence		

Table 5 shows that the value of coefficient of correlation is 0.56 which is greater than the tabular value of r at both .05 and .01 level. So our hypothesis 5 is rejected as there exists significant relationship between self-disclosure and social intelligence of adolescents. The calculated value of 'r' is positive, so there is positive relationship between the two variables self-disclosure and social intelligence. It means that a person who is able to disclose his/her feelings to others is free from chaos, stress and strain. Hence he/she is socially intelligent.

FINDINGS

1. Girls are more extrovert than boys and can disclose their feelings more quickly than the boys.
2. The urban adolescents are more social and unreserved than the rural adolescents and they disclose their feelings more quickly than the rural adolescents.
3. The adolescent boys are more socially intelligent than the adolescent girls. Boys are more independent and liberal. They spend most of their time in social gatherings as compared to the girls.
4. The rural adolescents are socially intelligent than the urban adolescents.
5. There is positive relationship between the two variables self-disclosure and social intelligence. It means that a person who is able to disclose his/her feelings to others is free from chaos, stress and strain. Hence he/she is socially intelligent.

EDUCATIONAL IMPLICATIONS

1. A teacher should organize educational process to enable adolescents to face all the problems of life.
2. A teacher should build up their life in a way that they may successfully bring about the welfare of the society.
3. Parents, teachers and educationists have a vital role to play in the life of adolescents and make them socially intelligent.
4. A teacher should make them socially intelligent and should help in overcoming chaos, tension and stress of adolescents.
5. A teacher should educate adolescents in a manner that they achieve more and more awareness and understanding of his self in the midst of his social environment.
6. A teacher should make adolescent extrovert, social, unreserved and co-operative so that they are able to disclose themselves and release their tension.
7. A socially intelligent adolescent shares his ideas and experiences to a right person at the right moment, thus he discloses himself.

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