

Self-Acceptance in Relation to Prosocial Behaviour of College Students

Dr. N.Prema

Associate Professor, SRM School of Teacher Education and Research
SRM IST

Abstract: People give importance for the idiom “what others think about me and whether they accept me, or whether they like me? But it is much more important than that, we have to accept our-self, think positively about our-self and we should love our-self. Self-Acceptance is a boost for human being to make their life a meaningful one. Self-love brings more strength physically as well as mentally. And also nurtures peace in mind and paving the road to travel smoothly. Prosocial Behaviour creates good opinion in the society and plays an important role to create optimistic relationships among people, sows seeds for social change. This study aimed to understand whether the college students have the quality of self-acceptance, and Prosocial Behaviour? To accomplish this aim, there are two tools have been used to measure “Self-Acceptance” and “Prosocial Behaviour”, which were prepared and standardized by the investigator as per the standardization procedure. After collecting required data from a sample of 321 students through survey method, the statistical analysis have been made. The result shows that, the level of Self-Acceptance and Prosocial Behaviour are at average level only. And the correlational analysis shows that there is a high level of positive relationship exists between Self-Acceptance and Prosocial Behaviour. From this research it is suggested that, to expand the Prosocial Behaviour among youth, we need to take steps to upsurge their Self-Acceptance.

Key Words: Self-Acceptance, Prosocial Behaviour, Self-Love, Questionnaires, Descriptive research, College Students etc

Introduction

Self-acceptance is a vital constituent of mental health and well-being. Those who have higher levels of self-acceptance, they will also have better flexibility, reduction in anxiety and depression. Totally the psychological well-being will be improved because of self-acceptance. Research also suggests that self-acceptance promotes social maturity and lessening of suicidal acts etc. Self-Acceptance makes you feel as an emotionally matured person. A person who has very less amount of self-acceptance, definitely his/her capacity of happiness also will be rarest one. It also affects your psychological and emotional well-being. It keeps you focused on the negative aspects

of yourself, and these negative thoughts create negative emotions. The result of study conducted by **Nadina Darie & Târgul din Vale (2022)** shows that there is a positive correlation exist between Self-Acceptance and Decision making capacity of adolescents. **Li Guo1 Yangtong et.al., (2025)** found that, the high level of Self-Acceptance may exhibit more prosocial behaviour.

Benefits of Self-Acceptance

Psychological Wellbeing: Self-Acceptance is the foundation for psychological wellbeing. Higher level of Self-Acceptance helps to reduce nervousness, misery and psychological grief.

Communal Relationship: Higher Self-Acceptance establish and maintain a good relationship with others and accept others easily.

Emotional maturity: Self-Acceptance enhances the emotional Stability.

Physical Health: Self-Acceptance promote physical health and reduces the risk of many diseases.

Confidence and Self-esteem: Self-Acceptance makes you more confident in all initiatives and increases the self-esteem

Balanced life style: If a person who is highly Self-Acceptable, he becomes more mature to deal with his/her life and lead a satisfied life-style.

In recent days, a lot of consciousness developed among people about one's roles and responsibilities, to increase the quality of life. A special quality that everyone should have, is accepting their appearance, behaviour, possibilities, abilities and limitations etc as they have. We need to keep our self-image high. We should never blame ourself for momentary disappointments and obstacles. Being an affectionate and lovable person, the one is more confident. When the students starts comparing with others, they develops inferiority complex

Significant Features of Prosocial Behaviour:

- Ready to help other even though it is challenging task
- Being an emotional supportive person for those who are in pain
- Sharing their properties for needy people
- Ready to collaborate and work together with others to complete any common task
- Without expecting any gain supporting others voluntarily

Drives to Develop Prosocial Behaviour:

- **Humanity:** It is an inborn quality to help others without any advantages.
- **Mutuality:** By being grateful to others if they got help from others.

