

“A study of social skill of secondary school students in relation to their psychological well being”

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Abstract:

The present study was conducted of see a relation study of social skills of secondary school students. The present study was conducted to a randomly selected sample at 100 students. The tool “social skills scale” was developed by Sood V, Anand A.& Kumar S. and “psychological well being scale” was developed by Si sodia D.S & Chaudhary P. was used for the collection of the data in the present study. The data was analyzed by employing mean, S.D , Correlation. The result of the study showed that there

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I. Introduction

Social skill meaning- social skill plays a crucial role in effective communication and interaction, influencing relationships and social dynamics. Socialization is the ongoing process through which individuals develop and refine these skills. The absence of such skill may indeed lead to social awkwardness and challenges in navigating social situations.

Definition-Chadsey –Rusch (1992) defined social skills as a learnt, goal-oriented, societal norms guided behavior, which depends on a specific situation, social context;

Importance- Social skills play a crucial role in furthering positive connections and collaborations, both personally and professionally. Effective communication is key to building strong relationships and navigating various social contexts.

Uses of social skills in education- social skills play a crucial role in helping individuals navigate diverse social setting. Researchers and educators often focus on assessing and fostering these skills in students particularly adolescents to enhance their adaptability and interaction capabilities across different contexts.

Meaning of psychological well-being- The term “psychological well being” indeed emphasizes the connection between emotional health and overall effectiveness. This aligns with notion that well being involves not just positive emotions but also the ability to function effectively in various aspects of life.

Definition- Burn (2017) defined as “inter-and intraindividual levels of positive functioning with others and self referent attitudes that include one’s sense of mastery and personal growth”.

Importance - Psychological well being as indeed been linked to reduced physical health risks, higher reported happiness and stronger, more meaningful relationships. It underscores the interconnectedness of mental and physical health.

Uses in psychological well being in education- A positive learning environment is crucial for fostering psychological well being and academic engagement, prompting consultants to enhance programs that amplify the impact of these positive factors on students’ grit and overall learning experience.

II. Review

1. Dalal S. & Sarika (2022), “A study of social skills in relation to social adjustment of secondary school students” this study show there was positive effect relationship between social skills and social adjustment 100 secondary school students were selected as a sample in this study.

2. Priya & Singh S. (2023), “Evaluation of psychological well being of college students during pandemic COVID -19” . This study shows their psychological well being is a must and it is beneficial for individuals to live a healthy and satisfied life. This study was online survey was conducted and a total of 160 graduate and post graduate survey participants were chosen from various colleges in the district of luck now.

Justification

Social connection: humans are inherently social beings, and our relationships with others significantly impact our psychological well-being. Social skills enable individuals to initiate and maintain meaningful connections, support and validation which are essential for mental health.

Coping mechanisms: effective social skills facilitate adaptive coping strategies, such as seeking social support, problem solving collaboratively and expressing emotions constructively.

Interpersonal dynamics: social skills encompass a range of abilities, including communication, empathy, conflict resolution, and assertiveness which influence the quality of interpersonal interactions. Positive interactions characterized by mutual respect, empathy and cooperation contribute to enhanced self-esteem, satisfaction with relationships and overall psychological well-being.

Mental health outcomes: deficits in social skills have been linked to various mental health issues, such as social anxiety, depression and loneliness.

Statement of problem:

“A study of social skill of secondary school students in relation to their psychological well being”

Objective

1. To study the social skills of secondary school students.
2. To study the psychological well-being.
3. To find out of the relationship between social skills and psychological well-being of secondary school students.

Hypothesis

1. There is no significant relationship between social skill and psychological well-being of secondary school students.

Method of study

In present study, descriptive survey method will be used.

Sample of the study

In research paper sample of 100 secondary school students were through random sampling techniques. 50 students are boys and 50 students are girls.

Variable of the study

Social skill and psychological well-being were used to research work.

Tool used

Social skill scale developed by Sood V., Anand A & Kumar S. (2012)

Psychological well-being scale developed by Sisodia D.S & Choudhary P

Statistical techniques used

Mean, S.D, Co-relation was used in present study.

Analysis

Table 1: To Compare Social Skills of Secondary School Students on the basis of genders.

Gender	N	Mean	S.D
Boys	25	318.36	15.99708307
Girls	25	309.04	30.52387044

From table 1, it is concluded that the mean scores of social skills of Girls students are less than Boys students. The S.D scores of social skills of Boys students are less than Girls students.

Table 2: To Compare Psychological Well-Being of Secondary School Students on the basis of genders.

Gender	N	Mean	S.D
Boys	25	140.2	13.86842938
Girls	25	145.6	10.34583162

From table 2, it is concluded that the Mean scores of psychological well- being of Boys students are less than Girls students. The S.D scores of psychological well – being of Girls students are less than Boys students

Table 3: To Find out relationship between social skills and psychological well-being of secondary school students.

Variable	N	Co-relation
Social-skill	50	-0.15801
Psychological well being	50	

From table 3, revealed that there is negative correlation between Social Skills and Psychological Well-Being of secondary school students. Therefore the null hypothesis “There is no relationship between Social Skills and Psychological Well-Being of Secondary School Students” is accepted.

Delimitation of the Study

1. The study will be delimited to 100 secondary school students only.
2. The present study will be delimited only boys and girls students.
3. The present study deals with social skills and psychological well-being.

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