



A STUDY TO ASSESS THE LEVELS OF ASSERTIVE BEHAVIOUR AMONG ADULT WOMEN

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ABSTRACT

Assertiveness in adult women is the instruments for expressing themselves without any psychological disturbances in different situations. It is essential for a better emotional well-being and to maintain socially supportive relationships. **Aim of the study:** to assess the levels of assertive behaviour among adult women. **Methodology:** A descriptive research design was adopted for collecting the data from 60 adult women from a selected college in Vellore district of Tamil Nadu, India using purposive sampling technique. Rathus Assertiveness Schedule (RAS) was used to assess the assertive behaviour in adult women. The data were analysed using descriptive and inferential statistics. **Results:** Of the given sample of adult women 7 (11%) were very non assertive, 28 (46.6%) of them were somewhat assertive, 12 (20%) of them were assertive, 11 (18.3%) were situationally non-assertive and 2 (3.3%) were probably aggressive to the participants in respect of their assertive behaviour. The Chi square test was used to determine the association between the demographic variables with assertive behaviour of the participant adult women. Significant associations were found of the assertive scores with the age, religion, occupation and type of family ($\chi^2 = 14.3, 16.3, 14.1$ & 18.8).

Key words: Adult women, Assertive behaviour.

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INTRODUCTION

Assertiveness is a social skill that has various dimensions like ability of expression of self without anxiety or aggression. Assertiveness entails communicating and behaving with power and at the same time having respect for others. Assertiveness makes it possible to positively influence others rather than passively surrendering or aggressively demanding the power to influence (Wesley, Mark & Mattaini, 2008). It can also be used as a tool for initiating and sustaining social relationships and thus one can enjoy a better emotional well-being (Eskin, 2003). Assertiveness is a form of behaviour characterised by a confident declaration or affirmation of a statement without need of proof, this affirms the person's rights or point of view without either aggressively threatening the rights of another assuming a position of dominance or submissively permitting another to ignore or deny one's rights or point of view. Traditionally the male gender role is presumed to be agentic whereas the female gender role is considered to be communal and submissive.

STATEMENT OF THE PROBLEM

A descriptive study to assess the levels of assertive behaviour among adult women, in a selected area of Vellore district of Tamil Nadu in India

OBJECTIVES OF THE STUDY

- To assess the demographic variables of adult women.
- To assess the levels of assertive behaviour among adult women.
- To find out the association between the assertive behaviour among adult women with selected socio demographic variable.

RESEARCH METHODOLOGY

The descriptive research design was carried out at Agaram Village, Vellore district of Tamil Nadu in India. The population for the study consisted of 60 adult women belonging to the age group of 20 to 59 years. The purposive sampling technique was used to select the samples after obtaining formal administrative approval and institutional ethical clearance from the concerning authorities and informed consent obtained from the samples. The investigator personally collected the data for a period of two weeks. The Rathus Assertiveness Schedule was used to assess the levels of assertive behaviour among adult women. The tool designed for this study had two sections.

Section – A

It deals with demographic variables like age, education, religion, occupation, family type, marital status and type of marriage.

Section-B

The standardised tool to assess the assertive behaviour is Rathus Assertiveness Schedule

Rathus assertiveness schedule: It is used to assess the levels of assertive behaviour and also measured in terms of scores. It carries 30 questions; each correct response will be given a score of +3 always, +2 usually, +1 some times and a wrong response score of -3 never, -2 rarely and -1 once in a great while. The maximum score ranges from -90 to +90 to interpret the levels of assertiveness.

Table – 1: Levels of Assertiveness

CHARACTERISTICS	LEVEL OF ASSERTIVE BEHAVIOUR
-90 to -20	Very non assertive
-21 to 0	Situationally non-assertive
+1 to +20	Somewhat assertive
+21 to +40	Assertive
+40 to +90	Probably aggressive

Table - 1 above shows the scores and the levels of assertive behaviour.



RESULTS AND DISCUSSION

Table – 2: Demographic variables of the adult women.

n = 60

Sl. Nos.	Demographic Variables		Frequency (N)	Percentage (%)
1.	Age (in years)	20 - 29	11	18.3
		30 - 39	16	26.7
		40 - 49	20	33.3
		50 - 59	13	21.7
2.	Religion	Hindu	55	91.7
		Muslim	-	-
		Christian	5	8.3
		Others	-	-
3.	Education	Illiterate	11	18.3
		Primary school	20	33.3
		High school	08	13.3
		Higher secondary	16	26.7
		Graduate	05	8.3
4.	Occupation	Home maker	44	73.3
		Self employer	03	5.0
		Private employer	13	21.6
		Government employer	-	-
5.	Family Type	Nuclear	39	65.0
		Joint	19	31.7
		Extended	02	3.3
6.	Marital Status	Married	54	90.0
		Unmarried	02	3.3
		Divorced /Separated	01	1.7
		Widow	03	5.0
7.	Type of Marriage	Consanguineous	31	51.7
		Non Consanguineous	29	48.3

