



## A STUDY ON SELF ACCEPTANCE AND LIFE SATISFACTION AMONG HISTORY TEACHERS IN TIRUVALLUR DISTRICT.

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### ABSTRACT

*This Study examined the relationship between Self Acceptance and Life Satisfaction among History Teachers in Tiruvallur District. This Study adopted Normative Survey method of research participants were 150 this to my Teachers reactly selected from various schools in Tiruvallur District. The research Instruments used for data collection was Self Acceptance inventors constructed by Kakkar, Patiala and Life Satisfaction developed by Dr.Promila Singh, tested at 0.05 and 0.01 level of Significance. The Findings indicated that there is a positive relationship between self Acceptance and Life Satisfaction of history teachers there Life Satisfaction of history Teachers there exist significant impact with respect to Gender marital status, Type of management designation of Teachers and there is no significant impact on Teachers Age.*

**Keywords:** Self-Acceptance, Life Satisfaction, Teachers, History, Sampling, Hypothesis.

### Introduction :

Teachers are one of the greatest people whom we can across in our life. They are not only the selfless givers but also the mentors of our life. At every step of our life, we come cross Teachers who devote their entire life in the enlightenment of students like us. For sure, Teachers' definition can't be limited to a subject teacher because anyone who guides us in our life is a teacher.

Teachers always behave in gentle way to mold the students to follow it and to become a good citizen of our nation. So the Teachers must develop their Self-Acceptance level to live a satisfactory life.

### Self-Acceptance :

#### Nathaniel Branden

"There is overwhelming evidence that the higher the level of self-esteem, the more likely one will treat others with respect, kindness, and generosity. People who do not experience self-love have little or no capacity to love others."

Life Satisfaction is defined as affirmation or acceptance of self in spite of weaknesses or deficiencies. Although this term has been often understood in a common sense way, researchers have defined it formally in terms of positive and negative self-concepts. Life Satisfaction refers to an individual's satisfaction or happiness with himself, and is thought to be necessary for good mental health. Life Satisfaction involves self - understanding, a realistic, albeit subjective, awareness of one's strengths and weaknesses. It results in an individual's feeling about himself that he is of "unique worth".

### Life Satisfaction :

Life Satisfaction is being loving and happy with who you are now. Some call it Self-esteem, others self-love, but

whatever you call it, you'll know when you are accepting yourself cause it feels great. Its an agreement with yourself to appreciate, validate, accept and support who you are this very moment, even those parts you'd like to eventually change.

### Statement of the Problem :

Formally the problem can be stated as Follow, A Study on Self-Acceptance and life Satisfaction among history Teachers in Tiruvallur District.

### Objectives of the Study :

1. To find out significant difference between the Male and Female Teachers with respect to Self-Acceptance based on their Gender.
2. To find out significant difference between the Male and Female Teachers with respect to Life Satisfaction based on their Gender.
3. To find out significant difference between the Teachers with respect to Self-Acceptance based on their marital status.
4. To find out significant difference between the Teachers with respect to Life Satisfaction based on their Marital Status.
5. To find out significant difference among the Teachers with respect to Self Acceptance based on their Type of Management.
6. To find out significant difference among the Teachers with respect to Life Satisfaction based on their Type of Management.
7. To find out significant difference between the Teachers with respect to Self-Acceptance based on their Designation of Teachers.

8. To find out significant difference between the Teachers with respect to Life Satisfaction based on their Designation of Teachers.
9. To find out significant difference between the Teachers with respect to Self-Acceptance based on their Teachers Age.
10. To find out significant difference between the Teachers with respect to Life Satisfaction based on their Teachers Age.
11. To find out significant relationship between the Self-Acceptance and Life Satisfaction among the Teachers.

