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DEVELOPMENT AND STANDARDIZATION OF SELF CONTROL SCALE FOR B.Ed., TEACHER TRAINEES

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Abstract:

The present study is designed to construct a Self Control Scale for B.Ed., (Bachelor of Education) Teacher Trainees. A Self Control Scale was developed and standardized by investigators (2012), by taking 300 samples randomly selected in teacher training institutions in Vellore and Cuddalore Districts. The item analysis was conducted to eliminate the inconsistent items in a tool. The final form of Self Control Scale consists of 75 items, classified in to three dimensions namely - classroom situation, family situation and social & peer group situation. All the items of Self Control Scale are in Likert type with a five point rating.

KEYWORDS:

Self control, B.Ed. Teacher Trainees.

INTRODUCTION:

Self control is one of the important but relatively ignored dimensions of personality. When the delay is self-imposed it is known as "Self-control" (Mischel 1981). The self control is one of the leading notions. Self control contributes to prevent undesirable behaviors without the teacher's interference. Self-control, self-regulation, self-orientation, self-management, internal control, self investigation, inner discipline are very similar notions. Self control is also an expected behavior from contemporary people. Baumeister, Vohs, and Tice (2007): write "Self control is the capacity for altering one's own responses, especially to bring them into line with standards such as ideas, values, morals and social expectations and to support the pursuit of long-term goals". By self control we mean ability to inhibit the expression of spontaneous impulses (Berk, 1991).

METHODOLOGY

For assessing Self Control, Self Control Scale was developed for the Teacher Trainees with 17 + age groups. The self control scale is based upon the following three dimensions.

Self Control means one of the dimensions of the personality which refers to ability to inhibit the expression of impulses by a way of resistance to temptation, delay of gratification and freedom from self centredness. In the situations like i) Classroom, ii) Family and iii) Social and Peer Group situations.

SELF CONTROL TOOL - PILOT STUDY

A pilot study was conducted in which the self control scale was administered to a random sample

of three hundred B.Ed., Teacher Trainees in Tamil Nadu State. The pilot study was mainly conducted to eliminate any difficulty in responding to the self control scale. It was emphasized to answer all the items and no time limit was fixed. However, it took approximately 60 minutes to complete. In the pilot study self control scale there were 90 items.

ITEM-ANALYSIS OF SELF CONTROL

The subjects were asked to give their responses on a five point scale. In the beginning of the pilot study there are 90 items and for each item the chi-square test was calculated. Out of 90 items, 75 items were selected for the final study. Out of 75 items 25 items are on class room situation, 25 items are on family situation and 25 items are on social and peer situation. The items with the chi-square test values above 9.49 were taken for final tool.

Table 1 contains X² values calculated for 90 items and items selected and items not selected

TABLE 1

ITEM ANALYSIS FOR SELF CONTROL SCALE AND SELECTION OF ITEMS FOR FINAL STUDY

| SL. No | Item No | X ² Value | Selected / Not Selected |
|--------|---------|----------------------|-------------------------|
| 1 | 1 | 206.22 | Selected |
| 2 | 2 | 121.04 | Selected |
| 3 | 3 | 44.12 | Selected |
| 4 | 4 | 171.98 | Selected |
| 5 | 5 | 28.14 | Selected |
| 6 | 6 | 8.88 | Not Selected |
| 7 | 7 | 6.1 | Not Selected |
| 8 | 8 | 27.3 | Selected |
| 9 | 9 | 33.78 | Selected |
| 10 | 10 | 111.96 | Selected |
| 11 | 11 | 40.0 | Selected |
| 12 | 12 | 31.18 | Selected |
| 13 | 13 | 34.4 | Selected |
| 14 | 14 | 116.38 | Selected |
| 15 | 15 | 7.44 | Not Selected |
| 16 | 16 | 29.18 | Selected |
| 17 | 17 | 30.24 | Selected |
| 18 | 18 | 85.28 | Selected |
| 19 | 19 | 126.38 | Selected |
| 20 | 20 | 39.3 | Selected |
| 21 | 21 | 54.82 | Selected |
| 22 | 22 | 68.18 | Selected |
| 23 | 23 | 4.72 | Not Selected |
| 24 | 24 | 84.1 | Selected |
| 25 | 25 | 48.58 | Selected |
| 26 | 26 | 2.8 | Not Selected |
| 27 | 27 | 41.48 | Selected |
| 28 | 28 | 63.58 | Selected |
| 29 | 29 | 39.92 | Selected |
| 30 | 30 | 55.42 | Selected |
| 31 | 31 | 43.22 | Selected |
| 32 | 32 | 53.1 | Selected |
| 33 | 33 | 15.52 | Selected |
| 34 | 34 | 35.64 | Selected |
| 35 | 35 | 76.34 | Selected |
| 36 | 36 | 18.04 | Selected |
| 37 | 37 | 3.49 | Not Selected |
| 38 | 38 | 16.94 | Selected |
| 39 | 39 | 57.72 | Selected |
| 40 | 40 | 2.94 | Not Selected |