Table - 2 shows the demographic variables of the adult women. Most of them, 20 (33.3%) were in the age of 40-49 years, regarding education, most of them, 20 (33.3%) had primary education; majority of them, 55 (91.7%) came from

the category of Hindu religion; regarding occupation, majority of them, 38 (63.3%) were homemakers; most of the women, 39 (65%) belonged to nuclear family type; most of them, 54 (90%) were married and majority of the women, 31 (51.7%) had consanguineous marriage.

The present study was aimed to assess the levels of assertive behaviour among adult women.

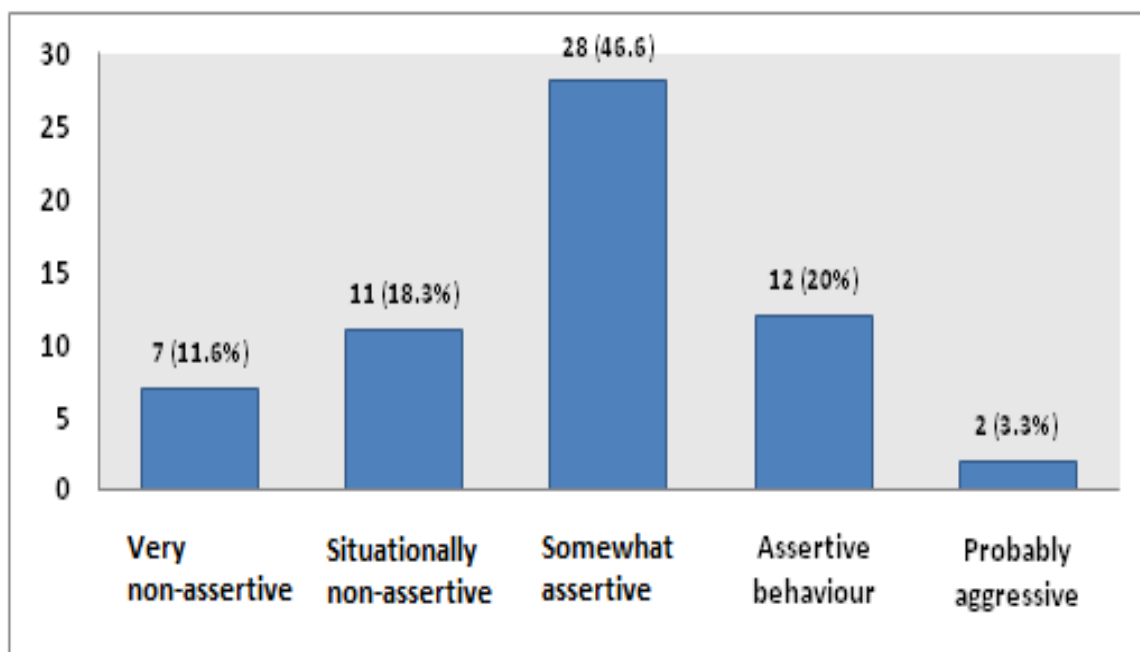


Fig. 1 Levels of assertive behaviour among adolescent girls

In the present study, Fig. 1 shows that 7 (11%) of adult women were very non assertive, 28 (46.6%) of them had somewhat assertive behaviour, 12 (20%) of them had assertive behaviour, 11 (18.3%) were situationally non-assertive and 2 (3.3%) were probably aggressive to the other participants in respect of their assertive behaviour.

In this study, the Chi square test is used to determine the association between the demographic variables and assertive behaviour of the adult women. Significant associations were found between the assertive scores with age, religion, occupation, and type of family ($\chi^2 = 14.3, 16.3, 14.1$ & 18.8).

CONCLUSION

This study helped in understanding the perceptions of adult women about being assertive. Although they believed, being assertive would be instrumental in experiencing positive emotions; they felt the possibility of being assertive depended on others around them. Most often, they found the conditions not very conducive to it.

Being more assertive can lead to a more rewarding life. It can improve upon existing aspects of their life (such as better relationships with friends and family) and completely it would change or introduce other aspects (such as personal or career opportunities).

While the focus of this study was to take a look at improving assertiveness through effective thinking; having a more advantageous attitude could make them open to global opportunities of bodily adjustments. In addition to converting their way of questioning, they could also exchange their behaviour and skills by getting to know new abilities.



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