
RELIGIOUS VALUE WITH ANXIETY AND SOCIO-ECONOMIC STATUS AFFECTING INDIVIDUAL'S SELF-CONCEPT

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In psychological discussion the word 'self' has been used in a variety of ways. Two general connotations have emerged, however, the self as a subject or agent and self as an individual who is known to himself. The term self-concept has been commonly used in the literature.

Self-concept is the cognitive part of how people see themselves. It refers to broad concept we have about during adolescence. They may have a high or low self- concept Adult with a negative self-concept have considerably lower conscious stability than those with a positive mind in the easily stages of development .If a person does not create a positive and healthy self concept, he may experience anxiety.

Anxiety is a sensation of unease over a future. Anxiety is virtually identified to fear, except that fear has a distinct subject or object, where as anxiety is caused by unreasonable imagination projects

When we are anxious we may believe that our ability to deal with the situation is inadequate, that we are concerned about what will happen in future or that we are dwelling in the past.

Anxiety is a typical response to stretching and it Can be beneficial in specific situations by making a person more conscious plan and focus. Because anxiety disorders are some of the most common psychiatric conditions affecting adulthood. It is important to study relationship between anxiety disorders in adulthood. College students frequently suffers from mental health issues. In reality it is one of the most widely discussed and publicized concern in academic with students being the primary sufferers.

It's worth nothing that one's self concept defined as one's perception of oneself or one's overall judgement of self esteem, can help cope up with their psychological suffering. Adults self concept develops in quite a different manner with their cultural passions ,customs, beliefs, values of life.

Value guide people in their lives as overarching principles of judgements and decisions making. Value represent guiding principles in people's life. [Schwartz &Barti 2001].

There are many values that are important in life but religious value also plays important hole. The greater the religious beliefs held by the person,the more positive and certain their self concept.

In India religion is a privileged factor in any individual's life ,there is no nation who has ever survived without religion (Tehrane 2015) .

Religion helps in creating an ethical framework and also regulates values in day to day life Religion acts as an agency of socialisation. Thus religion helps in building values like love empathy respect and harmony.

A person's personality Is the wholesome of a person that can be linked to an individual's thoughts, feelings and behaviours. [Prakash 2013]

A Positive self-concept will probably empower a person to have a satisfied and prosperous life. Self Concept as an insight of oneself has a significant role in growing as a person.It was found that minor and moderate relation to the self concept and anxiety of adolescents in public and private school.

[Kaur] The academic accomplishment of adolescents pupils were connected their self-concept and anxiety and consciousness was defined as personal insight into oneself rather than a person's true self.

Having a poor self concept of an individual can affect his growth specifically in adolescents where a person does not think of what other people can say or think about them. It is all about that can build a self concept among individuals.

High level of Religious Value promotes self-concept .Furthermore , since the person's self-concept is mirror image of the way significant people in his life judge him or the way he believes they judge him. On the other hand values of life are a reflection of his personality, the organize and guide both action and behaviour of people in their environment,the construct and

determine the shape of man's life space. Therefore, values of life are a means of improving the self- Concept or to damage it.

The greater the religious beliefs held by the person the more positive and certain their self concept were.

Review of Literature-

Self-Concept and Religious Value- It has been suggested that relationship exists between religion and one's personality and self esteem. Specifically, links between personality and the construction of religious imagery have been shown. [Ciarrorchi, piedmont, Willamy 1998]

Blaine et al found that strong religious beliefs resulted in positive self concepts across many areas of personal self knowledge.

Self Concept and Anxiety -According to the researchers,students showed considerable anxiety and a mildly favorable self- Concept.

In [Rameshk et al 2016]study anxiety and self-esteem have nothing to do with each other. However there is a substantial link between age and anxiety, with anxiety decreasing as age increased.

The researcher found that the level of anxiety associated with the self concept of the student, the lower self concept, the higher the level of anxiety students can get.

Adolescents experience a kind of entrapment with anxiety during maturity period and disregard to the problems associated with adolescence would have negative effects on their health, orientation and self esteem.

