

Gender Difference and Association with Family Contextual of College Students' Self-Acceptance and Prosocial Behaviour

Dr. N. Prema

Associate Professor & HEAD

SRM School of Teacher Education and Research, SRM IST

Abstract: Generally we can find gender differences in many features of human life. Especially in this study, the main variables such as Self-Acceptance and Prosocial Behaviour may display much differences in the aspect of gender. In our daily life we may experience that, male children have somewhat better Self-Acceptance and shows more Prosocial Behaviour than female children. This study aimed to understand, whether the college students have the same attribute at this period of transition from adolescence to adulthood in the modern era? With this aim, the investigator, used self-made tools such as "Self-Acceptance" and "Prosocial Behaviour" after standardizing the same. By adopting descriptive survey method, along with a personal data sheet, these two tools have been distributed to 321 students who are studying in various streams. Statistical analysis has been made to attain the goal of this investigation. The result shows that, the boys are better than the girl students in both Self-Acceptance and Prosocial Behaviour. And there is also a significant association exist in both Self-acceptance and Prosocial Behaviour with their Mode of Survival and Income Generated per month. Students who are living with single parents and also who have Income between Rs.20,000/- and Rs.50,000/- per month are better in Self-Acceptance and Prosocial Behaviour. Generally girls never accept themselves as they are. They usually compare with others and feel either inferior or superior. When they are ready to accept themselves as they are, they will involve themselves much in many social activities. Hence, it is suggested that, some kind of external motivation is required for them. By appreciating their achievements, they can improve their Self-Acceptance and they will become a socially responsive person.

Key Words: Self-Acceptance, Prosocial Behaviour, Gender, Parents, Mode of Survival, Income Generated per Month, Descriptive Research, College Students etc

Introduction

Self-Acceptance is the mind-set of a person who is accepting himself/herself as he/she is, without hatreds or negativity about downsides of his/her. These people never surprised about their achievements and also never regret about their shortcomings. They lead a balanced life efficiently without any blemishes. As per the view of **Madhura Halasgikar (2025)**, absence of Self-Acceptance makes you weaker in all steps you take to lead your life. And your potentiality will be deteriorated due to lowering of confidence. Lowering your Self-Acceptance leads to mental illness. If you have high level of Self-Acceptance, you will get peace in mind, your emotional well-being and lifestyle will be improved. You won't be a kind person, when you try to change yourself without accepting as you are.

Kind persons only can be a socially responsible being. A well said explanation by **Eisenberg N (1982)** for Prosocial Behaviour is "An action that contains uniting, serving, uplifting, sharing and charitable". It makes a positive social change and very supportive for social change. When you accept yourself, your Prosocial Behaviour also will be increased. As per the result of a research [**Prema.N-2025**] a positive correlation found between Self-Acceptance and Prosocial Behaviour. **Arvind Kakulte and Samreen Shaikh (2023)** found through their research that, there is a positive relationship between Prosocial Behaviour and Psychological wellbeing and also with positive effect. They also found a negative relationship between Prosocial Behaviour and negative effect.

Factors Influencing Prosocial Behaviour

- **Parenting Style:** Parents are first teachers. Parents are the role model for the life style of children. So, the parenting style makes an influence on Prosocial Behaviour of offspring's.
- **Peer group Relationship:** After childhood stage, when the children enters in to the adolescence stage, the impact of friends and peers plays a vital role in cultivation of Prosocial Behaviour.
- **Schools and Colleges:** Usually children are mostly influenced and inspired by the teachers. So, they learnt to be a socially active person based on the teachers and administrators of Schools and Colleges.
- **Society:** Based on the requirement and immediate recognition of the society makes a person socially responsible.
- **Individual's Personality:** When a person's physical personality is less, He/She involved Himself/Herself in social activities to compensate. The persons who are shy and feeling guilty, helps others easily.
- **Empathy:** The persons who have the quality of empathy, they will always ready to help others.

