



Helplessness of Male and Female

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ABSTRACT

Present research has done to know the effect of male and female on helplessness. For this total number of sample was 240 sample was selected from anand district (Gujarat). For the data collection Helplessness scale by G P Mathur and Raj KumariBhatnagar was used. Data was analysis and concluded result by 't' test. Result show, There is significant difference between male and female on helplessness. The helplessness means high in female (68.27) as compared to the male (65.55). There will be no significant difference between joint and nuclear family on helplessness

KEYWORDS

1. Introduction

Helplessness:-

Experiencing stress over a long period of time can produce a feeling of helplessness. As a result of this people may stop striving for goals. This condition is called learned helplessness.

Meaning of learned helplessness

Learned helplessness is a mental state in which an organism forced to endure aversive stimuli, or stimuli that are painful or otherwise unpleasant becomes unable or unwilling to avoid subsequent encounters with these stimuli even if they are escapable, presumably because it has learned that it cannot control the view that clinical depression and related mental illnesses may result from a perceived absence of control over the outcome of a situation. Organisms that have been ineffective and less sensitive in determining the consequences of their behaviour are defined as having acquired learned helplessness.

The model of learned helplessness given by Seligman(1973) describes states of helplessness that exist in humans who have experienced numerous failures (either real or perceived). The individual abandons any further attempts toward success. Seligman theorized that learned helplessness predisposes individuals to depression by imposing a feeling of lack of control over their life situations (McKinney & Moran, 1982). It has been empirically proven that negative expectations about the effectiveness of one's own efforts in bringing about the control over one's own environment leads to passivity and diminished initiation of responses (Abrahmson, Seligman & Teasdale, 1978). The term learned helplessness describes an organism's reaction when it is faced with important events that cannot be altered by its voluntary responses. Learned helplessness is both a behavioral state and a personality trait of one who believes that control has been lost over the reinforcers in the environment. These negative expectations lead to helplessness, passivity and an inability to assert oneself.

Learned helplessness is a psychological condition in which a human or animal has learned to believe that they are helpless. They feel that they have no control over their situation and that whatever they do is futile. As a result, they will stay passive when the situation is unpleasant, harmful or damaging. Learned helplessness undermines motivation and retards the ability to perceive success (Seligman, 1975). Martin Seligman developed the theory of depression in the mid 1960's. The theory has two main points, people become depressed when they think that they no longer have control over the reinforcements (the rewards and punishments) in their lives and that they themselves are responsible for this helpless state. Not all people become depressed as a result of being in a situation where they appear not to have control. Seligman discovered

that a depressed person thought about the bad event in more pessimistic ways than a non depressed person. He called this thinking, "explanatory style".

People in a state of learned helplessness view problems as personal, pervasive, or permanent. That is, Personal they may see themselves as the problem; that is, they have internalized the problem. Pervasive they may see the problem as affecting all aspects of life. Permanent they may see the problem as unchangeable. It is a motivational problem where one might have failed in a task or two in the past which have made that individual believe that they are incapable to do anything in order to improve their performance in that task (Stipek & Freeman, 1988).

Helplessness is a psychological process, it is essential to introduce as concept termed learned helplessness. The concept of learned helplessness was proposed and introduced by the research psychologist Martin E.P Seligman (1975) about 35 years ago in behavioural science. Although originated from the Laboratory Experiments on rats, Seligman, (1966), learned helplessness exists when a behaviour pattern acquired in a first situations where there was actual helplessness is generalized to a second situation where the individual is not helpless. Early failure experiences make the victim of learned helplessness. This is the way learned helplessness works. A series of early failure experiences is generalized to the present. In the present, the individual is not helpless. Nonetheless, the generalization interferes greatly with effective behaviour.

A predisposing factor that may play a role in creating a general sense of helplessness in some individuals is a history of abuse. This may have been a pattern of abuse in childhood; or it can have been a history of abuse relatively recently for example, in a marriage. Creating learned helplessness abuse need not be only physical; it can be verbal too.

Briefly, helplessness exists when an individual's actions have no positive effect on out-comes. However, it is important to make a distinction between actual helplessness and sense of helplessness. The first is real the second is imagined to be real. The first is an objective process; second is subjective in nature. A sense of general process underlying other symptoms and difficulties such as failure and lack of assertiveness. A sense of helplessness can be specific or general. A person can feel helpless in various important roles in life such as spouse, parents, child, students, professional and employee. Helplessness can be related to certain kinds of situations and demands. General helplessness is the conviction that one is helpless most of the time in most social roles and in most situations. Some of the other signs and symptoms frequently associated

with a General pervasive sense of helplessness are –

- Loss of sense of personal power.
- An inability to initiate plans and set goals.
- Lack of self confidence and set reliance.
- A negative outlook on life.
- Passive behaviour when confronted with a challenge.

