

REFLECTIONS

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- A Compilation of
Post-Graduate Research Studies



2009 - 2010

Department of Home Science
J. D. Birla Institute

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A Study on Locus of Control and Adjustment among Middle-aged Husbands with Working and Non-Working Spouse

Simmi Gupta and Sohini Acharya

ABSTRACT

The present study was undertaken with an aim to study the locus of control and adjustment among middle-aged husbands with working and non-working spouse. The survey was designed with 80 samples (husbands with working spouse and non-working spouses) in the age group between 40-50 years on the basis of their family income, religion and occupation. Data was collected with the help of Levensons' Scale for Locus of Control and Bell's Adjustment Inventory and was statistically analyzed. No significant difference was found between husbands with working or non-working spouses in the 'factor of powerful others' meaning that other people can control one's outcome. Significant difference was also found with respect to 'chance control of locus of control' indicating that an unordered, chance or random event can control one's outcome. However, there was a significant difference among the husbands with working and non-working spouse in the 'factor of individual control of locus of control' showing that one's outcome is controlled by one's own self.

Keywords: Adjustment, Locus of Control, Middle-age, Non-working spouse, Working spouse.

Introduction

'Locus of Control' is a concept that has a significant effect on our daily lives. It refers to an individual's generalized expectations concerning the space where the control over subsequent events resides. In other words, it indicates who or what is responsible for an event that occurs. Those with external locus of control believe that their own actions do not influence future outcomes. This creates motivational, emotional and cognitive deficit making the individuals reluctant to work to reach their full potential. On the other hand, those with internal locus of control see the world through a more adaptive perspective. They believe that hard work and personal abilities will lead to positive outcomes. This makes them more likely to meet challenges and succeed in future endeavors.¹⁰

Generally the development of locus of control stems from family, culture, and past experiences leading to rewards.⁵ Locus of control is relatively stable overtime.¹³ Aging is the factor that bring about changes in locus of control. To bring about a change in personality, it is important to increase internality because it is viewed as the better adjusted alternative.¹ Internality has been found to be positively associated with indices of social adjustment and personal adjustment.³ Externally oriented individuals are more apt to express unrealistic occupational aspirations² and are less able to cope with demands of reality.⁹ However, the balance between the two loci must be present. Middle adulthood or middle age is a period in one's life span that extends from forty years of age to the age of sixty. It is the time of transition reflecting adjustment to new interests, values and

patterns of behavior⁴ and a time of re-evaluating goals and aspirations.^{7, 12}

Adjustment is a continual process in which a person varies his behavior to produce a more harmonious relationship between himself and his environment.⁶ Middle-age often requires greater adjustments in life style.¹² In addition to changes in roles at home, men adjust to the changes in conditions at their work place and impending retirement. A woman has to go through a number of adjustments and compromises when she matures from being a daughter to a wife and then being a mother. On the other hand, for a working women, the transition is from a students to a professional involves a lot of adjustments that she has to make when she enters the professional world.

Adjustments that focus on work and family are even more difficult during the middle age than personal and social adjustments. Conflict over work-family interface influences family relationship and leads to poor mental health, family dysfunction, decreased family well-being and dissatisfaction.⁸ The stressors associated with work-family conflict are apparently independent of type of job and working conditions.¹¹ Adjustments to all these changes are made gradually and reluctantly; however, once the individuals accept these changes, they make better adjustments to their roles as 'middle-aged'.⁴

Aims & Objectives

The current study aims to determine locus of control and adjustment among middle-aged husbands with working and non-working spouse.

The main objective of the study is to find out whether husbands with working spouse differ in their locus of control from the husbands with non-working spouse and how the husbands with working spouse are adjusting in different spheres of their life as compared to husbands with non-working spouses.

Methodology

The study was conducted on 80 Hindu husbands, 40 with working spouses (Group-I) and another 40 with non-working spouses (Group-II) staying in Kolkata. All of them were service holders with family income ranging from Rs. 35,000/- to Rs. 45,000/- and belonging to the age group of 40 to 50 years. Data was collected using 'purposive sampling' technique. Levenson's Scale for Locus of Control and Bell's Adjustment Inventory were used to collect the data.

Results & Discussion

From the results obtained (Table-1) it can be seen that there is no significant difference between the husbands with working or non-working spouses in 'Powerful Others' which indicates that other people can control one's outcome. The mean scores revealed that for both the groups, life events and outcomes were controlled by their respective spouses. This may be due to learned helplessness in which the individual believes that he is unable to control the life circumstances.