**Hypothesis of the Study :**

1. There is no significant difference between the Male and Female Teachers with respect to Self-Acceptance based on their Gender.
2. There is no significant difference between the Male and Female Teachers with respect to Life Satisfaction based on their Gender.
3. There is no significant difference between the Teachers with respect to Self-Acceptance based on their marital status.
4. There is no significant difference between the Teachers with respect to Life Satisfaction based on their Marital Status.
5. There is no significant difference among the Teachers with respect to self Acceptance based on their Type of Management.
6. There is no significant difference among the Teachers with respect to Life Satisfaction based on their Type of Management.
7. There is no significant difference between the Teachers with respect to Self-Acceptance based on their Designation of Teachers.
8. There is no significant difference between the Teachers with respect to Life Satisfaction based on their Designation of Teachers.
9. There is no significant difference between the Teachers with respect to Self-Acceptance based on their Teachers Age.
10. There is no significant difference between the Teachers with respect to Life Satisfaction based on their Teachers Age.
11. There is no significant relationship between the Self-Acceptance and Life Satisfaction among the Teachers.

**Research Design**

**Methodology :**

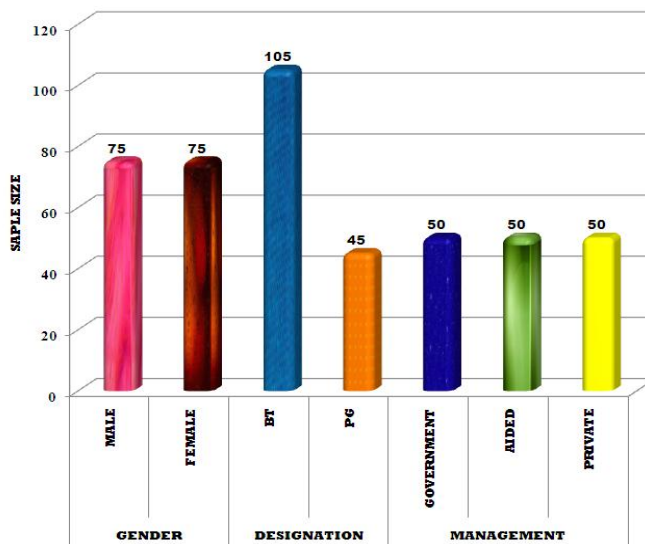
The Study was included through Normative Survey method of research and it is most suitable for the present study.

**Sample :**

A Stratified random sampling technique was adopted for the selection of sample 150 history Teachers were taken for the study.

**SHOWING THE COMPOSITION OF THE SAMPLE SELECTED FOR THE STUDY OF GENDER, TYPE OF SCHOOL AND DESIGNATION**

VARIABLE	GENDER	SAMPLE	TOTAL
GENDER	MALE	75	150
	FEMALE	75	
	GOVERNMENT	50	
MANAGEMENT	AIDED	50	150
	PRIVATE	50	
DESIGNATION	BT	105	150



**Research Tools :**

To Verify the hypothesis formulated in the study, the following tools have been used.

- a) Self-Acceptance inventory developed by Kakkar, Patiala (1984).
- b) Life-Satisfaction Scale developed by Dr.Mrs.Promila Singh

**Statistical Techniques :**

Suitable descriptive and inferential statistical techniques were used in the interpretation of the data to draw more meaningful pictures of results from the collected data. In the present study the following statistical techniques were used.

- MEAN.
- STANDARD DEVIATION.
- CRITICAL RATIO.
- ANALYSIS OF VARIANCE
- CORRELATION COEFFICIENT

➤ QUARTILE DEVIATION.

