

Effectiveness of Psychological Intervention on Self-Awareness of Adolescents

Kalaiyaran.M^[1] & Dr. Daniel Solomo.M^[2]

¹Doctoral Research Scholar, Department of social work, Bishop Heber College, Thiruchirappalli, TamilNadu, India.

²Assistant Professor, Department of social work, Bishop Heber College, Thiruchirappalli, TamilNadu, India.

Abstract: This Experimental study mainly focused on promoting the self-awareness capacity of adolescence by way of implementing psychological intervention (self-awareness Training). The purpose of the study is to examine whether the psychological intervention (self-awareness training) that promotes the self-awareness capacity of adolescents. There are 30 (15 boys 15 girls) eleventh student were selected for experiment by adopt simple random sampling (using lottery method) in a private school in Thiruchirappalli, TamilNadu, India. Before- and- After without control group design (Kothari 2004) were adopted. Self-prepared questionnaire was used to assess self-awareness level of adolescents by before and after intervention phases. Psychological intervention (Self-awareness training package) was used. The intervention consists of three session which was group activity, information session and brain storming exercise which is focused on awareness of private self (inward self), awareness of public self (outward self) and awareness of surrounding self (Environment). The study before intervention (pre-test) result were revealed that more than half 53.3 per-cent of the adolescents have medium level of self-awareness, less than one fourth 23.3 per-cent of the adolescents have low level self-awareness, remaining 23.3 per-cent of the adolescents have high level of self-awareness and After Intervention (post-test) result indicated that less than three fourth 73.3 per cent of adolescents have high level of self-awareness, more than one fourth 26.7 per cent of the adolescents have medium level of self-awareness and there were no low level of self-awareness found among study group (after intervention). The paired sample 't' test result portray that there is a highly significant at 0.001 level difference between before and after intervention phases on self-awareness among study group and also correlation result shows that there is a highly significant relationship between before and after experiment phase on self-awareness among study group. The above findings clearly displays that the present study intervention (Self-awareness Training program) were highly make used by study group because of that there is a significant change noticed among after intervention group. The present study has proved that the psychological intervention (Self-awareness Training) was highly effectiveness.

Keywords: Self-awareness, Adolescence, Effectiveness of the intervention, Self-awareness Training program,

I. Introduction

Adolescence population of India about 253 million. It is more than the total population of 18 western Asian countries (census India, 2011). Adolescence period is very significant stage in life span of human beings. Jeannette M, et al., (1981). Defined as adolescence period is medically, begins with the growth and hormonal changes associated with sexual maturity. Legally, they have adult personality for voting, for the draft, for the debts and Educationally, adolescence is the time spent in junior high and high school and sometime college when adolescence leave from the school S(he) may be considered an adult. Psychologically, adolescence is period of transition during which cognitive, physical, personality and social changes occurring. Ultimately, adolescent is a period of bio-psycho-social transition between childhood and adulthood. In this significant period they need to understand and realize their awareness level on own authentic self, it means that adolescence should be conscious on their awareness on one's own innermost thoughts, their presence before others, strength, weakness, own values, perception and their own environment.

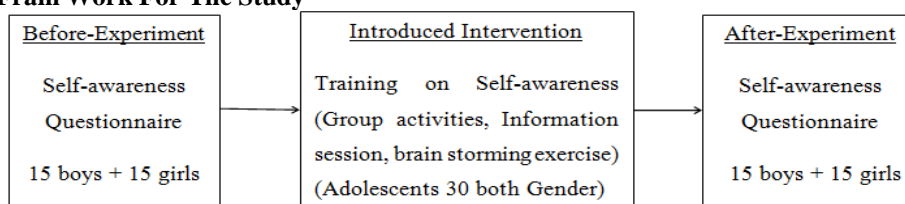
The term self-awareness is widely uses in the field of psychology. Self-awareness is aware of S(he) one's own authentic self and it is the capacity for introspection, ability to recognize oneself as an individual separate from the own environment and other individuals. Adolescents must be realizing their self-awareness level by themselves at each and every minutes of his/her life. Jaishree S. Metha (2011) pointed out that adolescent as a stage in individual development whereas, there is a significance growths occurring in psychological sides of adolescence which is an acute self-consciousness, rebelliousness and idealism. In this significant stage they need to concentrate on their self-awareness. If they fail in realize their own authentic self, it will be affect their holistic development. Jain, R. B. (2013). Study Concluded to be that adolescents are great