The impression that other people and situations, not decisions and actions, control the events in one’s life. Brown, and Inouye (1978) sought to test if the learned helplessness is one’s expectation of inevitable failure due to lack of control over proposed circumstances. This theory has recently shown much implication for human research- Seligman and Garber (1980); Sahoo and Mahapatra (1998). Operationally learned helplessness refers to the learning or perception the behaviours and outcomes are unrelated. It develops as a reaction of uncontrollable situation, once developed, helplessness generates three major deficits: cognitive, motivational, and affective. Cognitive deficits commit the lack of learning association between an event and outcome. Motivational deficit is expressed in the form of lack of initiation of responses. Affective deficits are shown in terms of depressive postures. Besides, it also demonstrates the loss of self-esteem. The generality of this construct has been very significantly found in terms of its positive relationship with the coping difficulties, work in-efficiency, and a number of old age problems. The construct has shown much integrative power. However, a central feature of the construct posits the importance of attribution style as a risk factor in helplessness situation.

Problem of study

The problem of the present study is an under:

“HELPLESSNESS OF MALE AND FEMALE”

2. Objective of the study

1. To study of the helplessness among male and female
2. To study of helplessness among joint and nuclear family

3. Hypothesis

1. There will be no difference between male and female on helplessness
2. There will be no difference between joint and nuclear family on helplessness

4. Method

Sample

For this research total number of sample was 240 samples was selected from anand district (Gujarat). Which are 130 male and 110 female people selected.

Tools

The following tools were used in the present study.

1. Personal data sheet

Certain personal information about respondents included in the sample of research is useful and important for research. Here also, for collecting such important information, personal data sheet was prepared. With the help of this personal data sheet, the information about sex and type of family.

2. Helplessness scale

The Helplessness scale developed by G P Mathur and Raj KumariBhatnagar was used. The scale consists 22 items in eight Areas. It was administrated on age group of 14+

Reliability

Reliability co-efficient of the scale was assessed on a sample of 600 (300 male and 300 female) of different areas by test retest method of reliability. In male reliability ranges 0.77 to 0.83 and female 0.75 to 0.80. and is significant at 0.01 level of significance.

Validity

Concurrent validity co-efficient was measured by comparing

experts observation scores. Validity range in male 0.76 to 0.79 and female 0.78 to 0.81.

Statistical analysis

Following statistical analysis will be used for analyzing the data

‘t’ –test

5. Result and discussion

Table: 1

N=240

Means, SDs and ‘t’ value of Helplessness with reference to male and female

Variable	Group	N	Mean	SD	‘t’	Significant level
Helplessness	Male	130	65.55	6.17	2.90	0.01
	Female	110	68.27	8.33		

It is revealed in Table No.1 that mean score of helplessness with reference to male and female are 65.55 and 68.27 respectively. These means indicate that helplessness is high in female (68.27) as compared to the male (65.55). The result indicates this as first sight. when ‘t’ value was calculated to know statistical significant of mean difference, significant difference was observed between male and female. ‘t’ value is 2.90 which is statistically significant. Hence the null hypothesis was rejected. Thus the results show that sex has significant effect on helplessness.

Table: 2

N=240

Means, SDs and ‘t’ value of Helplessness with reference to joint and nuclear family

Variable	Group	N	Mean	SD	‘t’	Significant level
Helplessness	Joint	129	67.15	7.86	0.80	NS
	Nuclear	111	66.39	6.74		

It is revealed in Table no.2 that mean score of helplessness belonging to joint and nuclear families are 67.15 and 66.39 respectively. These means indicate that joint families experienced the highest level of helplessness (67.15) as compared to the nuclear families (66.39). The results indicate this as first sight. when ‘t’ value was calculated to know statistical significant of mean difference, non-significant difference was observed between joint and nuclear families. ‘t’ value is 0.80 which is statistically non-significant. Hence the null hypothesis was accepted. Thus the results show that type of family has no significant effect on helplessness.

6. Conclusion:

1. There is significant difference between male and female on helplessness. The helplessness means high in female (68.27) as compared to the male (65.55).
2. There is no significant difference between joint and nuclear family on helplessness

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