'Chance Control' is a belief about unordered chance or random events controlling one's outcome. No significant difference was found between two groups. The mean scores revealed that both the groups believe that an unordered chance or random events do control their outcomes. This may be due to previous experience in which they were unable to perform. Significant difference was found among the two groups in 'Individual Control'. The mean scores revealed that husbands with working spouse believe that their current situations are the direct outcomes of the things controlled by their spouses. This may be because the spouse is working and contributing to the family income so she may tend to assume considerable power and authority to voice her opinion in all major family decisions. Thus husbands with working spouse are more externally controlled than husbands with non-working spouse.

Study of the areas of Adjustment (Table-2) that covers home, health, social, emotional and

occupational adaptations indicated that no significant difference was found between the two groups in the area of 'Home Adjustment'. However, the mean scores revealed that both the groups are not well adjusted which may be due to lack of adequate availability of time among the spouses.

In case of 'Health Adjustment' no significant difference was found among the two groups. The mean scores revealed that both the groups are not well adjusted which may be due to work-family interface and economic responsibilities that may increase their worries and tension leading to poor health.

Study on Social Adjustment showed no significant difference was found among the two groups. However, the mean scores revealed that both the groups were well adjusted indicating acceptance of societal norms without any aggressive behavior. This may be because during middle age people become more interested in social activities and feel responsible towards others with whom they are associated with.

In case of 'Emotional Adjustment' no significant difference was found among the groups. However, the mean scores revealed that both the groups are not well adjusted which may be due to strains resulting from unfulfilled desires and occupational demands.

No significant difference was found among the groups with regards to 'Occupational Adjustment'. However, the mean scores revealed that both the groups are not well adjusted which may be due to poor home and health adjustment, relationship with colleagues and economic facilities available.

Overall it may be said that both the groups, i.e. husbands with working and with non-working spouse are not well adjusted.

TABLE 1: Mean, S.D. and t-value of the two groups on various factors of locus of control

Factors of Locus of Control	Groups				t- Value
	I		II		
	Mean	S.D.	Mean	S.D.	
Powerful Others	21.35	4.922	21.9	4.700	0.503
Chance Control	22.275	5.129	22.8	4.507	0.342
Individual Control	28.225	4.577	30.45	3.719	2.168

P ≥ 0.05, Group-I: Husbands with Working Spouse, Group-II: Husbands with Non-Working Spouse

TABLE 2: Mean and S.D., t-value of the two groups on the various areas of Adjustment

Factors of Locus of Control	Groups				t- Value
	I		II		
	Mean	S.D.	Mean	S.D.	
Home	8.6	6.436	8.05	5.252	0.411
Health	7.1	4.689	7.525	5.330	0.362
Social	13.425	4.689	14.225	4.172	0.792
Emotional	9.8	6.653	10.45	5.961	0.458
Occupational	11.95	5.420	12.4	4.606	0.311

$P \geq 0.05$, Group-I: Husbands with Working Spouse, Group-II: Husbands with Non-Working Spouse

Conclusion

The results indicated that both husbands with working and non-working spouses believe that other people are more powerful than them in controlling the outcomes of events in their lives; in other words they have lesser control over the happenings in their lives. This indicates that the chance factors and random factors are dominant in their cases. The study also indicates that for a husband having the spouse working or doing only household chores (housewife) does not make any difference in the modes of adjustment to home, health, social, emotional and occupation spheres of life.

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A Comparative Study on Adjustment and Anxiety of Girls Staying in Hostel and Girls Living with Parents

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ABSTRACT

The present investigation was undertaken with an aim to study adjustment and anxiety among girl students living in hostels (Group-I) in Kolkata and compare them with those living with parents (Group-II). The data was collected using the Adjustment Inventory for College Students (AICS) and State-Trait Anxiety Test (STAT) and was statistically analyzed. Significant difference was found between the two groups in the areas of health and educational adjustment. The result of Anxiety Test revealed significant difference in the dimensions of guilt proneness and self control.

Key Words: Adjustment, Adolescent, Anxiety, Young adult.

