

Self -perception of female students of Co-educational and Women's Colleges

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ABSTRACT: *The present study makes an attempt to assess and compare the Self – perception of female students of Co-educational and Women's colleges. 400 female students from Co-educational colleges and 393 female students from Women's colleges of four districts of Karnataka, formed the sample of the study. t-test was computed to analyse the data. The results indicate that female students of Co-educational colleges have a significantly higher positive Self-perception as compared to the female students of Women's colleges.*

Keywords—*Self-perception; Self-regard; Self-acceptance; Women's colleges; Co-educational colleges*

I. INTRODUCTION

Self is the core of an individual's personality. All the behaviors of an individual are determined by his Self. According to Rogers, Self is the nuclear concept of Personality (Saraswat,1989). It is conceived as something that develops as a result of the interaction of the individual with his environment. Over a period of time, with repeated interactions of the individual with his environment an integrated concept of 'Self' emerges (Parameshwaran and Beena, (2002). Self-perception is the key to personality development. Self -perception is a process of identity formation which is commonly known as Self-concept. Our Self-perception allows us to understand our actions, feelings and behavior.

Educational institutions are the chief determinants of what a person thinks of himself. Educational environment of an individual is instrumental in developing Self -perception in an individual. School experience is a significant determinant of a students sense of self-worth (Scott,2001). Schools and colleges provide opportunities to appraise himself and his ability realistically, free from parental help or bias. Academic and social experiences during college have significant direct effects on Self –perception (Pascarella et al,1987).

The development of Self-perception and enhancement of Self -esteem are now considered to be a major outcome of education (Fontana, 1995). Many empirical findings of the impact of Co-education and Single- sex colleges on Self perception have been mixed. Cairns(1990) found that boys and girls at Single sex schools in Northern Ireland had higher positive Self-perception than their peers at Co-educational schools.

However Smith (1994) states that there was an increase in the students positive Self- concept after transition to Co-education for both genders. Schneider et al (1998) have reported that female students from Co-educational institutions have more positive Self concepts of academic ability. Many researchers state that both students and teachers perceive the Co-educational environment as more pleasant and socially relaxed. Co-educational schools are better placed to meet the social and educational needs of young people (Dale,1974).

In view of the above divergent findings, the present study was conducted with the following objective:

To assess and compare the Self-perception of female students of Co-educational Colleges and Women's Colleges.

II. HYPOTHESIS

The female students of Co-educational and Women's Colleges do not differ significantly on Self – perception.

III. METHOD

Sample: 400 female students from Co-educational colleges and 393 female students from Women's colleges formed the sample. The sample was chosen from 4 districts of Karnataka state.

Tools: Scales measuring Self-perception (SMSP)

This test is constructed by K.G. Agarwal. It measures Self regard and Self acceptance to give a composite score of Self-perception.

IV. RESULTS AND DISCUSSION

Table-I showing the Mean scores, Standard deviations, percentile ranks and t-scores of female students of Co-educational colleges and Women's colleges on Self-perception.

Group	N	Mean	S.D.	t-score	Percentile Ranks
Females of Women's College	393	21.2	3.3	2.6*	55
Females of Co-education College	400	23.2	3.1		70

* $P < 0.01$ level

The observation of Table I clearly indicates that the female students of Co-educational colleges have a significantly higher positive Self-perception as compared to the female students of Women's colleges. The total mean score on Self-perception obtained by female students of Co-educational colleges is 23.2 where as the female students of Women's colleges is 21.2. ($t=2.6, p < .01$).

The female students of Women's colleges have obtained 55 as their percentile score where as the female students of Co-educational colleges have a percentile rank of 70. This clearly indicates that the female students of Co-educational colleges have a significantly higher positive Self perception as compared to their counterparts of Single-sex colleges.

It is said that Co-educational colleges are extended units of family. The boys and girls get to interact as siblings and friends. Co-education helps girls gain a lot through association with boys. The girls acquire frankness and bravery, a higher standard of honor and a deeper regard for truth. Studies have also revealed that female students of Co-educational colleges not only tend to identify themselves more strongly in terms of feminine traits than female students of Women's college but also in terms of masculine traits (Herman Brutsaert, 1999). This naturally affects the Self-perception in a positive way. They learn to accept themselves and honor themselves. This may be perhaps the reason behind the higher positive Self-perception of female students of Co-educational colleges.

Table-II: showing the Mean, Standard deviation and t-scores on Self-Acceptance and Self-Regard of female students of Co-educational colleges and Women's colleges

Components	Group	N	Mean	S.D.	t-score
Self Acceptance (Sa)	Women's College	393	12.0	1.9	0.9*
	Co-education College	400	13.5	2.3	
Self Regard (Sr)	Women's College	393	8.1	2.0	4.3**
	Co-education College	400	9.7	2.0	

* $P < 0.05$ level

Table II gives the component wise analysis of Self-perception. We find that on both the components of Self-perception i.e., self-regard and self-acceptance, the female students of Co-educational colleges have attained higher scores.

On self-acceptance, the female students of Co-educational colleges have a mean score of 13.5 whereas the female students of Women's colleges have a mean score of 12.0 and the obtained t-score is 0.9, which is significant at 0.05 level.

On the component of self-regard the female students of Co-educational colleges have a mean score of 9.7 whereas the female students of Women's colleges have a score of 8.7, the obtained t-score is 4.3, which is significant at 0.001 level, indicating that the female students of Co-educational colleges have significantly higher self-regard.

Co-education fosters cross gender socialization (Dale,1974) and helps girls realize that barring a few physical differences the opposite sex is very similar to their own, in heart and mind. This definitely enhances the Self-regard and increases their worthiness in their own eyes and ultimately increases their Self-acceptance. Together this could lead to a higher positive Self-perception paving way for a healthy Self-concept. Perhaps this is the reason behind a higher positive Self-perception among female students of co-educational colleges.

V. CONCLUSION

Female students of Co-educational colleges have a significantly higher positive Self-perception as compared to female students of Women's colleges.

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