

LEVEL OF ASPIRATION OF ADOLESCENTS

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ABSTRACT

There are several significant and relevant factors in determining the nature of self-confidence. The most crucial are the psychological ones that play a key role as primary, predisposing and reinforcing factors. Though there are other factors also like the socio cultural factor, the biological and the environmental factors, which play a part in this process. Any type of dependence viz. physical, emotional, social and religious may lead to the poor inner self growth of an individual, leading to low self-confidence which directly affects the education of a child.

Keywords: Reinforcing Factors, Environmental Factors, Self-Confidence, Aspiration.

Introduction

The period of adolescence is extremely important in the life of the individual because at this stage one moves from childhood to a stage of maturity when the individual takes active part in life. Philosophers like Plato and Aristotle took keen interest in the development of education in adolescents. "Adolescence means 'growing-up and strictly speaking should apply to a child from birth to maturity. When they do we use it for this teenage period alone? Because when we speak of the adolescent as 'growing -up', we mean that the youth is leaving behind the phase of protective childhood and is becoming independent, capable, of going out to fend for himself. Over protection during the childhood and adolescent period also causes low self confidence. As we known, the age range of adolescent is from thirteen to nineteen years. But some psychologists regard adolescence as the period of life between poverty and maturity. In legal terms adolescence continue still a boy reaches the legal age of maturity, is twenty-one years. Boys and girls, who are thirteen and fourteen years of age, are generally called as preadolescents. Blair and Burton did a pioneer study of this neglected area, viz., the growth and development of the preadolescent.

E.C. Britton and J.M.winans have summed up the characteristics of physical, emotional, social and mental development during preadolescence. Some of these characteristics are given below which influences self confidence.

- The girls are more than a year ahead of the boys in most phases of development through this period.
- The comparative serenity of later childhood is left behind and the emotions begin to play a more obvious part in their lives.
- Anger is common. It usually grows out of a feeling of inadequacy.
- The preadolescent shows his concern for the family by anxiety when any member of the family is in poor health or any other serious problem.
- Moral and spiritual development takes place and preadolescent boys and girls feel concerned about honesty etc. Their sense of simple justice is strong.

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R.G. Kuhlen's has emphasized that there are certain characteristics needs of adolescent boys and girls which affect their personal and social behavior. These needs are:

- The need for status and acceptance.
- The need and desire for independence.
- The need and desire to attain vocational fitness and material well - being.
- The need and desire to follow codes of conduct and ideals.
- The need for understanding and 'completeness'.
- Sex and other biological needs
- A need to develop such habits as function in the form of motives "A habit or a set of habits, once established trends to carry its own motive power".

This particular factor deprives the person of the opportunities to take independent decisions and such inability shows up frequently at later stages of life. As it is mentioned before that any type of dependence viz. Physical, emotional, social and religious may lead to poor inner self growth of an individual, leading to low self-confidence. So we shall discuss up these factors in detail that how it leads to low self-confidence.

Physical Dependence

The early stage of adolescent development is also known as the pubertal period. The term puberty is derived from the Latin word puberty as which means the age of manhood. This when a child enters the period of puberty, his physical growth and development are related to changes in general body build and voice. These physical changes affect the behaviour of adolescent boys & girls. Repetitive failure also makes a person result conscious before doing an act and as a result, it develops the tendency of avoidance and withdrawal leading to disorganized efforts towards the achievement of any goal.

The growing awareness of bodily changes leads to changes in the behaviour of adolescents particularly towards members of the opposite sex and towards adults. Studies of physical growth and development among adolescent boys and girls indicate that there is an upward trend in the growth of height. But individual differences are found. Along with growth in height there is growth in weight during adolescence. According to Crow and Crow, "The period of maximum growth progress in weight, as in height, is an important factor in assessing an individual's relative peer status. The increase in height during adolescence takes place due to growth in the bones of the legs. The arms of the adolescents also grow similarly in length. The increase in weight due to growth in the bones as well as in the muscles. Because of the development in bones and muscles, adolescents become capable of greater physical work and achievements. When an adolescent boys gains physical maturity, his interests and attitudes also change. He becomes sex conscious because the secondary sex changes also occur during this period. Adolescent girls feel embarrassed on account of menstruation during this period and they experience anxiety. According to Luella Cole, "Adolescence is a period of growth in all system of the body". In the course of a few years the individual undergoes changes both in his size and in his internal chemistry. These changes take him from a childhood to an adult level. The rapidity, variety, and force of these developments are a like bewildering – even while they are often existing. Ultimately, there is another possibility of failure and this vicious circle of cause and effect relationship keeps on lowering the level of self-confidence.