Introduction

Student life is said to be the best period in one's life. The dream of every student is to become successful in his or her academic career. Success depends on numerous factors, one of which is the choice of college the student wishes to join for pursuing higher studies. Some students are lucky to get enrolled into their college of their choice and located within their hometown so that they can stay with their parents. On the other hand, many have to leave home and travel a long distance sometimes to even other states or countries to pursue the career of their dreams. In the latter case, most of them have to put-up in hostels. Although, hostel life has a charm of its own, it puts certain demands on student that can create anxiety. Student living in hostels are often confronted with a variety of personal and interpersonal challenges including the need to make new relationship, modify existing ones with parents and family members and to develop learning habits for new academic environment. In short, they have to make adjustments to cope with the new 'hostel life'.

By definition, '*adjustment*' means to fit, make suitable, arrange, modify, harmonize or make correspondence with the environment'.⁵ Anxiety means an unpleasant emotional state or condition which is characterized by subjective feeling of tension, apprehension and worry. Anxiety creates an activation or arousal of the autonomic nervous system.⁶

According to Aggrawal, adjustment made by adolescents depends on the fulfillment of their specific needs - physical, emotional, social, intellectual, moral and vocational.¹ Thus, the process of adjustment involves continuous changes and people develop consistent patterns of behaviour to these constant changes which are the important qualities of adjustment. Similarly, early

adulthood is a period of adjustments to new patterns of life and new social expectation.⁴ Developing competence, managing emotion, moving away from dependent through autonomy towards interdependent and developing mature interpersonal relation are the most important developmental task during young adulthood.²

Adjustment is continuous process and it also exists on a continuum. At one end there is the so called well-adjusted person, who in many respects is ever-changing and ever-adopting. This person is able to adopt easily as a new needs arises. On the other end, is the poorly adjusted person who may show signs of anxiety and usually this person is less adoptive, responding in much the same way regardless of circumstances, with the result that his or her behavior is often inappropriate.³

Aims & Objectives

The present investigation focuses on finding whether a difference exist in the mode of adjustment of girls studying in hostels and those living with their parents in various areas of life like home, health, emotional and social. It also aims to study the difference between these two groups in dimensions of anxiety.

Methodology

The survey was done on 18-25 year old 100 girls staying in the hostel in Kolkata (Group-I) and 85 girls staying with their parents in the same city (Group-II). Both the groups were matched with respect to religion (all Muslims), educational qualification (either undergraduate or postgraduate students) belonging to extended family. Adjustment Inventory for College Students (AICS) and State-trait Anxiety Test (STAT) were used to collect the data.

Result & Discussion

Areas of Adjustment:

- a) **Home Adjustment:** From the result, it has been found that there is no significant difference between hostel girls and girls who are living with their parents in the area of health adjustment. The mean value for the both groups is average in home adjustment indicating that they have more or less positive feelings towards their home environment, parents and siblings.
- b) **Health Adjustment:** It has been found that Group-I and Group-II differed significantly in the area of health adjustment (t-value 3.55 significant beyond 0.01 level). Thus, it may be interpreted that girls living with their parents are more satisfied with health adjustment (mean 4.671) than those living in hostels (mean value 6.24). This maybe as the latter come from different cultures and have different food habits which they cannot sustain in the hostel environment. Also they do not have access to nutritious food in the hostel. Again there are vast individual differences among girls in the hostel regarding personal hygiene.
- c) **Social Adjustment:** The girls in both groups did not differ significantly in the area of social adjustment (t-value 0.243). The mean indicates that both group of students are more or less adjusted with the social environment like making friends easily, eagerness to take part in social functions and ability to develop social qualities and virtues needed for social adjustment
- d) **Emotional Adjustment:** Both groups of girls have been found to be average in emotional adjustment. Thus both group of students are more or less emotionally stable and are able to express their emotions in a proper way as the situations demands.
- e) **Educational Adjustment:** There is significant difference between the two groups regarding educational adjustment (t-value 2.056 significant beyond 0.05 level). The mean value regarding the area of educational adjustment also reflects that the girls living in hostels are more adjusted than girls who live with parents. This may be because the former have travelled long distances leaving their parents with a purpose to become educated and achieve something that would not had

been possible if they had they stayed back at home with all comforts. If they fail to adjust to the new environment on coming for academic pursuits to a new place, they might get into trouble. Thus they would have to try their best to adjust to all kinds of adverse situation related to academic area.

