## Self-Concept Questionnaire (SCQ)

**PRACTICAL 3**

**TITLE: Self Concept Questionnaire (SCQ)**

**Aim:** To assess the level of anxiety of my subject using Dr. Saraswat`s Self Concept Questionnaire.

###### Basic Concept:

**Self** – It refers to totality of an individual`s conscious experiences, ideas, thoughts and feelings with regard to himself and herself.

The concept of self is created to help understand the personality theory better.

**How does self develop** – a newly born child has no idea of its self. As a child grows older, the idea of self emerges and its formation begins. Parents, friends, teachers and significant others play a vital role in shaping a child`s ideas about self. Our interactions with other people, our experiences and the meaning we give to them serve as the basis of ourself. The structure of self is modifiable in the light of our own experiences and the experiences we have of other people.

Personal Identity – It refers to those attributes of a person that makes him different from others. For

e.g. My name is Sonal/Mohan

**Social Identity** – It refers to those aspects of a person that link him/her to social or cultural group. For e.g. I am a Muslim

**Self-concept** – The way we perceive ourselves and the ideas we hold about our competencies and attributes is also called self-concept. This can be either positive or negative. A person may have a positive view of her/his athletics or bravery but a negative view of his academic talent. Studies indicate that by the age of 6-7 yrs children seem to have formed seld esteem atleast in four areas:

* + Academics
  + Social Competence
  + Atheletic competence
  + Physical appearance

**Self-efficacy** – refers to the believe of a person in his ability to control life outcomes.

**Self as subject and object** – When self is described as doing something [ I am dancer], it is a subject. On the other other hand if it describes as an entity on which something is done, it is described as subject.

###### Kinds of self

* + **Personal self** – this leads to an orientation in which one feels primarily conserned with oneself.

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* + **Social self** -the social self emerges in relation with others and emphasizes such aspects of life as cooperation, unity, sacrifice, support or sharing.

###### Self-regulation

It refers to the ability to organise and monitor our overt behavior. People who are able to change their behavior according to the demands of the external environment are high on self-regulation.

History and description

The SCQ was developed by Dr. R.K.Saraswat and it provides six separate dimensions of self concept, namely physical [view about their body and health], social [sense of worth in social interactions], temperamental [emotional state], educational [in relation to school, teachers and co-curricular activities], moral [moral worth] and intellectual [ awareness of their intelligence and capacity to solve problems].

###### Reliability

Test – retest reliability is 0.85

###### Preliminaries

Name:

Age:

Gender:

Qualification:

Place of conduction: Psychology Lab Time:

###### Materials Required

SCQ manual, SCQ questionnaire form, pen/pencil

###### Precautions

1. Optimal conditions for testing were ensured before the test begun
2. Time of start and finish were noted
3. The tester should ensure that the subject is not familiar with the test.
4. Subject should be told that there is no correct answer.
5. Subject should not skip any item

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1. Subject should be assured of confidentiality of test results.

###### Rapport Formation

Rapport was established between the subject and the tester, prior to the test so that he/she could feel comfortable and at ease. In such a state, she/he should answer the questions in a calm manner and any doubts should be cleared before starting the test.

###### Instructions

The following instructions were given:

* In each item there are five answer options, there are 48 items in total
* Don’t leave any question and try to complete as soon as possible.
* There are no right or wrong answers
* Give the first natural answer as it comes to you. When in doubt, give the best possible answer.
* Read the questions carefully and a `√` for whichever option suits you the best.
* There is no time limit for this test

###### Administration

After the instructions were given, the subject was asked to fill in the demographic details. The subject was asked to check whether he/she left any items unanswered.

###### Introspective Report/Verbal report

The test was quite insightful and fun to do. The tester made me feel at ease. [You can write the introspective report given by your subject] **Behavioural report**

The subject was calm while answering the questions. He/she did not take a long time in completing the test.

###### Scoring

The respondent is provided with five alternatives to give his/her responses ranging from most acceptable to least acceptable description of his/her self concept. The responses are in such a way that the scoring system for all the items will remain the same i.e 5,4,3,2,1 whether the items are positive or negative. If the respondents puts a tick mark fir first alternative the score is 5, for second alternative the score is 4 and so on. The summated score of all the eight items in each self-concept dimension provide the total self-concept score for that dimension. A high score on this indicates a higher self- concept and vice versa. Now all the scores of each dimension will be added to get the total score of an individual.

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###### Scoring Table

**Name Age Sex**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Item No. Physical** | **A** | **Item**  **No. Social** | **B** | **Item No.**  **Temperamental** | **C** | **Item No. Educational** | **D** | **Item**  **No. Moral** | **E** | **Item No Intellectual.** | **F** |
| **2** |  | **1** |  | **4** |  | **5** |  | **6** |  | **7** |  |
| **3** |  | **8** |  | **10** |  | **12** |  | **34** |  | **11** |  |
| **9** |  | **21** |  | **14** |  | **15** |  | **35** |  | **13** |  |
| **20** |  | **37** |  | **16** |  | **17** |  | **41** |  | **18** |  |
| **22** |  | **40** |  | **19** |  | **25** |  | **42** |  | **33** |  |
| **27** |  | **43** |  | **23** |  | **26** |  | **44** |  | **36** |  |
| **29** |  | **46** |  | **24** |  | **30** |  | **45** |  | **38** |  |
| **31** |  | **48** |  | **28** |  | **32** |  | **47** |  | **39** |  |
| **Total** |  | **Total** |  | **Total** |  | **Total** |  | **Total** |  | **Total** |  |
| **Interpretation** |  |  |  |  |  |  |  |  |  |  |  |

Sum of all areas:

Interpretation:

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**Interpretation and Classification of Raw scores for all dimensions**

|  |  |
| --- | --- |
| **Self- Concept Dimension Score** | **Interpretation [Category]** |
| 33 to 40 | High Self-concept |
| 25 to 32 | Above average self-concept |
| 17 to 24 | Average self-concept |
| 9 to 16 | Below average self-concept |
| Upto 8 | Low self-concept |

**Interpretation and Classification of Raw scores for total self-concept**

|  |  |
| --- | --- |
| **Raw score** | **Interpretation** |
| 193 to 240 | High self-concept |
| 145 to 192 | Above average self-concept |
| 97 to 144 | Average self-concept |
| 49 to 96 | Below average self-concept |
| 1 to 48 | Low self-concept |

###### Analysis and interpretation

My subject got a score of in the physical dimension which means he/she has self-concept of her/his own body, health and physical appearance and strength. In social dimension my subject got

self-concept which means he/she has self-concept about her interpersonal skills and social interactions. In temperamental dimension, he/she got a score of which corresponds to self- concept about his/her emotional state and reactions. He/she got score in educational dimension which shows that he/she has self-concept in relation to school, teachers and extra-curricular activities. My subject got a score of in moral dimension which means he/she has self- concept in his/her moral worth. In intellectual dimension, he/she scored which corresponds to

self-concept in awareness about his/her intelligence and capacity to solve problems.

###### Conclusion

My subject has a score of in total self-concept which means he/she has self-concept

###### References

* 1. SCQ Manual
  2. NCERT Psychology textbook, XII
  3. Lavery, B.B. 1993, Psychology