

**GIF**  
GLOBAL IMPACT FACTOR

0.876



pISSN 2321-5453  
eISSN 2347-5722

Available at: <http://itirj.naspublishers.com>

# INNOVATIVE THOUGHTS

## INTERNATIONAL RESEARCH JOURNAL

Volume 5  
Issue 5 April 2018

A REFEREED JOURNAL

Listed In



## A STUDY ON SELF ACTUALIZATION AMONG YOUNG ADULTS

J. Lizzie<sup>1</sup> and Dr. D. Hemalatha Kalaimathi<sup>2</sup>

---

### Abstract

*Present paper focuses on the A Study on Self actualization among young adults. In this study 482 male and 518 female students from various streams in Thiruvallur district of Tamil Nadu were selected. The descriptive survey method was employed for the present study. A random sampling technique was used for selection of sample. The data was organized and statistically analyzed by using Mean, SD and 't' test. The finding of the study revealed that a) There is significant difference in their Self actualization among young adults belongs to Age group and Locality. b) There is no significant difference between in their Self actualization among young adults belong to Gender, Residence and Type of family.*

---

### INTRODUCTION

Self-actualization as a construct has been defined in different ways by different authors. According to Kurt Goldstein (1934). "Self-actualization is the only driving life force that ultimately leads to maximising one's capabilities and establishing the pathway of one's life." He was the first to introduce the concept of self-actualization. He described the concept as a "driving force" which resides within human beings and motivated a person to develop their innate abilities to the fullest. Under the influence of Goldstein, Abraham Maslow redefined self-actualization as a "desire" to be "more and more of what one is", rather than a driving force" to maximize all that one is capable of. According to Abraham Maslow (1943) "Self-actualization is the desire in a human being to become actualised in what he is capable of becoming". Maslow felt that self-actualization gives individuals desire to achieve their ambitions. According to Maslow's theory of Human Motivation human behaviour is motivated by a set of needs.

### SELF ACTUALIZATION

Rogers believed that every person could achieve their goals, wishes, and desires in life. When they did self – actualization took place. For Rogers (1961) people who can self – actualize, and that is not all of us, are called fully functioning persons. This means that the person is in touch with the here and now, his or her subjective experiences and feelings, continually growing and changing.

In many ways, Rogers regarded the fully functioning persons as an ideal and one that people do not ultimately achieve. It is wrong to think of this as an end or completion of life's journey; rather it is a process of always becoming and changing.

The potential of the individual human is unique, and is meant to be developed in different ways according to one's personality. Rogers believed that people are inherently good

---

<sup>1</sup> Ph.D. Research Scholar (FT), LWIASE, Ch 5, Tamil Nadu

<sup>2</sup> Assistant Professor, LWIASE, Ch 5, Tamil Nadu

and creative. They become destructive only when a poor self-concept or external constraints override the valuing process. Carl Rogers believed that for a person to achieve self-actualization, they must be in a state of congruence between the ideal self and the ideal self. This means that self-actualization occurs when a person's "ideal self" (i.e., who they would like to be) is congruent with their actual behaviour (self-image). Rogers describes an individual who is actualizing as a fully functioning person.

Self-actualization need not take the form of creative and artistic endeavours. A parent, an athlete, a student, a teacher, and an ardent labourer may be actualizing their potential abilities in doing well what they each can do best. Since specific forms of self actualization vary greatly from person to person, it is at this level of Maslow's need hierarchy that individual differences are greatest. Cangemi (1976) studied the characteristics of self-actualized individuals. He found that such individuals have become fully human and have used their capacities to the maximum. Such individuals have discovered their latent potentials and perfected their uniqueness. They have learned what is possible and what is not and have taken appropriate steps to bring about the possible. Cangemi and Englander (1974) concluded that adequate self-awareness is the first step toward self-actualization or self fulfillment.