Dimensions of Anxiety:

- a) **Guilt proneness (Gp):** From the obtained result it has been found that in the dimension of Gp, there is significant difference between Group-I and Group-II. The mean value indicates that girls living with parents are more worried, feeling inadequate to meet the daily demands of life. While those living in hostels have less anxiety and cope with their daily demands more efficiently
- b) **Maturity:** Both groups did not differ significantly with respect to maturity; the mean values were low in both the cases indicating that both groups are emotionally stable, can face reality and are better able to maintain group morale.
- c) **Self Control (Sc):** Significant difference was found between the two groups (t-value 2.774 significant beyond 0.01 levels) with respect to self control. Mean values also showed that the girls staying in hostels had low self control than those living with parents thereby indicating that the former in the absence of parental vigilance follow their own urges and at times are careless of protocols.
- d) **Suspiciousness (Su):** Both groups did not differ significantly with respect to suspiciousness. The mean value also indicated that both groups are more or less suspicious and at one hand mistrusting, doubtful; while on the other hand they are cheerful, adaptable and trusting.
- e) **Tension (Tn):** No significant difference existed between girls staying in hostels and girls living with parents with respect to tension. The mean value showed both groups to have average tension level pointing to the fact at one point of time both the groups are tensed, excited, frustrated while on other occasions they are relaxed and composed.

TABLE 1: Mean and SD values of Areas of Adjustment of Group-I and Group-II

Groups	Home		Health		Social		Emotional		Educational	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Group-I	4.85	1.82	6.24	3.46	8.85	2.65	15.57	5.04	7.19	3.13
Group-II	4.50	2.51	4.67	2.76	8.95	2.92	14.98	5.90	8.25	3.83

TABLE 2: Mean and SDs values of dimensions of Anxiety of Group I and Group II

Groups	Guilt Proneness		Maturity		Self Control		Suspiciousness		Tension	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Group-I	9.71	3.49	5.69	1.90	3.68	2.65	5	2.38	10.71	2.97
Group-II	10.8	3.95	5.8	2.55	5.15	3.34	4.61	1.39	10.51	3.46

Conclusion

The girls living in hostels are poor in health adjustment but better in educational adjustment than girls who stay with parents. Staying away from the family makes girls more independent and efficient to meet the demands of daily life. They suffer from lesser guilt proneness although at times they are vulnerable and show lesser self control than girls who staying with parents

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Managing Personal and Professional Lives: A Case Study of Women Entrepreneurs of Kolkata

Debaleena Chakraborti and Sharbani Goswami

ABSTRACT

Women Entrepreneurs are the new participants in the diaspora of entrepreneurial venture. These women are decisively transforming leadership styles and changing the traditional approach from reward and punishment to persuasion and motivation of their employees. The study focuses on the identity, authority of the business women over their business, problems faced by them when they venture out to carve a niche in the male bastion world. It also tries to investigate the quality of life of women affected by the dual role – the home and workplace, the two overlapping spheres of life. The study also focuses on the management capability of a homemaker to an organizational head while moving beyond the glass ceiling. The study was conducted on 30 women entrepreneurs of Kolkata. To attain the objective of this study a questionnaire was prepared and survey was conducted focusing on their age, educational qualifications, marital status, children and business type of women entrepreneurs.

Key Words: Gender equality, Self independence, Social and economic role, Status of women entrepreneurs, Women entrepreneurs, Women as leaders, Women and work.

Introduction

Women Entrepreneurs are the new agents of change. Government of India defined women entrepreneurs as '*an enterprise owned and controlled by women saving a minimum financial interest of 51% of the capital and giving at least 51% of the employment generated in the enterprise to women*'.³ Lavoie defined female entrepreneurs as the '*head of the business who has taken the initiative in launching a new venture, who is accepting the associated risks and the financial, administrative and social responsibilities and who is effectively in charge of its day-to-day management*'.⁷

Women working outside home play a double role - the traditional feminine role of a housewife/mother/daughter and that of a worker. The economic imperative that has forced women to seek gainful employment is expected to bring about a change in the family structure and division of work in the family; women's role and status in the family; their economic participation in decision making in important family affairs; their attitude towards family affairs; their awareness of their own problems and the readiness with which they are willing to face and solve problems.³ Drucker⁸ has also narrowly defined an entrepreneur as '*one who drastically upgrades the yield from resources and creates a new market and a new customer*'.