lack of their essential information related to their bodies physiological growth and conditions, psychological and sexual changes so there is an urgent need for regular adolescent friendly information, education and communication activities covering different aspect of adolescent knowledge needs/problems. So the purpose of conducting the present study is to provide the psychological intervention (self-awareness training programme) for promoting the self-awareness capacity of the adolescents and to assess its effectiveness.

II. Method, Measurement and Procedure

The main purpose of the study to examine whether the psychological intervention (self-awareness training) that promotes the self-awareness of adolescents. The objective of study is to measure the self-awareness capacity of adolescents before and after intervention phase and to conduct an intervention (self-awareness Training Program) on study group and to assess its effectiveness. The study hypothesis is there is a significant mean difference between before and after intervention with regard to self-awareness. There are 30 (15 boys and 15 girls) eleventh students were selected by simple random sampling (using lottery method) for Experiment in a private school in Thiruchirappalli, Tamil Nadu, India. Before- and- after without control group experiment design (Kothari, 2004) were adopted in this present study. Self-prepared questionnaire was used to assess the self-awareness capacity of adolescents by before and after intervention phases. The purpose of adopting this research design to examine the self-awareness capacity of adolescent before and after experiment phase without control group and to understand the effectiveness of psychological intervention (self-awareness Training). In this present study psychological intervention (Self-awareness training program) were designed for promoting the self-awareness capacity of adolescents.

Conceptual Framework For The Study



Intervention Procedure

Phase I: - Before intervention (pre-test) the self-awareness questionnaire were administered to study group (15 boys and 15 girls)

Phase II: - Self-awareness training program was undertaken to study group. The training program consists of three sessions, which was group activity, information session and brainstorming exercise.

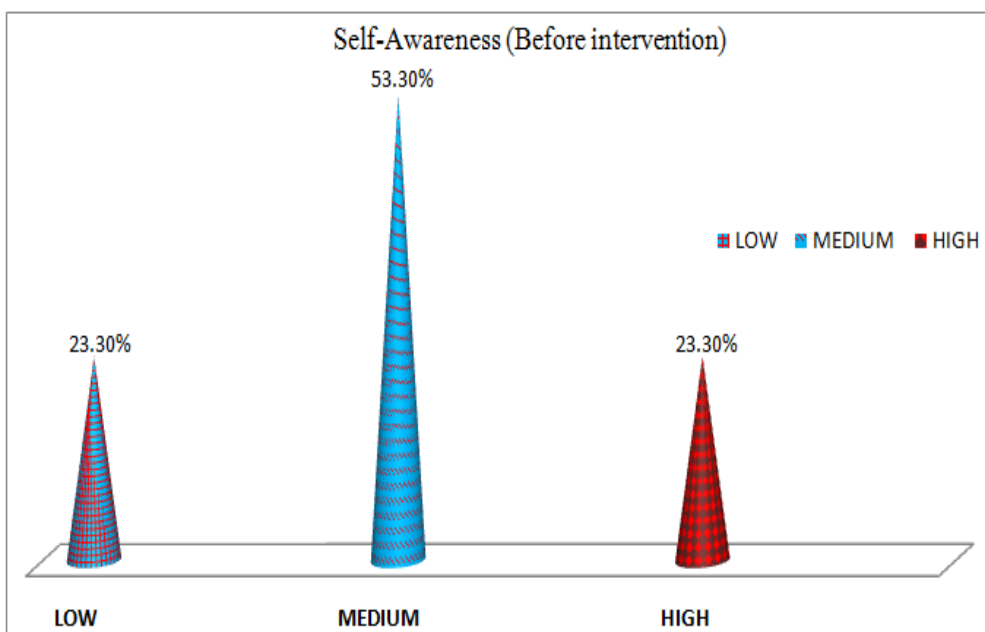
The intervention first session starts with group activity the study group 30 (15 boys and 15 girls) members and ask them to make a small group and say them the group not exceed more than 5 person and request them sit in circle at different places in room and provide a chart and marker to each one group and asks them to discuss and write what they possess in term of self-awareness and provided 15 minutes to do this activity and ask them to present their team presentation one by one in front of all study group members, while presenting their presentation the facilitator pointing out right information related to self-awareness and also listed out the right information in a chart by one of the participant for final needful discussion.