| | | | |
|----|----|-------|--------------|
| 41 | 41 | 43.9 | Selected |
| 42 | 42 | 49.42 | Selected |
| 43 | 43 | 37.34 | Selected |
| 44 | 44 | 48.62 | Selected |
| 45 | 45 | 19.2 | Selected |
| 46 | 46 | 21.02 | Selected |
| 47 | 47 | 70.32 | Selected |
| 48 | 48 | 31.72 | Selected |
| 49 | 49 | 24.74 | Selected |
| 50 | 50 | 19.48 | Selected |
| 51 | 51 | 9.08 | Not Selected |
| 52 | 52 | 8.35 | Not Selected |
| 53 | 53 | 39.88 | Selected |
| 54 | 54 | 29.73 | Selected |
| 55 | 55 | 7.08 | Not Selected |
| 56 | 56 | 39.12 | Selected |
| 57 | 57 | 24.74 | Selected |
| 58 | 58 | 14.02 | Selected |
| 59 | 59 | 14.92 | Selected |
| 60 | 60 | 15.08 | Selected |
| 61 | 61 | 12.88 | Selected |
| 62 | 62 | 15.54 | Selected |
| 63 | 63 | 8.74 | Not Selected |
| 64 | 64 | 11.33 | Selected |
| 65 | 65 | 19.24 | Selected |
| 66 | 66 | 31.42 | Selected |
| 67 | 67 | 30.44 | Selected |
| 68 | 68 | 32.44 | Selected |
| 69 | 69 | 8.12 | Not Selected |
| 70 | 70 | 29.92 | Selected |
| 71 | 71 | 4.92 | Not Selected |
| 72 | 72 | 13.42 | Selected |
| 73 | 73 | 64.54 | Selected |
| 74 | 74 | 34.88 | Selected |
| 75 | 75 | 17.4 | Selected |
| 76 | 76 | 20.82 | Selected |
| 77 | 77 | 6.4 | Not Selected |
| 78 | 78 | 36.6 | Selected |
| 79 | 79 | 33.74 | Selected |
| 80 | 80 | 31.44 | Selected |
| 81 | 81 | 7.08 | Not Selected |
| 82 | 82 | 32.0 | Selected |
| 83 | 83 | 51.78 | Selected |
| 84 | 84 | 40.88 | Selected |
| 85 | 85 | 23.84 | Selected |
| 86 | 86 | 25.22 | Selected |
| 87 | 87 | 21.73 | Selected |
| 88 | 88 | 31.54 | Selected |
| 89 | 89 | 24.08 | Selected |
| 90 | 90 | 21.88 | Selected |

Level of Sig 0.05 S- Selected NS- Not Selected

TABLE 2

DISTRIBUTION OF ITEMS ON THE BASIS OF DIMENSIONS FOR FINAL STUDY

| Sl. No. | Name of the Dimensions | Item number in Self Control Scale | Positive Items | Negative Items | Total number of items |
|--------------|-------------------------------|-----------------------------------|--|---------------------|-----------------------|
| 1 | Classroom Situation | 1 to 25 | 1,2,4,5,7,8,9,11,12,15,16,18,19,20,21,22,24,25. | 3,6,10,13,14,17,23. | 25 |
| 2 | Family Situation | 26 to 50 | 26,27,30,31,33,34,35,36,37,39,40,41,42,43,44,45,46,47,49. | 28,29,32,38,48,50. | 25 |
| 3 | Social & Peer group situation | 51 to 75 | 51,52,53,54,55,57,58,59,60,61,64,65,66,67,68,71,72,73,74,75. | 56,62,63,69,70. | 25 |
| Total | | | 57 | 18 | 75 |

ADMINISTRATION OF THE TOOL

The present self control scale may be administered in group and also individually. On the front page of test booklet, an instruction is printed. Some statements are given in this scale which related to your self control. Please read each statement attentively and give your responses according to the given rating scale, then please put tick mark () against each statement. Although, no time limit is imposed, the questionnaire takes 60 minutes to complete.

DESCRIPTION OF SELF CONTROL TOOL - FINAL TOOL

The tool used for the present study is in English version consisting of 75 items of which 25 items are on class room situation, 25 items are on family situation and 25 items are on social and peer situation.

SCORING PROCEDURE OF SELF CONTROL TOOL – FINAL STUDY

The scoring of the self control scale is very easy and of quantitative nature. The scale can be scored accurately by hand and no scoring or stencil key is needed. The final tool contains 75 items, out of 75 items, 57 items are positive and 18 items are negative. It is the likert type scale with five ratings namely i) Strongly Agree (S.A). ii) Agree (A).iii) Undecided (U.D). iv) Disagree (D) and v) Strongly Disagree. (S.D). The scoring for positive items are 4,3,2,1,0 and scoring for negative items are 0,1,2,3,4. The actual range of scores for self control tool was found to be 0 to 300. The tool constructed and validated by the investigators (2012).

INTERPRETATION OF SCORES – SELF CONTROL

On the basis of the following table, the scores can be interpreted

| Scores | Interpretation |
|-----------|-------------------------|
| 0 – 60 | Very Low Self Control |
| 61 – 120 | Low Self Control |
| 121 – 180 | Medium Self Control |
| 181 – 240 | High Self Control |
| 241 – 300 | Very High Self Control. |

RELIABILITY OF THE TOOL

The reliability co-efficient of the self control tool was ascertained by split-half methods, which was found to be 0.82.

VALIDITY OF THE TOOL

The validity of the questionnaire was established by the investigators by getting opinions of the experts.

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