The new group of female entrepreneurs began appearing in the 1980's; researchers began referring to them as a 'Second Generation'. It is true that Women Entrepreneurs emerged in the Indian scenario only after independence. The reasons for the emergence of this new generation of woman interfacing her social role are partition, concern for equality through various ethnic and social movements, concern for raising women's status, impact of the change in legal process of the country.⁵

Women have learnt over the centuries the art of reconciliation and qualities of patience and understanding along with an inherent quality of emotional intelligence. Today women are working in a multi-faceted world. The organization scenario changes like a kaleidoscope with every responsibility, accountability and multiple pulls and pushes, which women have to face before they emerge successful. The entrepreneur is not always motivated by self-interests alone. One could have collective corporate interests which motivates one into action. Women have to overcome family opposition and social constraints before becoming independent entrepreneurs.⁶

An entrepreneur is found to possess flexibility in style and display high psychological maturity. The entrepreneurs can better understand and appreciate the contours and reasons of socio-economic backwardness and significance of employment and

industrialization in the context of social change.⁹

The process of entrepreneurial development involves initiation phase that creates awareness among people about opportunities. The development phase involves developing insight, promoting managerial skills and creating confidence through direct experience. The support phase involves establishing and running an enterprise. The entry of women as entrepreneurs has in no way reduced their domestic responsibilities, infact they take charge or cater to the needs of their family while maintaining a balance between work and family life.²

The emergence of women in the economic sense as entrepreneurs is a significant development towards the emancipation of women and for securing a place for them in the society. The association of women with economic enterprises should also usher in an era of clean business ethics and would provide a healing touch in promoting peace and amity in the world of woman.¹

Aims & Objectives

The study was undertaken with an objective to examine the status of Women Entrepreneurs in India with respect to the problems they face in setting-up entrepreneurial endeavor within the male bastion world. The study would also measure the managing capability of women entrepreneurs both at the domestic and professional sphere.

Methodology

The sample data was collected by means of a questionnaire as well as interview method. The questionnaire comprised of open-end, multiple choices and closed end questions.

The group studied belonged to the age group of 20-60 years, either graduate or postgraduate. Both married and unmarried entrepreneurs were taken with the married having maximum of four children. Some of the entrepreneurs had started new business while others were into family business.

Results & Discussions

The results of the study were interpreted with the help of the responses drawn from the data collected. The entrepreneurs reflected their maximum preference for being self

independent followed by fulfillment of goals. The result in details is given in Figure 1.

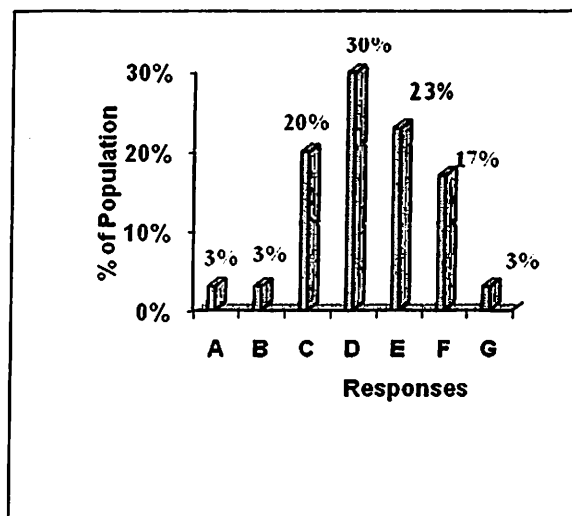


Figure 1: Percentage of Women Entrepreneurs Reflecting their Reflection of Women's Entrepreneurs' Choices

- A: As a designer for clothing
- B: To be one of the best carrying and forwarding agent of change
- C: Beneficial for my family and society
- D: Self independent
- E: Fulfillment of goals
- F: Strongly focused and successful
- G: Inspiring young girls and woman of new generation to dream big

From the obtained results it has been found that majority of the women entrepreneurs foresee themselves as self-independent. Their first priority is to become an independent creator and achieve self-esteem since they have to struggle in retaining their sense of identity at work. Reports have revealed that women strive towards the attainment of goals. The study exposes that women find it rather difficult to work with dignity and grace in a male bastion world. The biggest challenge they faced is their duty towards the family and they have to maintain a balance between both their personal and professional lives. To earn name and fame in business, they have to value their identity and prove their dedication towards work compared to their male counterparts.