The intervening steps are insight, self-understanding, self-acceptance, psychological growth and psychological health. Therefore education must teach this. The individuals must feel he is very important and useful specimen of the nature and is made for the work he is doing. He has all adequate potentials to do the taken up job, and he can be a successful man in that profession. Mankind has a need for and strives toward inner fulfillment. The impulse toward realizing one is potentialities is both natural and necessary. Yet very few, only specially gifted ones, achieve self-actualization. Their percentage may be only less than one. There are some reasons to it. In fact people do not realize their own abilities, and preclude a fair chance of becoming self-actualized. The social environment also stratifies development towards self-actualization of all its members. Some societies may be superior to others in terms of providing opportunities for individual self-fulfillment only. Safety need also inhibits self-actualization. It restricts individuals to take risk, to make mistakes and to treat old habits. They lack courage. Individuals fear and anxiety also increase their tendency to regress toward safety and security. Most people exhibit to continue specific habits to persist to past behaviours. Foreign children reared in secure warm, friendly atmosphere have healthy growth. Realization of one's own potential requires openness to novel ideas and experiences which ultimately helps in development of self actualization.

### NEED FOR THE STUDY

This disorder impacts on interpersonal functioning. Not only are the educational and carrier aspirations of many people with low self actualization severely affected by the distress that they experience in routine. It is a great hindrance for the young adults in achieving great heights. This lowers their self esteem to a great extend. This prevents them from being self actualised. Self actualizing people are self aware focus on personal growth and not very concerned with the opinion of other and desire to achieve their potential. Therefore it is

evident that it gives negative impact on self actualization among young adults. Hence the prevalence of the present study Hence there is an urgent need to investigate into these phenomena.

### OBJECTIVE OF THE STUDY

To study whether the young adults belonging to different groups based on Gender, Age, Locality, Residence and Type of Family differ significantly in their Self actualization.

### HYPOTHESIS OF THE STUDY

Young Adults do not differ significantly in their Self actualization based on Gender, Age, Locality, Residence, and Type of Family.

### METHODOLOGY

As the study intend to collect data pertaining to the Self actualization among young adults. Normative Method is employed to describe and interpret what exists at present.

**Sample:** An adequate and representative sample is essential for the study to be scientific, effective, and reliable and also to minimise the sampling errors. For the purpose at the present study, 16 colleges have been selected from Thiruvallur district. A total of 1000 young adults from Teacher Education Colleges, Arts & Science, Engineering and Medical colleges were selected randomly.

**Tool Used:** Self actualization questionnaire (SPQ) was developed and standardized by the Investigator and the supervisor.

### ANALYSIS AND INTERPRETATION OF THE DATA

Table 1. Mean, S.D. & t-value of Sub-samples on Self-actualization among Young Adults

Category	Sub sample	N	Mean	SD	t-value	LS
Gender	Male	482	217.09	38.872	1.939	NS
	Female	518	221.66	35.354		
Age	18-20	699	217.60	35.361	2.422	S
	21-23	301	223.78	40.717		
Locality	Rural	708	217.69	36.456	2.292	S
	Urban	292	223.74	38.487		
Residence	Days scholar	933	219.47	37.621	0.049	NS
	Hostellers	67	219.28	29.929		
Type of Family	Nuclear	620	219.02	36.625	0.474	NS
	Joint	380	220.18	38.010		

From the table, it is clear that the calculated 't' value (1.939) is less than the table value 1.96 at 0.05 level showing no significant difference between Male and Female young adults in their Self actualization.

The calculated 't' value (2.422) is greater than the table value 1.96 at 0.05 level showing significant difference between the age group of 18-20 years and 21-23 years of young adults in their Self actualization.

The calculated 't' value (2.292) is greater than the table value 1.96 at 0.05 level showing significant difference between the Rural and Urban young adults in their Self actualization.

The calculated 't' value (0.049) is less than the table value 1.96 at 0.05 level showing no significant difference between Days scholar and Hosteller in their Self actualization.

The calculated 't' value (0.474) is less than the table value 1.96 at 0.05 level showing no significant difference between Nuclear and Joint family of young adults in their Self actualization.

