



## Autonomy and Coping Behaviour Among Youth

Mr. Manoj Mathew  
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PhD Scholar, Department of Social Work, Amrita School of Engineering, Coimbatore, Amrita Vishwa Vidyapeetham, Amrita University, India

Dr. Suja M.K

Associate Professor & Chairperson, Department of Social Work Amrita School of Engineering, Coimbatore, Amrita Vishwa Vidyapeetham, Amrita University, India

Dr. P. Rangasami

Assistant Professor (SG), Department of Social Work, Amrita School of Engineering, Coimbatore, Amrita Vishwa Vidyapeetham Amrita University, India

### ABSTRACT

*Youth is the eventual fate of each country and its prosperity is a fundamental one. Throughout the world, youth are dropping out from standard and being barred from the psycho social perspectives. Youth with low emotional wellness are amongst the most minimized and poorest of the whole world's population, whose fundamental needs and right are not well met because of this and in some times they are getting social isolation. The issues of youths with issues are a conspicuous test for youth strengthening and social development. The all encompassing backing of the adolescent populace is a vital one for national development. In the present study indent to investigate Autonomy and coping behaviour correlates the social life of youth's. Research findings and studies in relation to autonomy and coping behaviors, which uplift their behavior modification in all circumstances. Descriptive and Diagnostic Research Design was used for the study. Quota sampling was applied. 100 Youth were selected from Nirmalagiri College, Koothuparamba, Kannur, Kerala. Autonomy scale by Noom (1999) was used to measure the level of Autonomy and Coping Behaviour Check List by Jeane E. Disc Lewis (1988) was used to measure the level of Coping behavior It was also associated with socio demographic variables.*

**KEYWORDS :** Autonomy, Coping behavior, Youth

### INTRODUCTION

#### Autonomy

Capacity to take choice and oversee undertakings without looking for others help or capacity to carry on autonomously to do thing one's own.

#### Coping Behaviour

It is the process of dealing with the circumstance, by requiring push to take care of individual issues, and endeavor to discover an answer.

#### College Youth

College going persons between the ages of 18 - 22.

#### Research Methodology:

This research work aimed to study the autonomy and coping behaviour among college youth. **The Objectives of the Study** was to identify the Socio Demographic Profile of Youth. To assess the Level of Autonomy and Coping behaviour of the respondents, to identify the factors associated with autonomy and Coping behaviour of the respondents and to find out the relationship between key variables. The **Research Design** used for the study is Descriptive and diagnostic in nature. It describes the Socio Demographic Profile of the respondents and diagnosing the level of autonomy and Coping behaviour of college youth. **Pilot Study** was done during the month of January 2016. **Pretest** was done in order to make Interview Schedule more clear, predictable and informative. Pretest was conducted among 20 respondents. It was carried out in March 2016. Through this researcher could avoid unnecessary questions in socio-demographic profile. Data collection was done from Nirmalagiri College, Koothuparamba, Kannur, Kerala.

**Universe** consisted of college youths in **Sampling Technique** adopted for the selection of the respondents was Non-Probability Quota sampling method. 100 respondents were selected for this study, by which from each class he took 25 samples. **Criterion for Selecting the Respondents** was that they should be the youth, the age between 18-22 years those who are attending college. Youth's comes under the age of 18 years were rejected from the study as they

didn't answer legitimately to the inquiries amid pre-test. Youth's from other state were rejected, as they didn't comprehend the dialect.

**Tools of Data Collection** was Interview Schedule. The socio-demographic profile of the respondents 2 Standardized Tool were used for the study which **Self-Autonomy Scale** developed by Noom in 1999. This scale was selected because it is a comprehensive scale for studying autonomy. The reliability of the scale is Cronbach alpha: 0.70. The scale items have 5 responses that range from 'very bad description of me' to 'very good description of me' and have both positive and negative items. The scores for the responses range from 1 to 5 and are reverse coded for the negative items. Higher score indicates more autonomy. The autonomy scores are calculated by assigning values to the responses for the questions in the Adolescent Autonomy Scale. The total Score is calculated. The mean of the autonomy scores and the standard Deviation is also calculated. The value of mean plus standard Deviation is considered as the high level of autonomy (48 + 6 =54). The value of mean minus standard deviation is considered as the low score of autonomy (48 - 6 = 42). The scores between the high and the low score are considered as Moderate autonomy (42 - 54). The scores are, Low Level of Autonomy = <42, Moderate Level of Autonomy = 42 - 54, High Level of Autonomy = >54, 55... etc.