63% of the respondents surveyed found it is necessary to identify and discuss problems and accept situations with a positive mind. They felt that it was better to understand the cause and effect of the problem and try the best possible manner to overcome it by proper vigilance and developing total co-operation with the co-workers.

The report reveals multiple opinions of the respondents pertaining to the social role of women. Some feel that as home-maker, women should be given the opportunity to interact with the outside world. Some feel that it is necessary to provide facilities for the betterment of these women.

For being an entrepreneur, women professionals were of the opinion that business skills and knowledge should be used efficiently such that it benefits the proper growth of the business and serves the very best in leading them to success. 54% thought that being the owner they were responsible for the welfare of their co-workers. The same percentage helped their co-workers in solving problems that they faced regarding business issues. Majority of the women entrepreneurs were of the opinion that 'profits' were the hallmark of success; while others rate self-satisfaction as a parameter to gage one's success.

The interview revealed that the primary objective of the women entrepreneurs was to achieve success based on honesty, ethics and morality in business making decisions. Personal life was managed efficiently and home considered to be "one's own". The survey revealed that these women had somehow perceived the concept of leading a quality life both at business and home.

Conclusion

Women entrepreneurs are the fastest growing segment of the small business population with numbers increasing dramatically day by day. The present data reveals that women are quite contented with their own business and some prefer to maintain stability; while others want to reach the zenith and attain their desires and

goals in life. It also reflects the time that they devote to families in spite of the several barriers they face in running an enterprise. The study also focuses on how the women entrepreneurs are confident in accepting challenges, withstand all risks, have a strong determination and always hope that their business will lead to success rather failure.

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A Study on Religious Attitude, Dimensions of Rigidity and Social Intelligence of Students of Mizoram Studying in Kolkata

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ABSTRACT

The present study was undertaken with an aim to study the attitude toward religion, social and mental rigidity and social intelligence of Mizo male and female students belonging to 18-24 years of age group studying in Kolkata. The study indicates that there is no significant difference religious attitude, social intelligence, intellectual rigidity, dispositional rigidity, social rigidity, behavioural rigidity, and perceptual rigidity among the male and female students from Mizoram. However, significant difference was found with respect to emotional rigidity thus indicating that the male students studying in Kolkata are more rigid than their female counterparts.

Keyword: Dimensions of Rigidity Scale, Religious Attitude Scale and Social Intelligence Scale

Introduction

Young-adulthood is a time of growth when a person comes across new experiences and is exposed to risks, responsibilities and commitments. The word 'adult' is derived from 'adultus', which means 'grown to full size and strength' or simply 'matured'. Thus adults are individuals who have completed their growth and are ready to assume their individual status in society along with other adults. Different cultures have different ages at which children reach adulthood or the age of legal maturity. Today, adulthood is legally reached at the age of eighteen. Young adulthood is an age when one settles down. It is an age when one is capable of reproducing, an age when one faces a lot of problems. Although early adulthood is considered as the least religious phase, on becoming adults, the young ones may tend to incline towards religious influences.¹

Religion is a set of beliefs, symbols and practices which unites the believers into a socio-religious community. Religion is a significant coping resource for many people, helping them to deal the 'breaking points' of life. Majority of the people of Mizoram follow Christianity. The church is an important part of the Mizo culture. Young adulthood is the phase when one is still trying to adjust to the newly acquired lifestyle. At the same time these young adults also carry certain rigid values from their adolescence which might create some conflict in their minds.

Rigidity is a difficult term to define and has been used to describe behaviors characterized by the inability to change habits, attitude, set and discriminations. Young adulthood is a period of adjusting to a new pattern of life and new social expectations. A young adult is expected to play

new roles such as that of a spouse, parent and/or a breadwinner; he /she is expected to develop new attitudes, interest and values keeping in with these new roles. Mizo's are fast giving up their old customs and adopting new modes of life which are greatly influenced by the western culture. Many of their present customs are a mixture of old traditions and western thinking.

The young adult would have to make major changes in their social adjustments as developing new relationships is important and is the main element of social adjustment. Homesickness is the distress or impairment caused by an actual or anticipated separation from the specific home environment or attachment objects. Many first-year students at boarding school or universities experience homesickness.