## **FINDINGS**

- There is no significant difference between Male and Female young adults in their Self actualization.
- There is significant difference between the age group of 18-20 years and 21-23 years of young adults in their Self actualization.
- There is significant difference between the Rural and Urban young adults in their Self actualization.
- There is no significant difference between Days scholar and Hosteller in their Self actualization.
- There is no significant difference between Nuclear and Joint family of young adults in their Self actualization.

## **EDUCATIONAL IMPLICATIONS**

Living a life with happiness is the goal of all individuals. Happiness could be attained only when he is fulfilled. A man can realise fulfilment through his achievement or success at his own pace. A fulfilled man / individual is a productive citizen of the Nation. This actualisation could be achieved by the followed methods.

1. Personality Development Training.
2. Developing Self Confidence.
3. Guidance and Counselling.
4. Value Education
5. Providing opportunities to all
6. Creating interest
7. Encouraging Participation in all activities.

## REFERENCES

- Croft, Gillian., Boyer, Wanda.,& Hett, Geoffrey. (2009). Self-actualization: The heart and soul of a potential-based life, *Early Childhood Education Journal*, 37(1), 43-49.
- Donna, R.R., Kay, F.,& McFarland, M.D. (2000). Purpose in Life and Self-Actualization in Agency- Supported Caregivers Community, *Mental Health Journal*, 36(5) 231-239.
- Fetzer, S.J. (2003). Professionalism of Associate Degree Nurses: The Role of Self-Actualization. *Nursing Education Perspectives*, 24(3),39-43.
- Francis, N.H., Kritsonis.,& William, Allan. (2006). A Brief Analysis of Abraham Maslow's Original Writing of Self-Actualizing People: A Study of Psychological Health, *National Journal of Publishing and Mentoring Doctoral Student Research*, 3(1).
- Goble, F. (1970). *The third force: The Psychology of Abraham Maslow and Richmond*, Ca: Maurice Bassett Publishing.
- Maslow, A.H. (1950). Self Actualizing People : A Study of Psychological Health Personality, *Symposium*, 1, 11-34.
- Sharma, K.N. (2000). *Manual for Self-Actualization Inventory (SEAF)* Lucknow: Ankur Psychological Agency.

### Miscellany

#### Scope of Innovative Thoughts International Research Journal (ITIRJ)

The ITIRJ provides a forum for scholarly discussion on topics in a multidisciplinary aspect.

Manuscripts can be on any topic and subject of study such as Physical Sciences, Life Sciences, Chemical Sciences, Social Sciences, Medical sciences, Pharmacy, Engineering, Pedagogical Sciences, Applied Research areas, Languages and Literature etc. In addition, the Journal publishes research articles, book reviews, editorials, guest articles, comprehensive literature reviews, and reactions to previously published articles. The ITIRJ publishes articles written in Six Languages; English, Hindi, Arabic, Urdu, Tamil and Malayalam.

#### Review Process

Each article submitted to us is undergone through a Peer Review process. The review report will be sent to the author along with Acceptance/ Rejection/ Modification letter.

#### Manuscript Submission Guidelines

An electronic version in Microsoft Word format on email should be submitted online at [www.naspublishers.com](http://www.naspublishers.com). Thus submitted articles will immediately be displayed under the link 'New Arrivals' on the web. It is mandatory to enter the correspondence postal address with PIN and Contact telephone numbers while submitting the articles. Every article should have an abstract just under the title and all the references should be arranged as per the APA. It may be needed to send a hard copy of the same if requested later with the destination address. Authors will have to remit the publication fee only after receiving the acceptance letter.