The second session would start with power point presentation session the facilitator presenting right information in term of self-awareness through power point the presentation have to be based on 5 W's and 1 H method (What, who, when, which, where and how).

Third session would begin with brainstorming exercise the facilitator provide six white sheet to all the study group members and given a six question for brainstorm and write answer to the questions the questions are 1) WHAT is self-awareness, do you think that self-awareness is needed for daily life, can you describe that? 2) WHY do you think that self-awareness is important for their entire life span? 3) WHO importantly need to have self-awareness? 4) WHERE can one learn self-awareness, can you describe? 5) WHEN self-awareness is needed, did you find? 6) HOW self-awareness enhances your life values and moral qualities for self-growth, can you describe that? A half hour was given to do brainstorm and write answer and after finish the exercise the facilitator provide the write answer and ask them to do correct and know the right answer and the facilitator made a healthy discussion on necessity of self-awareness in this significant adolescent period, finally the study group member was raised more question on self and self-awareness the facilitator would clarify all question was raised by study group member and These three sessions was conducted by duration of two and half hours after completed the training program the feedback were collected from the study group.

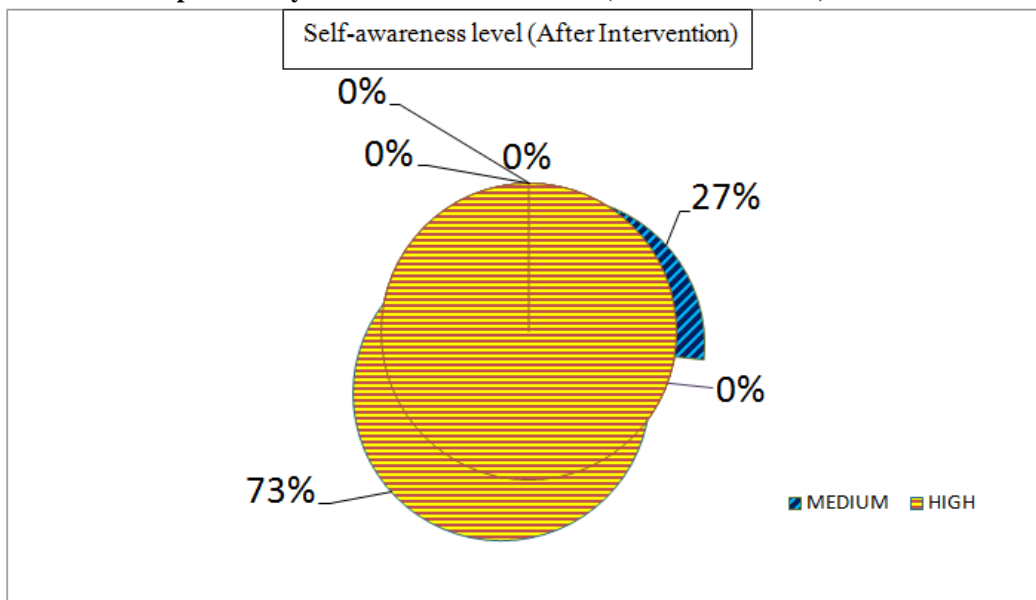
Phase III: - Posttest were administered with same self-awareness questionnaire to 30 study group members (15 boys and 15 girls)