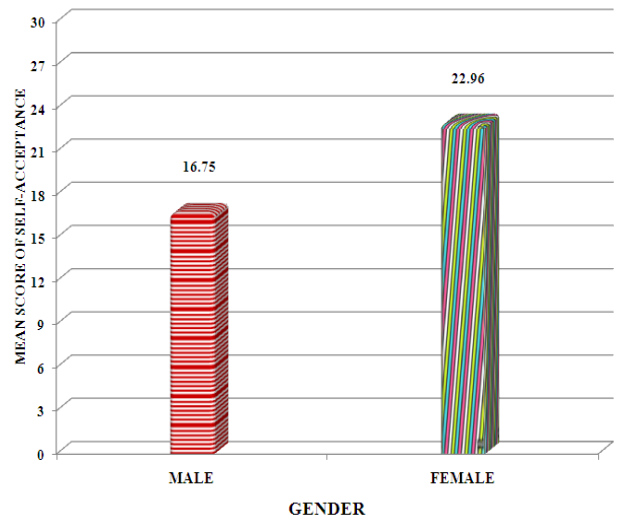
**Major Findings**

1. It is found that there exists a significant difference between the Male and Female Teachers with respect to Self-Acceptance.
2. It is found that there exists a significant difference between the Male and Female Teachers with respect to Life Satisfaction.
3. It is found that there exists a significant difference between the Teachers with respect to Self-Acceptance based on their marital status.
4. It is found that there exists a significant difference between the Teachers with respect to Life Satisfaction based on their marital status.
5. It is found that there exists a significant difference between Government Vs Government Aided and Government Vs Private Teachers based on their Self Acceptance.
6. It is found that there exists a significant difference between Government Vs Government Aided and Government Vs Private Teacher based on their life satisfaction.
7. It is found that there exists a significant difference between the Teachers with respect to Self-Acceptance based on their Designation of Teachers.
8. It is found that there exists a significant difference between the Teachers with respect to Life Satisfaction based on their Designation of Teachers.
9. It is found that there exists no significant difference between the Teachers with respect to Self-Acceptance based on their Teachers Age.
10. It is found that there exists no significant difference between the Teachers with respect to Life Satisfaction based on their Teachers Age.
11. It is found that there exists a Positive relationship among Self-Acceptance and Life Satisfaction among the Teachers.

**TABLE - 1**

**Table shows the significance of difference between the male and female teachers with respect to their self-acceptance based on their gender using mean scores.**

VARIABLE	GENDE R	N	MEA N	SD	t-val ue	TOTA L
SELF-ACCE PTANCE	MALE	75	16.7 5	5.29 7	6.232	0.01
	FEMAL E	75	22.9 6	6.81 9		

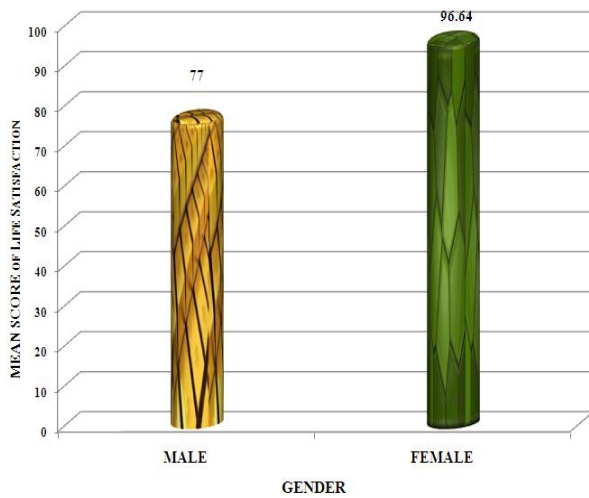


**Graph - 1**

**TABLE - 2**

**Table shows the significance of difference between the male and female teachers with respect to their life satisfaction based on their gender using mean scores.**

VARIABLE	GENDE R	N	MEA N	SD	t-val u e	TOTA L
LIFE SATISFACTI ON	MALE	7 5	77.00	26.03 3	4.254	0.01

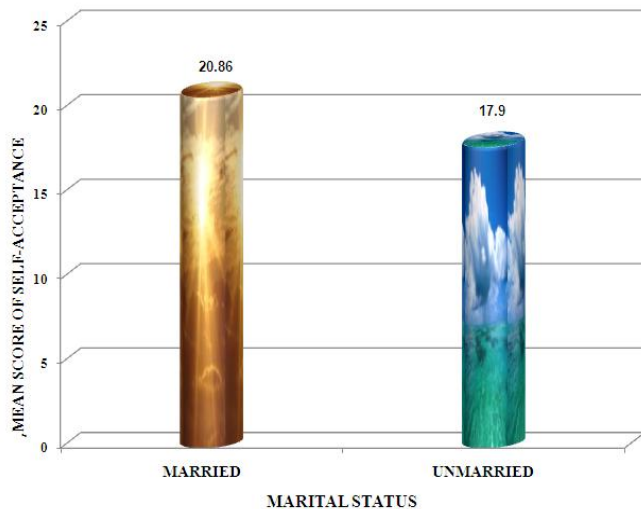


Graph - 2

TABLE - 3

Table shows the significant difference between the teachers with respect to self-acceptance based on their marital status using mean scores.