Method of Study, Tools and Sampling Technique

By adopting Descriptive survey method this study conducted among college students. There are two tools namely Self-Acceptance and Prosocial Behaviour have been prepared and properly standardized by the investigator. Initially there were 17 statements in the tool Self-Acceptance and it becomes 14 in number by deleting 3 statements after finding the 'r' value which was lesser than 0.2 by using split-half method. And in the same way, there were 22 statements in the tool Prosocial Behaviour and it becomes 18 in number by deleting 4 statements after finding the 'r' value which was lesser than 0.2 by using the same method. The responses have been collected for the tool Self-Acceptance by four point rating such as Strongly Agree, Agree, Disagree, and Strongly Disagree. Scores have been given as 4,3,2,1 respectively for positive statements, and it has been reversed as 1,2,3,4 for negative items respectively. The Prosocial Behaviour tool is a five point rating scale. The sample were requested to tick any one such as Always, Often, Occasionally, Rarely and Never. Scores given for positive statements are 5,4,3,2,1 and it has been reversed as 1,2,3,4,5 for negative statements respectively. Three negative items have been included in each tool. Simple random sampling technique has been adapted to collect the essential data along with required personal information. A total of 321 Sample comprising of 121 Boys and 200 Girls who are studying in various streams in colleges have been taken for this research.

Research Questions

- Is there any significant difference between Boys and Girls in the level of Self-Acceptance and also Prosocial Behaviour
- Is there any significant association exists in the level of Self-Acceptance. with their
 - Mode of Survival
 - Income generated per month
- Is there is any significant association exists in the level of Prosocial Behaviour with their
 - Mode of Survival
 - Income generated per month

Objectives

- To find out whether there is any significant difference between Boys and Girls in the level of Self-Acceptance and Prosocial Behaviour
- To identify whether there is any significant association exists in the level of Self-Acceptance. with their
 - Mode of Survival
 - Income generated per month
- To identify whether there is any significant association exists in the level of Prosocial Behaviour with their
 - Mode of Survival

- Income generated per month

Hypotheses

- There is no significant difference between Boys and Girls in the level of Self-Acceptance and also in the level of Prosocial Behaviour
- There is no significant association exists in the level of Self-Acceptance. with their
 - Mode of Survival
 - Income generated per month
- There is no significant association exists in the level of Prosocial Behaviour with their
 - Mode of Survival
 - Income generated per month

Analysis

Table No.1 showing the difference between Boys and Girls in their level of Self-Acceptance and Prosocial Behaviour

Variable	Group	Number	% of Mean Value	SD	't' Value	Remarks at 1% Level
Self-Acceptance	Boys	121	64	20.5	18.90	S
	Girls	200	52	23.8		
Prosocial Behaviour	Boys	121	67	18.3	22.84	S
	Girls	200	54	20.6		

Table Value at 1% level is 2.57

Table No.2 showing the association of Students' Self-Acceptance with Mode of Survival

Mode of Survival	Level of Self-Acceptance			Degrees of Freedom	Chi-Square Value	Remarks at 1% Level
	High	Average	Low			
With Both parents	21 (39.4)	46 (48)	66 (45.6)	4	97.46	S
With Single Parent	72 (39)	48 (48)	12 (45)			
With Others	02 (16.6)	22 (20.2)	32 (19.2)			

Table Value at 1% level for the df 4 is 13.28

Table No.3 showing the association of Students' Prosocial Behaviour with Mode of Survival

Mode of Survival	Level of Prosocial Behaviour			Degrees of Freedom	Chi-Square Value	Remarks At 1% Level
	High	Average	Low			
With Both parents	20 (41.8)	40 (40.9)	64 (41.3)	4	89.68	S
With Single Parent	82 (47.4)	46 (46.6)	13 (47)			
With Others	06 (19)	20 (18.4)	30 (18.6)			

Table No.4 showing the association of Students' Self-Acceptance with Income generated in the family per month

Income generated per month	Level of Self-Acceptance			Degrees of Freedom	Chi-Square Value	Remarks At 1% Level
	High	Average	Low			
Below Rs.20,000/-	18 (42.2)	42 (45.5)	74 (46.3)	4	105.08	S
Between Rs.20,000/- and Rs.50,000/-	79 (41.8)	43 (45.2)	11 (46)			
Above Rs.50,000/-	04 (17)	24 (18.3)	26 (18.7)0			

Table No.5 showing the association of Students' Prosocial Behaviour with Income generated in the family per month