Social Intelligence means the ability of individuals or groups to interact with each other in social situations. Thus, an intelligent person is one who can vary his behaviour as per the demands of the changing conditions. The social environment of college requires adjustment on the part of new students who join the institute. Students must thus learn to balance their social choices with responsibilities.²

Social Intelligence provides a high accessible and comprehensive model for describing, assessing, and developing at a personal level. According to an study, social information processing, social skills and social awareness are unbiased in case of both the genders.³ The Mizo students coming to Kolkata would have to work on social information processing in order to be socially aware that would enable them to adjust easily to the new environment.

Methodology

Questionnaires were used to collect the data. These were assessed using Rajamanickam's Religious Attitudes Scale, N. K. Chadha's Dimensions of Rigidity Scale and Social Intelligence Scale (SIS). The study was conducted on the Mizo male and female young adults (aged 18-24 years) studying in Kolkata and coming from families with a monthly income of Rs. 15,000/- to 30,000/-.

Results & Discussions

The results from Table 1 reveal that no significant difference exists between the mean scores of male and female students with respect to religious attitude. The results indicate that both groups are religious minded

TABLE 1: Mean S.D. & t-Value of Religious Attitude of Mizo students

Dimension	Statistics	Group-A	Group-B	t-Value
Religious Attitude	Mean	136.553	139.676	0.689
	S.D	62.187	62.858	

p≤0.05, Group-A: Male Students of Mizoram studying in Kolkata and Group-B: Female Students of Mizoram studying in Kolkata

TABLE 2: Mean S.D. & t-Value of Social Intelligence of Mizo students

Dimensions	Statistics	Group-A	Group-B	t-VALUE
Patience	Mean	19.107	19.384	0.53
	S.D	2.941	2.390	
Cooperativeness	Mean	24.123	24.323	0.417
	S.D	5.484	3.703	
Confidence	Mean	17.984	18.215	0.622
	S.D	3.34	2.098	
Sensitivity	Mean	20.307	20.661	0.77
	S.D	2.337	4.389	
Recognition of Social Environment	Mean	2	2	0
	S.D	0.303	0.175	
Tactfulness	Mean	4.723	4.538	1.681
	S.D	0.744	0.945	
Sense of Humour	Mean	4.679	4.865	1.357
	S.D	4.805	0.843	
Memory	Mean	8.693	8.323	1.788
	S.D	1.021	1.124	

p≤ 0.05, Group-A: Male Students of Mizoram studying in Kolkata and Group-B: Female Students of Mizoram studying in Kolkata

TABLE 3: Mean S.D. & t-Value of Dimensions of Rigidity Scale of Mizo students

Dimensions	Statistics	Group-A	Group-B	t-Value
Intellectual Rigidity	Mean	7.70	7.569	0.524
	S.D	1.962	1.745	
Emotional Rigidity	Mean	7.4	6.4	3.355
	S.D	1.485	2.934	
Disposition-AI Rigidity	Mean	8	7.584	1.664
	S.D	2.604	0.537	
Social Rigidity	Mean	7.553	8.292	1.136
	S.D	2.347	1.344	
Behavioural Rigidity	Mean	4.092	4.153	0.082
	S.D	1.166	1.411	
Perceptual Rigidity	Mean	4.323	4.676	1.412
	S.D	1.089	1.138	

p≤ 0.05, Group-A: Male Students of Mizoram studying in Kolkata and Group-B: Female Students of Mizoram studying in Kolkata

From the data in Table 3 it has been found that there is no significant difference in the areas of rigidity (intellectual, dispositional, social, behavioural and perceptual) between the two groups indicating that both the respondents studied are equally rigid in these areas. A significant difference was found in the area of emotional rigidity. The results also revealed that girls are expected to make more emotional adjustments compared to the males. Social Intelligence is the ability of an individual to interact and solve problems in a social situation. Results indicate that there is no significant difference in areas of patience, cooperativeness, confidence, sensitivity, recognition of the social environment, tactfulness, sense of humour and memory of social intelligence between both the groups (male and female) studied. This may be due to the fact that both the groups are from the same cultural background and are exposed to similar situation at their respective hostels that exists at their homes in Mizoram. Thus they both have to make similar adjustments to cope with the changed environment. Data also indicates that both groups are equally uncomfortable in a social gathering and new situations.

Results also indicate that there is no significant difference in attitude towards religion among both the groups indicating that they both come from similar religious backgrounds.

Conclusion

Both the young Mizo males and females students studying in Kolkata show similar religious attitudes and social intelligence. Interestingly the males were found to be more rigid than their female counterparts with respect to their emotions.

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