Confronting the changing environment without having an appropriate exposure may inhibit the effective dealing of a person, resulting in poor self – confidence.

Emotional Dependence

Overprotection during the childhood and adolescent period also causes low self-confidence. This particular factor deprives the person of the opportunities to take independent decisions and such inability shows up frequently at later stages of life. Over expectation on the part of an individual, irrespective of his aptitude, abilities and interest, bring a sense of worthlessness & self devaluation. Over-expectation also generates fear of rejection, fear of lesser affection for such an individual on the part of near and dear ones and fear of failure, inducing low self-confidence in the individual.

E.A. Peel has stated that "The main features of the emotional life of adolescence concern the loyalties; gang, school and group are intimately connected with the transitional nature of adolescents. The adolescents are beset by problems of divided loyalties accentuated by the lack of adult privileges and responsibilities. He thus appears excessively aggressive and then excessively shy, excessively affectionate and then quite suddenly detached and cool. These are all problem of the stresses and strains of transition. During adolescence anger is aroused mainly due to self consciousness. The

adolescent is very sensitive to any kind of attack on his prestige. During adolescence anger is sometimes expressed through physical means. But as the adolescent matures, the physical expression of anger is controlled. The emotion of fear is aroused during adolescence mostly on account of physical development. The adolescent boys or girls consider these physical changes as some kind of disease and therefore, they experience fear. As the circle of loyalties of adolescent boys and girls widens the emotion of affection is easily aroused. According to E.A. Peel, "Adolescence is a period of 'crushes' for members of the same of opposite sex". During adolescence boys and girls start some kind of hero workshop and their loyalties to their heroes of ego- ideals come in conflict with the loyalties of family and its adult members. Inferiority complex may hamper the growth of the inner potentials of a person. Such a person becomes hesitant in exploiting and exhibiting his potential, lagging behind in all the fields.

Social Dependence

Faulty socialization is also responsible for lower self-confidence by way of faulty parental role models, strict toilet training practices, inadequate reinforcement schedules, etc. Faulty socialization induces traits and habits in the individual which are not desired and accepted by the society, the discrepancy between faulty self-concept and ideal self-concept of the individual remains. During adolescence boys and girls become active members of peer groups and develop deep friendship. Social development during adolescence is marked by a strong desire to follow the social pattern and style of life as approved, accepted and practiced by the peer group or the gang with which the adolescent boy or girl is associated. In connection with the social development of adolescents it is important to bear in mind that "The adolescent is in a period of transition. Half of him is treated as a child without responsibility and rights and the other half as a potential adult, answerable to himself for much what he does." Social development during adolescence is marked by a desire for freedom and independence from adult control. Social development during adolescence is very much affected by the cultural patterns. In some cultures there is a definite provision for social training of adolescents while in other societies adolescents are left alone. This creates problems. Uncertainty towards future is another factor which leads to a multi-directional thought process in the individual gets confused resulting in loss of concentration for a specific goal, again leading to low self-esteem. This also brings in its wake, anxiety, apprehension and feeling of loneliness.

Religious Dependence

"Religion and education are close and real friends. Both are related to spiritualism in contrast to physical and material phenomenon. Both try to free the human being not from his physical surroundings but try to free him from the slavery to physical environment" was stated by E.D. Burton. It tries to modify human behaviour according to those ideals and values which are recognized by religion as worth and importance. Narrow religious education often creates mental conflict and confusion in the minds of children. The concepts of truth and falsehood, virtue and vice, materialism and spiritualism together with this or the other world etc. create a sort of tension in the minds of children. Such education may be given individually, if one chooses to receive. It should not be imparted collectively or by mass media like school. Narrow religious education prepares the child for unknown and super natural world. It separates him from the present actual life and hampers the wholesome development of his personality. Dogmatic and blind communal education spoils the mental health of a child. It promotes narrow outlook and chauvinism which results in discord and conflicts. Such unhealthy narrow attitudes militate against national and liberal outlooks and attitudes. Religious education is liable to create many problems in almost all spheres of life. In a community school where the education of only one religion is imparted, Children of other religions may protest or object. Secondly, what should be the nature of such religious education. Thirdly, one has to find capable teachers to handle such sensitive issues. Fourthly, vast sums of money are required to maintain schools of different religious denominations. The fact is that any kind of religious education is fraught with multifarious problems, Faulty beliefs and attitudes together count a lot in determinants one's level of confidence.

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