E-mail: [naspublishers@gmail.com](mailto:naspublishers@gmail.com)

1. The articles must be either in .DOC or .DOCX format and be submitted online at [www.naspublishers.com](http://www.naspublishers.com)
2. All manuscripts must be 1 ½ line spaced and must adhere to the guidelines published in Publication Guidelines of the American Psychological Association (5th Edition). Tables and figures, however, should be imbedded within the text itself rather than at the end of the document.
3. All figures and artwork must be scaled to fit within the page size (4.5" column width) and included electronically within the document.
4. The paper should be prefaced by a short Abstract.
5. References should be listed at the end of each paper in alphabetical order of authors and arranged as per APA format.
6. Papers already published elsewhere will not be accepted for publication in this journal.
7. Papers published in this Journal cannot be reproduced elsewhere without the permission of the Publisher.

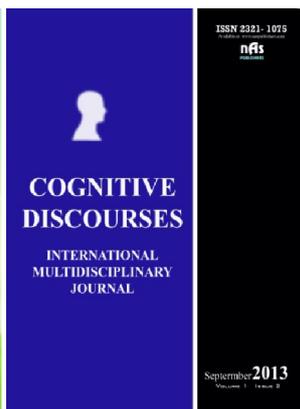
#### Subscription Charges:

Journal Title	Single Issue	Half an year	One year
Conflux Journal of Education (monthly)	₹500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign subscribers)	₹2000 for Institutions/Libraries. ₹1800 for individuals. (\$120 for Foreign Subscribers)	₹3600 for Institutions/Libraries. ₹3500 for individuals. (\$240 for Foreign Subscribers)
Cognitive Discourses International Multidisciplinary Journal (bi-monthly)	₹ 500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign Subscribers)	₹1000 for Institutions/Libraries. ₹900 for individuals. (\$60 for Foreign Subscribers)	₹1800 for Institutions/Libraries. ₹1750 for individuals. (\$120 for Foreign Subscribers)
Innovative Thoughts International Research Journal (bi-monthly)	₹ 500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign Subscribers)	₹1000 for Institutions/Libraries. ₹900 for individuals. (\$60 for Foreign Subscribers)	₹1800 for Institutions/Libraries. ₹1750 for individuals. (\$120 for Foreign Subscribers)
Journal of Pedagogic Researches and Renovations (bi-annual)	₹500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign subscribers)	₹ 500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign Subscribers)	₹800 for Institutions/Libraries. ₹750 for individuals. (\$50 for Foreign Subscribers)

## PEER REVIEWED RESEARCH JOURNALS



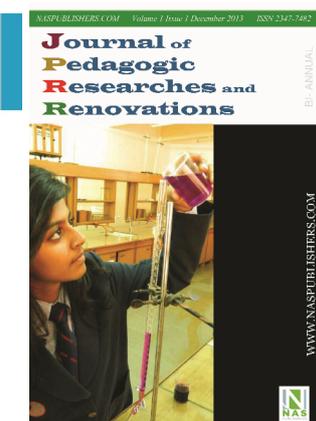
**INNOVATIVE THOUGHTS**  
International Research Journal  
pISSN 2321-5143  
eISSN 2347-5722  
Bi-monthly, Print/online  
<http://itirj.naspublishers.com>



**COGNITIVE DISCOURSES**  
International Multidisciplinary Journal  
pISSN 2321-1075  
eISSN 2347-5692  
Bi-monthly, Print/online  
<http://cdimj.naspublishers.com>



**CONFLUX**  
Journal of Education  
pISSN 2320-9305  
eISSN 2347-5706  
Monthly, Print/online  
<http://cjoe.naspublishers.com>



**JOURNAL OF  
PEDAGOGIC  
RESEARCHES AND  
RENOVATIONS**  
ISSN 2347 - 7482  
Bi-annual, Print only

Submit articles at  
**[www.naspublishers.com](http://www.naspublishers.com)**





Perinthattiri P.O, Cheloor, Malappuram Dt. Kerala, India, Pin - 676 507

Ph: 09745073615, 08907162762

Email: [naspublishers@gmail.com](mailto:naspublishers@gmail.com), web: [www.naspublishers.com](http://www.naspublishers.com)



 /9745073615  /NasPublishers