A study done by. [Kheirkhah, Mokarie, Nisani, Simani, Hosseni 2013]

The findings showed that 53.5% of the students had moderate anxiety and 63.5% of them had moderate self-concept .In the mean while 18.3% of the students had severe anxiety or low self concept .Spearman correlation test determined a negative significant association between the students anxiety and their self concept (P<0.001)

There is a connection between self-concept and anxiety about communicative ability. Self-Concept and Socio-Economic Status (Victoria 1983)found that the lower socio-economic states group had a significantly lower mean self concept than the middle socio-economic groups.

(Garrison and Garrison 1975) is of opinion that the self-concept of a privileged middle Class adolescent will be very different from that of one what is economically and socially advantaged. Also the self-Concepts adolescents will vary with the educational and cultural backgrounds.

(Ceirelli 1976)- states that studies have shown that low socio-economic status subjects have higher self concept than high socio-economic status subjects .In his study he found, that negative evaluation leads to enhanced, self-concept scores of low socio-economic subjects.

(Rogers 1981] concluded that self-Concept of economically disadvantaged adult subjects are significantly different.

Above description clearly show that self-concept and socio-economic-status are significantly related with each other. Some investigations found that high socio-economic status subjects have higher self-concept.On the other hand it was found that low Socio-economic status subjects have higher Self-Concepts. Actually these findings are not contradictory with each other & difference in findings are mostly due to racial or cultural factors.

Some investigations [upadhyay and Mukerjee 1977, McClenney 1983]found significant relationship between self concept and Values.

[Getzels 1969] in his considerations of colleges and universities as a social organisationpointout that research on value change during the college years tends to take one of the two directions.

Problem - How do religious value, anxiety and Socio economic status affect self Concept of College going adults.

Self Concept = f (Anx ×V. Re ×SES)

Hypothesis –

- (1) Religious Value does not affect self-Concept
- (2) Anxiety does not affect self- Concept.
- (3) Socio-economic status does not affect self-Concept
- (4.) Religious Value ,Anxiety and Socio-Economic status do not interact in the set.

Objectives

- (1) How far religious value, anxiety, socio-economic status influence the self-Concept of college going adults.
- (2) How do different combination of these independent variables interact among themselves while affecting self-concept.

Methodology

Anx × Religious value × SES.

Design

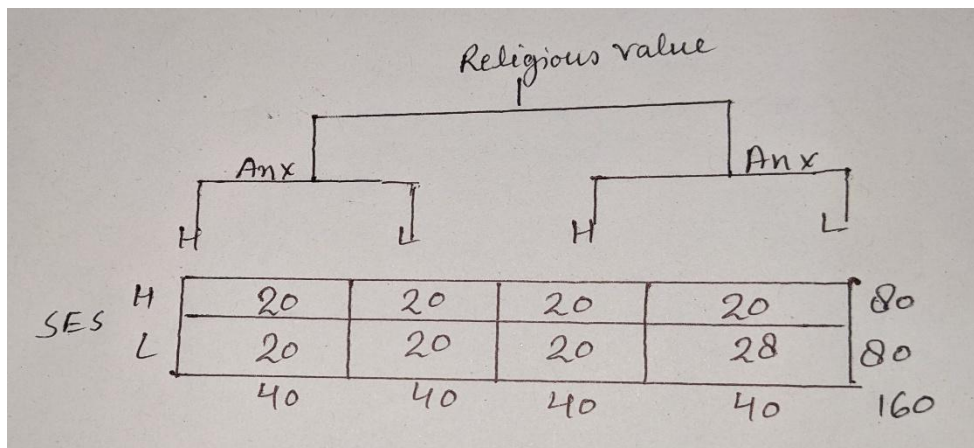
2×2×2 factorial Design

Variables

- I.v. - Religious Value
 Anxiety
 Socio-economic value.
- D.V. - Self-Concept

Sample

The sample was drawn from the post graduate [final year] students. They all were regular and age group was 20-22 years.



