



Construction and Standardization of a Scale for Measuring Self Concept of the Learners Studying Through Formal and Distance Mode at all Levels.

KEYWORDS

Self concept, standardization of self concept scale, dimensions of self concept scale, scoring key

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ABSTRACT *Self concept is the composite of ideas, feelings and attitudes that a person has about his or her own identity, worth, capabilities and limitations. Such factors as the values and opinions of others, especially in the formative year of early childhood, play an important role in the development of self-concept. It is found that most of the tools available for measurement of self concept were mainly on the formal school students' self concept and many of them are made exclusively for young learners, need was felt to develop a self concept inventory suitable for adult learners in both distance and formal mode.*

So a Likert type self concept scale has been developed and standardized empirically by the researcher.

Introduction

After more than a decade of relative neglect, self-concept is enjoying renewed popularity and attention by both researchers and practitioners. There is growing awareness that of all the perceptions we experience in the course of living, none has more profound significance than the perceptions we hold regarding our own personal existence-our concept of who we are and how we fit into the world. Rogers (1951) defined the self-concept as "an organized configuration of perceptions of the self which are admissible to awareness.

Self-concept may be defined as the totality of a complex, organized, and dynamic system of learned beliefs, attitudes and opinions that each person holds to be true about his or her personal existence.

It is a multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics, such as academics (and nonacademic), gender roles and sexuality, racial identity, and many others. While closely related with [self-concept clarity](#) (which "refers to the extent to which [self-knowledge](#) is clearly and confidently defined, internally consistent, and temporally stable"), it presupposes but is distinguishable from [self-awareness](#), which is simply an individual's awareness of their self. It is also more general than [self-esteem](#), which is the purely evaluative element of the self-concept.

The importance of self concept stems from its notable contribution to personality formation. Self esteem has to do with social competence, since it influences how the person feels, how he or she thinks, learns, values himself or herself, relates to other and ultimately how he or she behaves (Clark, Clemes and Bean, 2000; Clemes and Bean, 1996).

Some basic assumption regarding Self concept

Many of the successes and failures that people experience in many areas of life are closely related to the ways that they have learned to view themselves and their relationships with others. It is also becoming clear that self-concept has at least three major qualities of interest to counselors: (1) it is learned, (2) it is organized, and (3) it is dynamic.

Some of the sub dimensions of self concept are:

Self confidence: It refers to the belief in one's personal worth and likelihood of succeeding. It is the combination of self esteem and general self efficacy.

Physical self concept: - It refers to the belief of the individual about his own physique and physical ability and what others think about the same. The six components of physical self concept are endurance, balance, flexibility, strength, appearance, and general physical ability.

Intellectual and school status:-It refers one's belief about the worthiness of his intellectual ability and where does actually he stands in his school i.e. his status in the school group.

Anxiety and Emotion: - It refers to the individual's self concept about the incidents of which he or she feels anxious and emotional.

Happiness and Satisfaction: - It refers to the individuals self concept about the incidents of which he or she feels happy and satisfied.

Social self concept and Popularity: - It refers to the individuals belief about how much popular or socially desirable.

Self Worthiness: - It refers to the individual feeling how worthy he or she is to others.

Job Related Self-Concept:- It refers to the individual's idea about his or her satisfactory job and environment.

Belief and Conviction: - It refers to the individuals self concept about his belief and conviction

Some of the available Self-Concept scales are

- Self-Concept Scale Secondary Level
- Tennessee Self-Concept Scale
- Adjective Check List (ACL)
- Q. Sort
- Piers-Harris Children Self Concept Scale (The Way I Feel)

About Myself)

Rational for construction of self concept inventory:

Since most of the tools available for measurement of self concept were mainly on the formal school students' self concept and many of them are made exclusively for young learners, need was felt to develop a self concept inventory suitable for adult learners in both distance and formal mode to find what the students think about themselves in different dimensions of self concept.

Construction of self concept scale:

A likert type self concept scale has been developed with the help of the following stages:

Selection of items:

For this research purpose self concept specifically means what people think about themselves through experiences, attention and feedback from others specially in relation to self confidence, intellectual and school status, physical conditions, anxiety and emotion, happiness and satisfaction, social popularity, self worthiness, job environment, belief and convictions. Several self concept scales developed by Indian author were scanned before the framing of 92 initial items for the scale. This was then given to three experts for their rating as very good item, good item, not so good item, bad item and very bad item.