VARIABLE	MARITAL STATUS	N	MEAN	SD	t-value	TOTAL
SELF-ACCEPTANCE	MARRIED	9	20.86	7.022	2.555	0.05
	UNMARRIED	5	17.90	6.064		



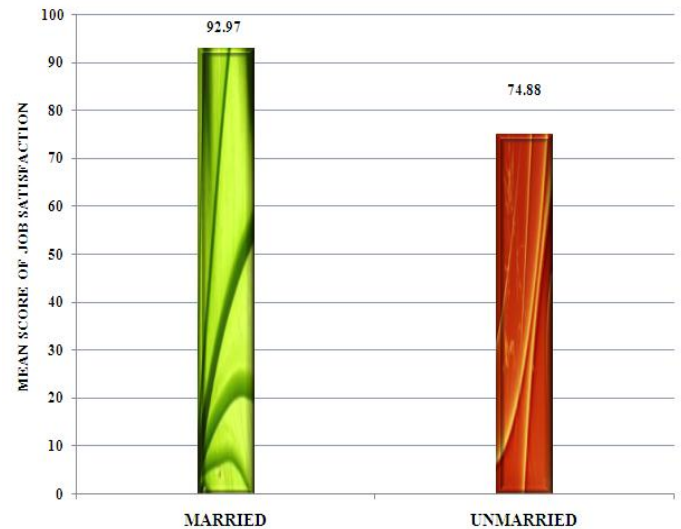
Graph - 3

TABLE - 4

Table shows the significant difference between the teachers with respect to life satisfaction based on

their marital status using mean scores.

VARIABLE	MARITAL STATUS	N	MEAN	SD	t-value	L.S
LIFE SATISFACTION	MARRIED	9	92.97	31.174	3.659	0.01



Marital Status

Graph - 4

**Educational Implication :**

The physical punishment of pupils in students need not to be caned, slapped, pinched, and mentally tormented to make the study. It happens because some Teachers are not patient enough and are easily irritated when handling children.

Basically, it is the lack of Self-Acceptance and the unexpressed anger that leads to this form of physical outrage. Some students no doubt, are delinquent. Others are just innocent but weak in their studies. There are many pupils who are ignorant of what education means to them because of their poor family background. If Teachers are harsh and do not empathies with their pupils, they would soon realize that students would distance themselves from them.

Hence each and every teacher must increase their Self-Acceptance level, and some satisfaction on their life.

A healthy school environment is where high standards of emotional intelligence are present in Teachers. With emotional maturity, Teachers would be more sympathetic. Teacher should learn to acknowledge, understand, and value feelings in their students before meeting out any form of punishment Teacher should first try to understand their own personal qualities and that of their students before any punishment is meted out as any wrong move would irreparably harm the students' sense of worth.

Communicate with the students patiently Try to inspire and motivate and empathies with them. Win their hearts with a lots of tolerance.

### **Conclusion :**

Our Indian nation future is in the hands of successful Teachers. There is only a simple difference between successful Teachers and unsuccessful Teachers. If the Teachers adapt the life according to the life situation and society, it creates successful Teachers. So the teachers must develop their Self-Acceptance to believe themselves they must increase their social intelligence level to adjust with the society they are wanted to improve.

Happiness is related to greater success at work, more resiliency, less burnout and stress, more satisfying relationships, increased creativity, intelligence and flexibility of thought, improved immune system functioning and greater productivity. Happiness is more than a mere emotion; it is a habit we can improve with specific daily practices. Science is showing that some habits cultivate more happiness than others. One of the most powerful habits for happiness and life satisfaction is self-compassion, or self-acceptance. Yet this is also one of the most secret habits, one that is least likely to be practiced. Here are three positive actions that people can take to increase their levels of self-acceptance : Be as kind to our self as we are to others. See our mistakes as opportunities to learn. Hence this study reveals the importance of the satisfied life for teachers to compete in the present fast running world.

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