Tools

1. Personal Value Questionnaire -DrShory and Dr R.P. Verma
2. Sinha’s Comprehensive Anxiety Scale
3. Socio economic status-Lochan Bhardwaj and Shama Gupta
4. Self Concept Scale

Result and Discussion

Self concept=f(Religious Value × Anxiety × S.E.S)

Result table

ANOVA SUMMARY

TABLE 1 (0.05)

Sources	SS	df	MS	F
ANX	432.90	1	432.90	10.11
VRE	792.63	1	792.63	18.52
SES	306.22	1	306.22	7.15
ANX × VRE	399.68	1	399.68	9.34
ANX× SES	18.34	1	18.34	0.43
VRE×SES	387.53	1	387.53	9.05
ANX×VRE×SES	119.37	1	119.37	2.78
Error	3082.47	72	42.81	-

TABLE 2

MEAN TABLE

V.RELIGIOUS

		H. Anxiety.		L Anxiety		
		H	L	H	L	
SES	H	71.30	68.02	49.28	73.70	262.30
	L	75.62	76.18	71.00	63.04	285.84
		146.92	144.20	120.28	136.74	548.14

The null hypothesis about religion value is rejected and it is clear from table 1 that religion value influence self concept of adults is an important way ($P > 0.01$). The result of the level of religion value shows that it is the high level of religion Value which is significantly more favourable to self concept of college going adults.

The null hypothesis about anxiety is rejected and the table 1 shows that anxiety remains significant ($P > 0.01$) in influencing the self concept of adults. The two intra levels of comparison of anxiety shows that student having low level of anxiety have better self- Concept than having high level of anxiety

The null hypothesis regarding socio-economic status is rejected and it is clear from table I that SES influences self- Concept of college going adult is an important way ($P > 0.01$)The two intra level comparison show that adults belonging to low SES group have better self-concept than adults belonging to high socio-economic status.

Results regarding religious value shows that religious value influences self concept of adults is an important way. This significant result also shows that it is the high level of religious value which comparatively more favorable to self-concept & college going adults. High religious value indicated by deep faith in God and attempt to understand him. Deep fear of the divine speaking the truth and acting according to the ethical codes prescribed in the religious books. All this behaviour pattern seems to favour the self-Concept of adults.

Some studies [Newcomb 1943, Pace 1963, Thistlethwaite 1959-1960] focus on educational environment and its influences on the value orientation. Other approach the problem from perspective of individual differences in value orientation.

Conclusion- The study has revealed many interesting findings about the variables affecting the self-Concept of college going adults. The study revealed following findings.

(1)Religious value promotes the concept of self either univariability, bivariability or trivariability. Under different levels of several variables due to different operations. The study shows religious value is very contributing toward's self concept of adults. This value of the life promotes Self Concept and are highly aligned to the concept of self of Indian adults.

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- (3) As far as the anxiety Concerned, the study revealed that adults having low anxiety obtained high level of self Concept scores than adults having high level of anxiety. This show anxiety affects self-Concept
- (4) The study show that S.E.S. is also significant factor affecting self concept of adult under different levels of several variables.

Another important fact, which was revealed was that among Indian adults, self concept develops in a different manner with their cultural passessions, customs, beliefs, values of life, anxieties, and likes. It is pleasing to observe that Indian ideology, in its Socio-cultural setting is more congenial to the growth of the concept of self.

Result obtained in this context provide its best assistance to understand the concept of self during the early adulthood period. During the adulthood of a person's growth, having a negative self concept can lead to an unstable self concept. If it does not definitely develop into an individual self Concept, it can cause anxiety or they may feel more anxious than those who have positive self Concept adolescence.

It Is hypothesized that students high in religious value have highest self-esteem. Students who are low in religiosity will have the low self esteem .A study found that those who were religious and religions coping styles had less depressive affect than those who were not religious nor employed religion in their coping style. Perhaps most closely related to[Blaine, Trivedi and Esheman 1998] found one's religious strength was associated with better self- Concept.

Relation between anxiety and self concept has negative correlation whereas Socio-economic status, religious Value and Self-concept have positive relationship. All variables play an important role in formation of self concept.

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