

TO STUDY THE SELF-ACTUALIZATION AMONG SMART PHONE USERS

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Abstract

Self-Actualization plays a vital role in one's personality development, academic progress, mental wellbeing, socio-economic development, intelligence, mental and emotional stability, as well as extra-curricular plus academic achievements. In this research study of Self-Actualization among Smart phone users, 100 college going students are selected randomly from urban side college. Which of them 50 are male students and 50 are female students. Students are from junior college. For conducting this research work the students ask to solve the paper pencil test of Self-actualization scale develops by ankur psychology agency in 1983. In this scale 75 statements are their which are related 1 factors like self-actualization. The result says that the Smart phone use status of students does matter their Self-actualization. But there is no impact of gender on criteria's of Self-actualization.

Key words: Smart Phone, Students, and Self-Actualization,

INTRODUCTION

Self-actualization largest people are those who were capable of the growth of self actualization (Maslow, 1962) refers to the need for personal growth and discovery that is present throughout a person's life. For Maslow person is always becoming and never remains statics in these terms.

Importance of self-actualization:

The self-actualized are auto norms and independent self actualized people are highly Independent and do not confirm to the norms of society they do not depend on people the word or any internal factor's for their happiness instead they draw satisfaction from their oven development and personal growth. Self-actualized people are spontaneous another characteristic of self actualized people is a tendency to be Unconventional and spontaneous. While there people are able to follow generally accepted social expectations. They don't feel confident by these norms in their thoughts or behavior's.

The important of Maslow's pyramid of needs

Concept of self-actualization:

Maslow defined self actualization to be the desire form self fulfillment normally the tendency for him the individual to become actualized in what he is potentially this tendency might be phrased as the desire to become more and more what one is to become everything that one is capable of becoming.

A basic definition of self actualization from a typical college textbook finish self actualization according to Maslow simply as the full vaccination of one's potential and of one's true self Maslow use the term self actualization to receivable desire not a doing force that could lead to realize zinc once capabilities he did not feel that self actualization determined one's life rather he feel fit that it go to individual a desire of motivation to achieve building ambitions. Research shows that when people leave line that are different from their true nature and capability they are less likely to be happy than those whose goods and live much.

Self-actualization characteristics are: efficient perceptions of really reality self-actualization are able to judge situation comment li and honestly they are face to see reality as it is.

Comfortable acceptance of: others and nature self actualizes accept their own women's nature with all its Flows. The shortcomings of the others and the country vacations of the human condition are accepted with humor and tolerance.

Reliant on own experience and judgment: independent not rely on culture and environment and took from opinion and views.

Spontaneous and natural: true to oneself rather than being how others what.

Continued pressure of appreciation: the self actualization seems to constantly renew action of life's basic goods .a sunset or a floor will be experienced as intensely time after time as it was at there is an Innocence of vision like that of an artist or child.

Comfort with solitude: despite their cell satisfying relation steps with other self actualizing people value solitude and are comfortable being alone.

Non Australia sense of humors: These refer to the ability to laugh at one.

Few friends: few close intimate friends rather than many superficial relationships. Among those are really wish to be himself to be full women's to fill full themselves and to be compo lately live as well as willingness to Rusk being vulnerable and to uncover more pintail aspect in order to learn about grow through and integrated these parts of themselves this has parallels with Jung's slightly surlier concept of individuation.

REVIEW OF LITERATURE

Dr. Given orden 2017 he investigate issues related with the identity special self related aspect such as self-actualization and self-efficiency and understand the emotionally intelligent level of undergraduate in graduate student in Turkey and analysis the relations of this aspect the sample consists of 278 undergraduate student from Istanbul University business administration faculty result renewal that emotional intelligence has significant and positive effect on self actualization and self sufficiency self actualization has also significant and positive effect on self efficiency result are discuss the survey where distributed to the total of 500 under graduation student in the Istanbul University it business administration faculty 346 questionnaires' where return and after eliminated the uncompleted and in corrected once 278 questionnaire is used for analysis regarding self efficiency the scale that was developed by Sher et Al. T. fkarahan and b.myelcm the effect of an emotional intelligence skill training program on the emotional intelligence level of turkeys University student Eurasian journal of education research 193- 208 2009.