- **Belief system:** Believing that they will get back goodness from Universe/Nature/God
- **Social Accountability:** Taking responsibility for the development of their community people.
- **Positive Feelings;** Some may feel the inner happiness by helping others
- **Social Recognition:** Once they tasted the social recognition it is like a boost for them to continue it again and again.

Factors Inducing Prosocial Behaviour:

- **Emotional Intelligence:** Those who are emotionally intelligent, they are able to understand the feelings of others.
- **Societal norms:** Certain public rules may mould the people in such a way to be a socially responsible person.
- **Past Experience:** Prosocial Behaviour in future can also be moulded by the personal experience.
- **Mental state:** If they are in positive mood they will be involved in social activities.
- **Loss of family member:** Those who lost any family member they will be socially very active to hide their pain.
- **Fake relationship in the family:** If there is no peace in the family, they will be satisfied by helping others.
- **Plenty resources:** People who have more money and time to help others, they will proceed.
- **Proficiency:** Some may have the abilities and knowledge to help effectively can establish Prosocial Behaviour.

Profits of Prosocial Behaviour:

- Others may take you as role model and more needy people can be benefitted
- Total mental health will be improved. Possibility of leading a satisfied life.
- Positive and strong relationship can be maintained in the society.
- You will be saved by others, when you have trauma in your life
- Any common goal for the community can be attained easily.

Method of Study, Tools and Sampling Technique

Descriptive survey method has been followed in this research. The investigator has prepared two tools namely Self-Acceptance and Prosocial Behaviour, and standardized by following the proper standardization procedure. The reliability value has been found out by using split half method. There were 17 items in the Self-Acceptance tool and 22 items were in Prosocial Behaviour tool. There were 3 and 4 statements have been rejected respectively from each tool during the standardization process, because, the 'r' values were lessor than 0.2. Finally these tools have 14 and 18 items respectively after completion of standardization. The Self-Acceptance tool is a

four point rating scale. The responds have been collected asking to tick either Strongly Agree, Agree, Disagree, or Strongly Disagree. Scores given for positive items are 4,3,2,1 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 responds have been collected asking to tick either Always, Often, Occasionally, or Rarely and Never. Scores given for positive items are 5,4,3,2,1 and it has been reversed as 1,2,3,4,5 for negative items respectively. There were three negative items in each tool. Simple random sampling technique has been adapted to collect the requisite data. Sample includes 321 male and female college students studying in various streams have been taken for this research.

Research Questions

- Are the college students have high level of Self-Acceptance?
- Are the college students show the Prosocial Behaviour at high level?
- Is there any relationship exist between Self-Acceptance and Prosocial Behaviour?

Objectives

1. To find out the level of Self-Acceptance of college students
2. To find out the level of Prosocial Behaviour of college students
3. To recognize the relationship if any exist between Self-Acceptance and Prosocial Behaviour

Hypotheses

- H₁.** The level of Self-Acceptance of college students is high
- H₂.** The level of Prosocial Behaviour of college students is high
- H₃.** There is no significant relationship exist between Self-Acceptance and Prosocial Behaviour?

Analysis of the Scores

Table-1 Illustrating the level of Self-Acceptance (H₁)

Sample	Level of Self-Acceptance			Total
	Low	Average	High	
Number	109	195	17	321
Percentage	34%	61 %	05 %	100 %

Table-2 Illustrating the level of Prosocial Behaviour(H₂)

Sample	Level of Prosocial Behaviour			Total
	Low	Average	High	
Number	116	192	13	321
Percentage	36 %	60%	04%	100 %

Table-3 Illustrating the relationship between Self-Acceptance and Prosocial Behaviour (H₃)

Variables	N	Calculated Value	'r'	Table value	Remarks
Self-Acceptance & Prosocial Behaviour	321	0.91		0.11	S

Findings

As per this investigation, only five percentage of the students have high level of Self-Acceptance and at the same time thirty four percentage of students have low level of Self-Acceptance. Sixty one percentage of students have average level of Self-Acceptance. The level of Prosocial Behaviour also shows the same result. Only four percentage of the students shows high level of Prosocial Behaviour thirty six percentage of them are in low level and sixty percentage of the students shows average level of Autonomy. There is high level of positive correlation have been found between Self-Acceptance and Prosocial Behaviour.