From the ratings only those items were selected that were rated as very good and good item by at least two experts. On the basis of expert rating 70 items were selected for try - out purpose.

Validity:

Validity refers the extent to which a tool measures for which it is intended to measure.

Face validity was ensured through careful collection of items for the self concept scale.

The content validity of the test was determined from the Judgment of 3 experts. Inter rater agreement as the basis for content validity was also calculated and found to be 0.74 which is significant.

TABLE 1: Correlation of Inter rater agreement to prove content validity.

	Rater II	Rater III
Rater I	0.71	0.77
Rater II		0.74

The average co-efficient of content validity is 0.74 which definitely proves significant validity of the items.

Try out:

The self concept scale was then administered to 400 students with varying background comprising 200 students from distance mode and 200 from formal mode of instruction attending various schools and study centers situated in different parts of Kolkata. After getting responses they were scored for each individual separately and the reliability was calculated.

Reliability:

Reliability of a tool may be defined as the extent to which a tool is consistent in measuring whatever it does measures. As the items are sub-divided into different sub di-

mensions so the reliability and validity of each dimension was found out.

Cronbach alpha method was employed to determine the stability and internal consistency of the self concept inventory and reliability was found to be 0.792. The detail of statistics to establish the reliability of the test is as below:

Table2: Reliability co-efficient of self concept inventory

Method	N	Inventory	Reliability Coefficient
Cronbach alpha	400	Self Concept	0.792

Table3: Table showing Item Statistics

	Mean	Std. Deviation	N
SCI 1(Self confidence)	30.57	5.002	400
SCI 2(Intellectual and School status)	26.04	3.971	400
SCI 3(Physical Self Concept)	33.25	5.704	400
SCI 4(Anxiety and Emotion)	22.90	6.164	400
SCI 5(Happiness and Satisfaction)	23.34	4.385	400
SCI 6(Social Self Concept)	32.17	5.924	400
SCI 7(Self Worthiness)	25.27	4.065	400
SCI 8(Job related Self concept)	23.84	4.520	400
SCI 9(Belief and Conviction)	20.51	3.415	400
Total Self Concept	237.69	24.158	400

Table 5: Table showing Summary Item Statistics

	Mean	Minimum	Maximum	Range	Maximum / Minimum	Variance	N of Items
Item Means	47.559	20.510	237.692	217.182	11.589	4.481E3	10
Item Variances	79.785	11.664	583.602	571.938	50.034	3.142E4	10

Table showing Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
SCI 1(Self confidence)	445.02	1978.035	.548	.606	.685
SCI2(Intellectual and School status)	449.55	2057.376	.482	.05	.697
SCI 3(Physical Self Concept)	442.34	1951.908	.521	.677	.684
SCI 4(Anxiety and Emotion)	452.69	2110.139	.174	.687	.20
SCI5(Happiness and Satisfaction)	452.24	2073.422	.386	.529	.703
SCI 6(Social Self Concept)	443.42	1902.941	.597	.678	.674
SCI 7(Self Worthiness)	450.32	1997.185	.642	.583	.685
SCI 8(Job related Self concept)	451.74	2008.733	.537	.554	.690
SCI 9(Belief and Conviction)	455.08	2142.077	.294	.451	.712
Total Self Concept	237.89	550.270	.982	.965	.687

3.5: Table showing ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Between	People	89646.494	399	224.678		
Within	Between	1.613E7	9	1792419.565	2.814E4	.000
	Residual	228695.614	3591	63.686		
	Total	1.636E7	3600	4544.575		
Total		1.645E7	3999	4113.558		
Grand Mean =		47.56				

Inter dimension correlation was also calculated using Pearson correlation method. All the dimensions were found to be significantly correlated with each other and all dimensions have significant correlation with the total self concept score at 0.01 level.

Table 4: Table showing Inter dimension Correlation Matrix of Self Concept Inventory using Pearson's method

	SCI 2	SCI 3	SCI 4	SCI 5	SCI 6	SCI 7	SCI 8	SCI 9	TOTAL
SCI 1	.268*	.374	.046	.207*	.346*	.351*	.240*	.195**	.610**
SCI 2		.224	.070	.133*	.371*	.341*	.273**	.195**	.536**
SCI 3			1	-.036	.288*	.287*	.347*	.251*	.601**
SCI 4				1	-.068	.102*	.110*	.064	.301**
SCI 5					1	.189*	.285*	.185**	.457**
SCI 6						1	.418*	.369*	.663**
SCI 7							1	.395*	.270**
SCI 8								1	.323**
SCI 9									1