Kaitlyn T Cameron 2012 creative careers and Self-actualization University of New Hampshire main compass kit. Creative self-actualization in this study kathleen to corner research about people who work in creative careers and their rating of self actualization is somewhat limited have a where there has been little research on the association between this difficult concept in order to better understand this future the area getting research regarding creative self actualization and career motivational is reviewed in this study there where total of the 337 participate in participants where all over the age of 18 and responsible white women date of the career most participate where from the United State and Indian participate completed a survey online using Amazon mechanical Turk.

METHODOLOGY

To study the self-actualization among smart phone users.

Objectives

To study about self-actualized girls and boys who are using smart phone.

Hypothesis

There will be better self-actualization found between use smart phone users girls and boys

Method

Sample:

For this research work I choose the data collection from College going students from Aurangabad city, by random sampling selection technique. The total number of sample has 100 college students there are 50 girl students and 50 boy's students. The sample age range was 17 to 20 years.

Design of study

The present study balanced by on way factorial research design. There are one independent variables are students (who using smart phone) and one Dependent variables are self-actualization.

Variables:

Independent variable

Smart phone users’ students

Dependent variable

Self-actualization

Tools

The present research I have used Self-actualization scale develops by ankur psychology agency in 1983. In this scale 75 statements are their which are related 1 factors like self-actualization. This test was administrate as per the instruction provide in the test manual.

Procedure of data collection

For the present study 100 sample of students, 50 boys and 50 girls test where administrated each test was collected. The data collection will be involving the administration of above mentioned measures the subject will be called in girls and boys for college students. There will be Random distribution of both question arise in college was done who using smart phone.

Statistical Analysis and Interpretation

This research information collect by student get analyzed and result formal letter for this description statistical main standard division are used. For the study statistical analysis done by ‘t’ test.

Type	Mean	SD	T-value	Table value
Male	162	19.33	1.45	0.05 level=1.984
Female	170.22	18.11		0.01 level=2.626

T vale 0.05=1.984, and 0.01= 2.626, and DF is =98

The main effect on the self-actualized boys mean is 162 and SD is 19.33 and second girls mean is 170 and SD is 18.11 dimensions on self-actualization and t value is 1.45 and two mean is Not-significant at 0.05 and 0.01 both level. ‘t’ table value at 0.05 level is 1.984, and 0.01 level is 2.626.

DISCUSSION

Self-actualization in contract to the cell pre salivation mean something that comes close to realization of one essence one identity one felt sense of oneself which may in consequences mean that a person is willing to risk his or her life order to maintain self actualization the realization of or her essence of the person he or she feels that is.

Self-actualization to describe something distinct from the concept developed by Maslow the actualization of the individual sense of self .the propose of self actualization is continues as the individual matches into a social competent inter dependent autonomy and its ongoing thought about the life cycle when there is sufficient tension between the individuals sense of self and their experience psychopathological state of income origins can arise according to rangers individuals are actually conditions rewarded reinforced for the behavior which are in fact preventions of the nature direction of the unity actualize tendency in registry self-actualization is not the end. It is the process that cans in conductive circle mastics in particular the presence of the pole position self regard and the sympathetic understanding of the others lead to the individuals becoming more fully functioning.

Results

The results show on the self-actualization boys mean is 162 and SD is 19.33 and girls mean is 170 and SD is 18.11 dimensions on self-actualization and t value is 1.45 and two mean is Not-significant. At 0.05 and 0.01 both level. ‘t’ table value at 0.05 level is 1.984, and 0.01 level is 2.626.

Conclusion

Girls and boys have Not-significant diferencwe in self actualieization. There is highly effect of smart phone on youngsters/ students.

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