Income generated per month	Level of Prosocial Behaviour			Degrees of Freedom	Chi-Square Value	Remarks At 1% Level
	High	Average	Low			
Below Rs.20,000/-	10 (36.8)	47 (50.2)	70 (40)	4	116.87	S
Between Rs.20,000/- and Rs.50,000/-	80 (42)	55 (57.4)	10 (45.6)			
Above Rs.50,000/-	03 (14.2)	25 (19.4)	21 (15.4)			

Results

As per the result differential statistical analysis, the mean value of boys is 64% and the mean values of girls is 52% for Self-Acceptance. And for Prosocial Behaviour of boys is 67% and the mean value of girls is 54%. Based on the result, it is found that, boys are

better than girls in both Self-Acceptance and Prosocial Behaviour. As per the result of Chi-square analysis, both the Self-Acceptance and Prosocial Behaviour is significantly associated with Mode of Survival. Especially, the association is higher with the students who are living with single parent than with the students who are living with both the parents and living with others. And again both the Self-Acceptance and Prosocial Behaviour is significantly associated with income generated per month. Especially, the association is higher with the students who have income between Rs. 20, 000/- and Rs.50,000/- than with the students who have income below Rs.20,000/- and above Rs.50,000/- per month.

Discussion

The scores of Self-Acceptance and Prosocial Behaviour is higher among Boys than girls is supported by the studies conducted by **Li Guoet.al., (2025)** and also by the studies of **Zhang, S., Liu, Q., and Xu, F. (2024)**. Expectations of the society is separate for males and females. As per gender role theory, males are guardians and workers. So, males do not want to break this rule. So they are interested in Prosocial activities to create a self-image. It is an added advantage for males to show their strength and status in the society. According to the study conducted by **Cordaro et al., (2024)**, the people who have high level of Self-Acceptance are more likely to show more Prosocial Behaviour. Their opinion is that, Psychological wellbeing, mental health, self-concept, self-confidence and self-esteem can be improved because of increasing self-Acceptance and Prosocial Behaviour. The level of Self-Acceptance and Prosocial Behaviour of students are highly associated with the students who are living with single parents. This may be due to the reason, that they might be realised the pain of their single parents, and they may got strength after their struggled life. As per the analysis, the association of Self-Acceptance and Prosocial Behaviour is high with the income between Rs.20,000/-andRs.50,000/-. This may be because of the reason, when he is in an utter poverty situation he himself is a helpless person. And if he belongs to a rich family, he may not know the pain of needy people. So he may not involve himself in social activities. Self-Acceptance also may be reduced in both the above categories.

Recommendations

- Accept you exactly how you are and also accept others exactly how they are
- Understand that you are unique and you have to live your life wholeheartedly
- Self-love makes you feel satisfied and to lead a peaceful life
- Accept the uniqueness of others and don't expect the others should be in your way
- Try to be a sincere and hardworking person, definitely you will receive something in return for it
- Appreciate yourself and don't expect the appreciation of others

- Self-criticism is required to improve yourself, but it should be at the limit. Otherwise it may put you down
- Be a role model for others
- If you know some people needs help, please do it immediately without expecting their request
- Don't expect anything in return for your help
- By being an empathized person, earn respect from others
- Don't be an irritable person for others
- Understand that the difficulties in life are the stepping stones for your developments
- Life is a gift and enjoy it by helping yourself and others. so don't have grudges
- Relish and appreciate the beauty of nature.

Delimitation of the Study

- Only 321 subjects were taken as sample for this research work
- The sample have been selected only from three colleges,
- The collected data have been analysed only by using 't' test and Chi-square analysis

Conclusion

Every individual must understand the life in such a way that, life is very short. We cannot change some of our drawbacks such as physical appearance, parental behaviour etc. We can try to change whichever is possible to improve. To have a peaceful life we need to accept our self as we are. Self-counselling will make you a strong and empathetic person. This quality will stimulate us to do something for the society to make our life a meaningful one. Helping others is not giving money and properties of yours. Because it is not possible in most of the time. But you can help others in many aspects such as, a kind word, a small appreciation, a meaningful motivation, proper guidance and a small service etc. In this study, the investigator found differences in Self-Acceptance and Prosocial Behaviour based on gender, mode of survival and Income of the family. So, whatever may be the gender or family situation, please try to lead a happy and peaceful life by accepting yourself as you are. It is possible to uplift the society, only when every individual improve his/her quality of life.

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