Where

- SCI 1 = Self confidence
- SCI 2 = Intellectual and School status
- SCI 3 = Physical Self Concept
- SCI 4 = Anxiety and Emotion
- SCI 5 = Happiness and Satisfaction
- SCI 6 = Social Self Concept
- SCI 7 = Self Worthiness
- SCI 8 = Job related Self concept
- SCI 9 = Belief and Conviction

The final form of the scale:

The final form of the self concept inventory comprised of 70 items of which 17 items are negative and rest are positive items of Likert type on five point rating scale. Each item was provided with alternative responses such as Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D) and Strongly Disagree (SD). It is a self administering tool without any time limit. The scoring was done on the basis of the five point scale. For positive item a weightage of 5,4,3,2,1 and for negative items a weightage of 1,2,3,4,5 are to be given to response SA,A,U,D,SD respectively. The summated score for all the 70 items provides the total self concept score of an individual. The maximum possible score on the whole scale could be 350 and minimum score can be 70. A high score indicates high self concept and the low score indicates lower self concept. Dimension wise distribution of items is given below

SL.No	Dimensions of self concept inventory	SL.No. of statement on the scale	Total no of items
1	Self Confidence	1, 5, 6, 8, 9, 11, 12, 13, 14	9
2	Intellectual and Social Status	7, 15, 16, 17, 18, 19, 20	7

3	Physical Self Concept	21, 22, 23, 24, 25, 26, 27, 28, 29, 30	10
4	Anxiety and Emotion	31, 32, 33, 34, 35, 36, 37, 38	8
5	Happiness and Satisfaction	10, 39, 40, 41, 42, 43, 53	7
6	Social Self Concept and Popularity	44, 46, 47, 48, 49, 50, 51, 52, 54	9
7	Self Worthiness	4, 55, 56, 57, 58, 59, 60	7
8	Job Related Self Concept	2, 3, 45, 61, 62, 63, 64	7
9	Belief and Convictions	65, 66, 67, 68, 69, 70	6
Total			70

Administration of the Self Concept Scale and Scorings:
 The self concept inventory is a self administering tool. The scale is mainly used for adults who are pursuing any course or study through traditional or open system. There is no time limit. Normally an adult learner takes 30 minutes to complete all the items.

The following specific instruction was given to the respondents. "Here are some statements related to your academic and other aspects. Each statement is associated with five possibilities of responses, viz., Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D) and Strongly Disagree (SD). Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D) and Strongly Disagree (SD). Please go through each statement carefully and give your response by ticking on any one of the five responses given."

Table 5: Dimension wise distribution of items of self concept scale

	DIMENSIONS													RANGE OF SCORES
1	SELF CONFIDENCE	ITEM	1+	5+	6+	8+	9-	11+	12+	13+	14+			9 – 45
		SCORES												
2	INTELLECTUAL AND SCHOOL STATUS	ITEM	7-	15+	16+	17+	18-	19+	20+					7 – 35
		SCORES												
3	PHYSICAL SELF CONCEPT	ITEM	21+	22+	23+	24+	25+	26+	27-	28+	29+	30+		10 – 50
		SCORES												
4	ANXIETY AND EMOTION	ITEM	31-	32-	33-	34-	35-	36+	37-	38-				8 – 40
		SCORES												
5	HAPPINESS AND SATISFACTION	ITEM	10+	39+	40+	41+	42+	43+	53+					7 – 35
		SCORES												
6	SOCIAL SELF CONCEPT AND POPULARITY	ITEM	44+	46+	47+	48+	49-	50-	51-	52+	54+			9 – 45
		SCORES												
7	SELF WORTHINESS	ITEM	4+	55+	56+	57-	58+	59+	60+					7 – 35
		SCORES												
8	JOB RELATED SELF CONCEPT	ITEM	2-	3-	45+	61+	62+	63+	64+					7 – 35
		SCORES												
9	BELIEF AND CONVICTION	ITEM	65+	66+	67+	68+	69+	70+						6 - 30
		SCORES												
Total Self Concept Score													70 - 350	

The scoring will be done according to the scoring key

Table 5.1: Scoring Key for Self Concept Inventory

(+) SHOWS POSITIVE ITEMS SCORES FOR POSITIVE ITEMS: 5, 4,3,2,1

(-) SHOWS NEGATIVE ITEMS SCORES FOR POSITIVE ITEMS: 1, 2,3,4,5

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