

## A STUDY ON SELF DISCLOSURE OF ADOLESCENTS

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### ABSTRACT

*The present study is intended to investigate the tendency of self disclosure in adolescents. Self-disclosure means letting another person know that you think, feel or want is the most direct means by which an individual can make himself known to another person and it is a must for healthy personality. The study is conducted on 100 class XI students of Bhilai township. The study revealed that financial matters, hopes, fears and occupation are some important areas they talk about while affection is not at all discussed to their peers or elders by the sample.*

### INTRODUCTION

While all periods in the life span are important, some are more important than others because of their immediate effects on attitudes and behaviour. Some periods are important for their physical effects and some for their psychological effects. Adolescence is important for both. Transition of a stage does not mean a break with or a change from what has gone before but rather a passage from one stage of development to another. This means that what has happened before will leave its mark on what happened now and in future.

While every age has its problem, those of adolescence are often especially difficult for boys and girls to cope with. There are two reasons for this. First throughout childhood, their problems were met and solved, in part at least, by person and teachers. As a result, many adolescents are inexperienced in coping with problems alone. Secondly because adolescents want to feel that they are independent, they demand the right of coping with their own problem, rebuffing attempts on the part of parents and teacher to help them.

As adolescents approach legal maturity, they are anxious to shed the stereotype of teenagers and to create an impression that they are near adults. Dressing and acting like adults, they discover, are not always enough. So, they began to concentrate on behaviour that is associated with the adults' status smoking, drinking, using drugs, and engaging in sex, for example. They believe that this behaviour will create the image they desire.

Fourteen-year-olds Gesell et al (1956) have reported, are often irritable, are easily excited and explode emotionally instead of trying to control their feelings. Sixteen years olds, by contrast, say they 'don't believe in worrying'. These the storm and stress of this period lessens as early adolescents draws to a close.

In a study of what of adolescents wants in their friends, Joseph (1969) has pointed out the most adolescents claim they want "someone to be trusted, someone to talk to, someone who is dependable". Because of these changed values, childhood friends will not necessarily be friends in adolescence. To most young adolescents, popularity means having a large number of friends. As they grow older, the kind of friends they have becomes more important than the number. However, adolescent values, regarding the right kind of friends tend to change from one year to another, depending on the values of the group with which they are identified at that time. Self-disclosure is an important value used in the selection of friend during adolescence.

### CONCEPTUAL FRAMEWORK OF STUDY: SELF-DISCLOSURE:

'Self' is the inner image of one's own personality, and self-disclosure is an important personality characteristics. Self-disclosure means letting another person know that you think, feel or want is the most direct means by which an individual can make himself known to another person and it is a must for healthy mental personality.

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Hunter, Sally B.;et.al(2011) study on self-disclosure as an important component of parent-adolescent relationships. Results reveal that adolescents from different cultures generally disclose for similar reasons and in similar patterns and that adolescents who disclose report social competence and, consistent with past research, positive parenting. Levin. Cozby,Gergen(1969) suggested that medium amount of disclosure from another person indicate desire for a closer relationship and truthfulness, but that a great deal of communication may be interpreted as a lack of discretion and may inspire distrust in a partner.

According to Levin and Gergen's (1969) experience of self-disclosure to the presence of or desire for trust in a relationship Self-disclosure involves a type of emotional risk-taking, and a sense of trust is important for self-disclosure to feel comfortable or advisable in a relationship (Pearce, 1974). Jourard (1971) suggests that people expect to receive rates of disclosure similar to that which they give to others. If there are different criteria for disclosure between partners, expectations can go unfulfilled, resulting in relational dissatisfaction (Jorgensen and Gaudy 1980).

**SAMPLE**

The study is conducted on a sample of 100 students which include 50 boys and 50 girls studying class XI in Bhilai township.

**TOOL**

For measuring the self-disclosure the researcher used the scale which is developed by Dr. Veranda Sinha (1982, U.P.).

**OBJECTIVES OF THE STUDY**

1. To study the difference in the factors of self disclosure in adolescents.
2. To study the role of gender in self disclosure of adolescents.

**RESEARCH QUESTIONS**

1. Is there any difference in the factors of self-disclosure in adolescents?
2. Does gender play any role in the self-disclosure of adolescents?

**RESULT AND INTERPRETATION:**

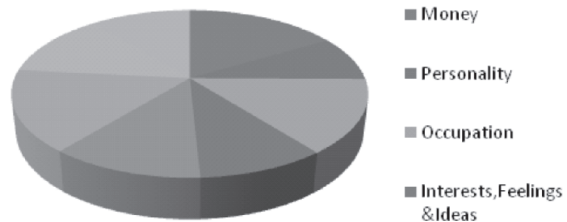
Q 1. Is there any difference in the factors of self-disclosure of adolescents?

Factor wise self-disclosure( % wise) is shown in the below given table.

**Table # 1  
FACTOR WISE SELF-DISCLOSURE**

SL. NO	AREA	AREA WISE SELF-DISCLOSURE (%)
1.	Money	16.46
2.	Personality	8.68
3.	Occupation	14.24
4.	Interests, Feelings & Ideas	9.84
5.	Religion	11.70
6.	Hopes & Fears	15.70
7.	Mental conflicts	12.45
8.	Sex	10.93

**FACTOR WISE SELF-DISCLOSURE SHOWN BY DIAGRAM**



From the above diagram the area of self-disclosure role of money is seen high with 16.46 in %, followed by hopes and fears at 15.70 %, occupation at 14.24 %, mental conflicts at 12.45 %, religion at 11.70 % and soon.

The result can be interpreted that financial matter, hopes, fears and occupation etc. It can be said that affection domain is not disclosed by the sample. This shows that the sample are would minded as all worldly matters are more disclosed than other areas.

Q.NO.2 : Does gender play any role in the self-disclosure of adolescents?

The mean scores of self-disclosure of boys and girls are 237.72 and 218.16 respectively. To find the difference is significant or not, 't' value is calculated which shown is follows,

**Table # 2 : difference of self disclosure in gender.**

Description	Mean	SD	N	df	't'	Level of significant
Self-disclosure (Boys)	237.72	139.43	50			Not significant
Self-disclosure (Girls)	218.16	81.79	50	98	0.83	significant

From the table it is reveals that the calculator's' value is 0.83 where as the 't' value at DF=98 table is 2.617 at 0.01 level and 1.980 at 0.05 level of significance which is greater than calculate value. So, there is not significance difference between self-disclosure of boy's vs girls, as boys show higher self-disclosure than the girls.

**CONCLUSION**

The study revealed that financial matters, hopes, fears and occupation are some important areas they talk about while affection is not at all

discussed to their peers or elders. The reason may be that they want to safe guard their vulnerability before others who may turn out to be untrustworthy. The result in this regard was supported by the work of Levin & Gergen(1969) which suggest that self-disclosure inn eases a person's vulnerability to other because at least some of the means for defending him or herself from an acceptable out comes if the other is untrustworthy or abandoned.

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