Coping behavior check list developed by Jeane.E.Disc Lewis 1988. It is 46 statement 3 point scales. The minimum score is 0 and maximum score is 138. Higher the score higher the level of coping. The respondents are classified into three categories namely low level of coping behavior (0-46), moderate level of coping behavior (47-92) and high level of coping behavior (93-138). Reliability: The reliability of the scale in Indian setting was done using Cronbach Alpha (N-30) and it showed a satisfactory reliability of 0.71. Validity of the scale was established by authors.

### SUMMARY AND FINDINGS

#### 1. Distribution of Respondents by Their Level of Autonomy Score

The data shows that 41% of respondents have moderate level of Au-

onomy and 35% of respondents have low level of Autonomy. 24% of the respondents have high level of Autonomy.

**2. Distribution of Respondents by Their Level of Coping Behaviour Score**

Among the respondents, majority (52%) has moderate level of Coping behaviour and 26% of respondents have low level of Coping behaviour. 22% of the respondents have high level of Coping behaviour.

**3. Scoring on Autonomy and Coping behaviour based on socio demographic profile.**

The Autonomy and Coping behaviour were compared with Age, Gender and Family Annual Income by using 't' test and class, Domiciliary, Family constellation and Order of birth of respondents using ANOVA to find out the factors associated with Autonomy and Coping behaviour of respondents.

**Table No: 1- Autonomy and its Influencing Factors**

Sl.no	Variable	't' / ANOVA	Significance
1	Age	't' Test	NS
2	Gender	't' Test	NS
3	Class	ANOVA	NS
4	Family Annual Income	't' Test	NS
5	Family Constellation	ANOVA	NS
6	Order of Birth	ANOVA	NS

**NS** - Not Significant,\* - Significant at 5%

It is seen that the variables do not differ significantly with the Autonomy of respondents.

**Table No: 2- Coping behaviour and its Influencing Factors**

Sl.no	Variable	't' / ANOVA	Significance
1	Age	't' Test	NS
2	Gender	't' Test	NS
3	Class	ANOVA	NS
4	Family Annual Income	't' Test	*
5	Domiciliary	ANOVA	NS
6	Family Constellation	ANOVA	NS
7	Order of Birth	ANOVA	NS

**NS** - Not Significant , \* 5% of significance

It is seen that, Family Annual Income have significant association with the coping behaviour of respondents.

**Table No: 3 - Correlation between Autonomy and Coping Behaviour**

	Autonomy Score	Coping Behaviour Score
Autonomy score	1.000	
Coping behaviour score	-0.262(**)	1.000

**Correlation is not significant.**

Correlation analysis was applied to find the degree of relationship between Autonomy and Coping behaviour. The correlation result shows that, there is a significant negative correlation between autonomy

and coping behaviour. Hence the study reveals that as the level of autonomy and the coping behaviour are correlated. Hence the study states that, as autonomy decreases coping behaviour increases.

**IMPLICATIONS FOR SOCIAL WORK**

The study moves the social worker in understanding the autonomy and coping behaviour among youth and that will be assistance in actualizing programmes and managing understandingly with the college attending youths.

**Roles and responsibilities:**

School social worker can convey one of kind information and aptitudes to the social system they are prepared psychological well-being experts who can help with emotional wellness concerns, behavioural concerns and meeting with instructors, guardians and heads and give individual and gathering directing/treatment. The Social worker can provide following services for the youth's development in social and family life;

- Encourage open and honest communication with parents in family settings.
- Provision of necessary help for improving their self confidence.
- Development of back-up plans for youth empowerment.

**CONCLUSION**

Issues are extremely basic in human life and it influences on behaviour to the individuals who have low mental health. A person with less mental well being may have bouts of severe psychological issues. The level of autonomy and coping behaviour level may vary in senior youth population. It is important for them to try and understand the obstacles they face and try to overcome it. This study can be concluded that as autonomy decreases, coping behaviour increases.

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