

Self – Control “Self Control Among College Student”

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ABSTRACT

The main purpose of present study was to find out mean difference certain personal self-control in college students. The total sample consisted of 200 students among which 100 of girls and 100 boys selected from deferent area of rural and urban of Amreli city the research fool used for self-control by arunkumar sir and A.S.Ganpata and transled in to Gujarati by Dr. Y. A. Jogsan It consists of 30 items to check in ‘t’ test and correlation of college student methods was used in self-control in Gender and areas variables were showed no significant defference at 0.05 levels and correlation analysis showed that is positive in self control of gender and areas result.

Keywords : Self Control, Motivation Goals and Planning, Attention Allocation, Cognitive Change, Suppression

I. INTRODUCTION

Control to the concept of self-control is the nation that there is a self-that is either in control or being controlled. But what is the self ? How does one’s concept of the self develop over lime and is it malleable? and importantly what role does the self-play in self-control this section outlines a number of resources that questions it is important to recognize from the outset that although the accept of “the sat is intimately linked with self-control it is also related to a host of additional phenomena. which are outside the scope of this review therefore this section provides a comprehensive bibliographic guide on the psychology of the self. (Quenther and Alicke 2013) as well as a reference to a handbook on the self (leary and Tangney 2012) which brings together leading researchers to discuss various aspects of the self-including those related specifically to self-control. This section then lists number of papers that offer different views on how to concept lalir the self james 1890 discussed what constitutes the self. while marker and kitayamd 1991 fooues on the self from a cultural stanapoint marks and nutrias 1986 discusses possible selves and Mcadams 1993. take about the self from a

narrative standpoint, moreover Sherman and when 2006 discusses self maintenances processes and Wilson 2009 devisers self know edge two processes that have important implications for self-control.

Psychologist have indentified a number of processes that are involved in self-control this section highlights four key processes.

- 1). Motivation Goals and Planning
- 2). Attention Allocation
- 3). Cognitive Change
- 4). Suppression

These keys provides the most parsimonious way of presenting this information which are is below.

- 1) Motivation Goals and Planning

People can hove myriad self-control tarots at this disposal but if they are not properly motivated to use those tools it is unlikely that they will exert self-control.

- 2) Attention Allocation.

This section revisers papers that capture intentional processes involved in self – control.

3) Cognitive change

Several concepts in the self-control literati are describe the basic process of changing the way one thinks about a stimulus to change the way one talk and beavers.

e.g.

Re construal reappraisal rethinking working through. meaning making through.

4) Suppression

People of then try to control their thoughts fallings and behaviors by matting them so that they are outside of their consents awareness are other consigns awareness.

Objectives

The main objectives at study were as under.

- 1). To Measwere the self-control among rural and urban college student.
- 2). To measwere the self-control among girl and boys college student.
- 3). To measwere the correlation between gender and areas self control among college students.

Hypotheses

To related objectives of this study mull hypotheses were as under.

- 1). There will be no significant mean difference of self-control among rural and urban college students.
- 2). There will be no significant mean difference of self-control among girls and boys college students.
- 3). There will be mo significant correlation between self-control of Gender and areas of college students.

II. METHODS AND MATERIAL

Sample :-

In this investigation total 200 subject were randomly selected 100 girls and boys rural and urban college students.

Research tools:-

For this purpose the following test tools were countered with their reliability validity and objectivity mentioned in these is respecter manuals in present study on 1questionnaires used in this research.

Mobile use style:-

The questionnaires was developed by wikie (2001) It consists of 18 items and five point this inventory has test reliability coefficient and validity at study.

Proceeds of data collection :-

According to purport at present study investing for explained the purpose at the study at the subject. The whole procedure at filing the inventory was explained to them fully and erectly. The instructions giver on the questionnaire were explained to them it was also made dear to them that scares would be keep serest it was checked that none it the subject deft any questions unmans weal out that no subject encircled both the elms were given against question.

III. RESULTS AND DISCUSSION

The main objective of present study was to study at self – control among college students for this purpose ‘t’ test and correlation were used here result discussion of self-control and is as girls and boys and rural and urban as under.

Table – 1

Variables	N	Mean	SD	t	Sing
Girls	100	12.55	5.167	1.08	N.S.
boys	100	11.79	4.768		

P < 0.05, P L < 0.01, N.S. = Not significant

The result obtained on the basic area at self control reveals not significant in girls and boys college student.

We have seen table-1 't' calculation for self control between girls and boys that 't' value was 1.08 which was on significance at 0.05 levels. Hence the hypothesis was accepted and it could be said there was no significant mean difference between girls and boys variable their self control score.

Table – 2

Showing mean SD and 't' valued of rural and urban college students.

Variables	N	Mean	SD	t	Sing
Rural	100	12.22	5.43	0.14	N.S.
urban	100	12.12	4.50		

P < 0.05, P L < 0.01, N.S. = Not significant

The result obtained on the basic area at self control reveals not significant in rural and urban college students.

We have seen table -2 't' calculation for self-control between rural and urban that 't' value was 0.14 which was on significance at 0.05 levels hence the hypothesis was accepted and it would be said there was not significant mean difference between rural and urban college students.

Table – 3

Showing the correlation between self-control of girls and boys and rural and urban college student.

Variables	N	r
Gender	200	0.85
Areal	200	

Result at correlation analysis revealed that there is as positive correlation between self-control significant

0.85 we can say that correlation as positive correlation in gender an areas.

Discussion

The following discussions have been on the basis of the finding of this study. There was not significant difference at college student is 't' value and correlation between Gender and areas.

IV.CONCLUSION

The concluded form this study that self-control is in Gender and area reported with self-control to college student more them self-control whereas girls, boys, rural and urban reported most than self-control this students result reason of over load college students so we can see. These students not affected different at other studies.

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