III. Results And Discussion



The above diagram (before intervention Result) shows that majority 77 per cent of adolescents have medium and low level of self-awareness, less than one fourth 23 per cent of the adolescents have high level of self-awareness, because most of adolescents have possessed self-awareness is related to health aspect and most of them thought that we never need to understand the level of self-awareness by myself because my parents and teachers are take care of everything for us because of that the Before intervention (pre-test) result revealed that majority 77 per cent of the adolescents have medium and low level category of self-awareness.

Distribution of the respondent by their self-awareness level (After intervention)



The above pie chart (After Intervention Result) portray that less than three fourth 73 per cent of the adolescents have high level of self-awareness and remaining 27 per cent of the adolescents have medium level of self-awareness and there were no low of level self-awareness found among After intervention (post-test group) because the present study intervention (self-awareness training) was make used by the study group (post-test group). The study group members had felt that the training sessions are very useful and more informative. It has to be eye opening sessions. Ultimately the study group members had felt that self-awareness is very much needed to entire life span.

Paired sample 't' Result

1.1 Paired Samples Statistics

Experiment Variable (Self-awareness)		Mean	N	Std. Deviation	Std. Error Mean	Statistical Inference
	Before-Intervention	42.5333	30	5.42493	.99045	t=-7.498 df=29 P>0.000 Highly significant
	After- Intervention	48.87	30	4.142	.756	

1.2 Paired Samples Correlations

VARIABLE	N	Correlation value	Sig.
before & After Intervention (Self-Awareness)	30	.560	.001

The above paired sample 't' test results revealed that there is a highly significant difference among before experiment (means value at 42.5333) and after experiment (mean value at 48.87) phases on self-awareness. And also the correlation result shown that there were a highly significant positive relationship (P>0.001 level) between before and after intervention phases on self-awareness.

Hypothesis Testing

Research hypothesis

There is a significant mean difference between the before and after intervention with regard to self-awareness.

Inference

In order to test the research hypothesis the researcher employed paired sample 't' test the table (1.1 and 1.2) clearly indicated that there is a highly significant difference among before and after intervention on self-awareness and also there were a highly significant relationship between before and after intervention on self-awareness. Hence, **Research hypotheses was accepted**, the null hypotheses was rejected.

Effectiveness Of Intervention

The Paired sample 't' test findings clearly shows that the present study psychological intervention (self-awareness training program) was highly make used by study group because of that the after intervention group member findings indicated that there is a highly significant different among before and after intervention phases on self-awareness and also there were a highly positive correlation between before and after intervention on self-awareness so the present study displayed that psychological intervention (self-awareness training) was highly effectiveness.

IV. Conclusion

The present study have proved that the psychological intervention (self-awareness training program) was highly effectiveness so this study suggested that self-awareness training program (psychological intervention) was very much needed to adolescence for personal-growth as well as their future development of life. This kind of psychological intervention can be manipulated by school teachers, social worker, and mental health practitioner, juvenile homes, and those who are deals with psycho-social problem of the adolescent's people and government can design a syllabus in self-awareness for adolescent and can teach them by regular school period pattern because self-awareness is very necessary in this period of adolescence's. Devendra Agochiya (2010) rightly pointed out that self-awareness is the first step on the path to growth and development or to be successful in life and it will help the adolescence set realistic life goals. As adolescence are perpetual contact with their potentialities and what they are capable of achieving. So adolescent must do aware on private self, public self and their surrounding self-awareness at each and every minutes of his/ her life. It is much helpful to holistic development of their life.

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