Discussion

People who are soft natured, helping hand, adjustable, hardworking and also who have inferiority complex, pessimistic and lesser in intelligence also have to develop Self-Acceptance. But the people who are just opposite to these such as arrogant, miserable, non-adjustable, superiority complex etc have to recognize their drawbacks and should correct themselves and then they can develop Self-Acceptance. According to the view published in Harvard Health publishing, **Harvard Health School, 2016**, yours' psychological well-being could be suffered because of low or Non-Self-Acceptance and impact of interventions will not be beneficial for you than for others who have greater level of Self-Acceptance. The term Self-Acceptance is mostly suitable for those who are not easily accepting their own inadequacies. Unquestionably, Prosocial Behavior has predictive value for everyone's personal and societal regulation (Caprara, et.al., 2000). Researchers (Bandura, Caprara et.al., 2001) evidently confirmed that, Prosocial Behaviour safeguards him/her from depression and issues, as well as encourages and retains educational achievements throughout youths. Every one of us should understand the concept "What you give, it comes back to you with interest". So Prosocial Behaviour makes everyone to feel as a complete person. No use of realizing this at the end of life. This has to be recognized at the younger stage itself and to be followed at the maximum possible. Helping others and making a good relationship in the society gives you an emotional satisfaction.

Recommendations

1. Have the quality of Self-Acceptance and Acceptance of others
2. Being kind with others makes you feel healthy physically as well as mentally
3. You need not compare your-self with others in any aspect
4. Accept the concept that everyone are unique.
5. Accept the reality of life
6. Believe that you have a specific skills and potentialities that others don't have.
Keep yourself informed
7. Do not hate any person.
8. Accept criticism and failures
9. Develop your self confidence
10. Develop your talents and love yourself
11. Have an intrinsic motivation and do not expect extrinsic motivation for your successes
12. Failures makes you stronger than ever before: Accept it
13. Take some achievers as your role model and follow their foot steps
14. Develop your Self-confidence by helping others
15. Develop your individuality by respecting others
16. Developing and maintaining moral values is crucial and do not lose this in any circumstance
17. Create and maintain a good impression in the places wherever you are.
18. Understand that both interpersonal and intrapersonal emotional intelligence are essential.
19. Enjoy every day's experiences and share with others also.
20. Learn something from every little things happens in your life.
21. Being a punctual person makes you feel honoured and strong
22. Serving others makes you feel happy and satisfied

Conclusion

Think that "No one is perfect". But don't think that "None other than me is perfect". To lead a peaceful life we need to accept our deficiencies as a challenge and meticulousness as a boost. Self-appreciation makes you feel happy, worthy, strong and reduces self-criticism. So that always our mental health also will be in a good state. We need to take decisions during critical and significant situations and to initiate any actions which are important for our life. The college studying students are in the right stage to decide their future. So, they should govern themselves. For this, one of the main required qualities is Self-Acceptance. Born as a human is a boon with at least normal level of intelligence. So we have to accept ourselves as we are, to lead a happy life. Both Self-Acceptance and Prosocial Behavior are an essential quality for all at least in an average level. At the same time if they have over dosage of Self-Acceptance, there is a chance of involving

themselves in a negative way such as over self-confidence, rejecting others, troublesome person for others, developing superiority complex etc. Hence, without correcting mistakes and accepting self is also not a right quality. So, required level of Self-Acceptance and high level of Prosocial Behaviour is essential in all stages of our life. Motivation to develop Self-Acceptance may increase Prosocial Behavior among college students. Students have to be encouraged as per the idiom “Be who you are and say what you feel”. Help others as much as possible.

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