

Social Skills Among Adolescents; A Cross Sectional Study at Selected High School of Bagalkot

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Abstract:

Adolescence, a vital stage of growth and development, mark the period of transition from child to adulthood. It is characterized by rapid Physiological changes and Psychological maturation. The social skills are very an important in the adolescent's life, its one of component in both a personal and professional capacity. Having strong social skills can help you excel in your career perform well in interviewing, achieve goal, expand professional network. The aim of the study was to assess the social skills among adolescents studying in selected high school of Bagalkot. The social skills was measured using Social Skills Questionnaire from a convenient sample of 160adolescents studying in selected high schools of Bagalkot in a cross sectional design. Data were analyzed using descriptive and inferential statistics. Findings indicates that majority 93.75% of respondents had average Social skills, 6.25% of respondents had poor social skills. Results depicts that total mean percentage of social skills score of adolescence was 59.57% with mean and SD 85.78 ± 7.93 . Chi-square test was calculated to assess the association between social skills, & selected socio-demographic variable of adolescence. Findings depict that, there was no a significant association found between social skill sand any of the socio-demographic variables of adolescence. The finding of the study concluded that most of the adolescents having High and average level of social skills. This study is effective to identify the social skills among adolescents.

KEYWORDS : social skills, adolescence, high schools.

INTRODUCTION

Social skills can be defined as the ability to operate successfully in one's social environment. Some researchers argue that loneliness is caused by a social skills deficit. According to this theory, people with low social skills have difficulties interacting with others, which limits their opportunity to form and maintain satisfactory friendships with their peers, and thereby limiting the quantity of their social relations. Moreover, if people have low social skills, they may not be able to adequately cope with stressful life events by

engaging their social network, leading to increased negative affect.

As such, quality of friendships may also be lower in people who have a social skills deficit. As both quantity and quality of social relations are related to loneliness in adolescence, a social skills deficit may thus cause feelings of loneliness. In addition, once loneliness is experienced, further problems with social skills may develop. Loneliness can cause withdrawal from social relations, which then limits opportunities for adolescents to further develop social skills. As such,

problems with social skills may cause loneliness, and loneliness may be a maintaining factor for social skills problems.^[1]

The skill education one can move towards more positive and holistic approaches in order to educate the new generations and through them the future generations. Life skills include self awareness, empathy, effective communication and interpersonal relationship dimensions as a social skills. Self-awareness includes recognition of characters strengths and weaknesses, desires and dislikes. It begins when an individual becomes aware of being a separate entity. Empathy is the ability to imagine what life is like for another person, even in a situation that may not be familiar with. Effective communication enables to express, both verbally and non-verbally, in ways that are appropriate to cultures and situations. Interpersonal relationship skills help to relate in interaction with positive ways with the people.^[2]

According to researches people endowed with positive social skills or communication skills are inclined to more elevated self respect, satisfaction in social relations and perceived social support. Insufficiency in social skills on the other hand is intertwined with psychosocial problems such as loneliness, anxiety and depression . Positive social skills may be influential on a student's academic performance, behaviors, social and family relations . Improvement of social skills is possible within the framework of relations individuals establish with people around . Within that scope social skill of any individual may, by also impacting the social support s/he receives from surrounding people, assist in solving the encountered problems. Social support may be described as social and psychological support that a person obtains from people around . Social support is indisputably a powerful source in helping a person to overcome challenging life conditions. Additionally social support plays a protective role in the face of threats against physical and mental health.^[3]

MATERIALS AND METHODS

Study Design and Participants

Present study was cross sectional design conducted in January 2023. Convenient sample of 160 nursing students studying in 8th std, 9th std and 10th std among various high school of Bagalkot was selected for the study. Adolescents who are studying in 8th std, 9th std and 10th std are willing to participate in the study and adolescents who are present at the time of data collection are included in the study. Adolescents who are not physically fit at the time of data collection are excluded from the study.

INSTRUMENTS

The Social skills Questionnaire (SSQ):

Social skills Questionnaire test developed by "Gresham and Elliot" was used to assess the social skills among adolescents. There are 48 items for social skills scoring of these as follows: 1- Never, 2-Some times, 3-Very Often, the reliability of the social skills for adolescence was established by test retest method ($r = 0.96$) shows equally reliable.

Socio- demographic Variable and Clinical characteristics

The socio-demographic data consists of information about social skills among adolescents. Age, Sex, Religion, Year of education, father's educational status, mother's educational status, father's occupation, mother's occupation, family monthly income, type of family, area of residence.

DATA COLLECTION PROCEDURES

Prior permissions were taken from relevant institutions before the beginning of data collection procedure. The study participants were attended class at their high school during study period. Every adolescents who fulfilled the inclusion criteria was approached for data collection. Consent was taken from adolescences. Purpose of the study was explained to the participants before administration questionnaire.

DATA ANALYSIS

The data obtained were analyzed in terms of the objectives of the study using Descriptive and Inferential statistics. A master data was prepared with responses given by the participants. Frequencies and percentage for the analysis of demographic data. The mean and standard deviation of answered questions. The Chi Square test was used to determine association between social skills level and selected demographic variables presented in tables and graphs.

RESULTS

A: Sample characteristics

Percentage wise distribution of adolescences to their age group reveals that majority of the adolescence (43.7%) were in the age group of 15-16 years. Majority (62.5%) of adolescents were females. (56.2%) of adolescents were Hindu. Majority (43.7%) of adolescents were studying in 9th std. Majority (50%) of adolescents fathers had secondary education. Majority (37.5%) of adolescents mothers had secondary education. Majority (43.7%) of adolescents fathers were doing agriculture as a occupation. Majority (25%) of adolescents mothers were housewives and Agriculture. (37.5%) of adolescents had income above 20,000 per month. Most (62.5%) of them were in nuclear family. Majority (75%) of them were residing in urban area.

B. Assessment of Social Skills level among adolescence.

Table1: Levels of Social skills among adolescence.

Levels of Social Skills	Number	Percentage (%)
High	10	6.25%
Average	150	93.75%
Poor	0	0%

Findings revealed that distribution of respondents by social skill levels (High, Average and Poor). (93.75%) of respondents had average social skills level, (6.25%) of respondents had high social skills level (Table 1)

Table 2: Mean, SD and Mean percentage of Social Skills score among adolescence.

Area	Maximum score	Minimum score	Mean	SD	Mean percentage
Social Skills	144	48	85.78	7.93	59.57%

C. Association between Social Skills level and sociodemographic variable of adolescence.

Table3: Association between Social Skills level and selected socio demographic variable of adolescence.

Sl No	Socio-demographic variables	Degree of freedom	Chi-square value	P value
1	Age	4	15.3	0.0041
2	Sex	4	0.84	0.933
3	Religion	6	5.09	0.5323
4	Year of study	4	1.99	0.7376
5	Father's educational status	6	9.29	0.1579
6	Mother's educational status	6	5.85	0.4402
7	Father's occupation	8	16.07	0.0414
8	Mother's occupation	8	15.95	0.0431
9	Family monthly income	4	3.71	0.4467
10	Type of family	4	6.4	0.1712
11	Area of residence	4	0.07	0.1307

between social skills & selected socio-demographic variable of adolescents. Findings depict that, there was no a significant association found between social skills and any of the socio-demographic variables of adolescents.

DISCUSSION

The main objective of the present study was to find the social skills level among adolescence studying in high school 8th,9th and 10th among various high schools of Bagalkot.

Findings shows that majority of the adolescents (43.7%) were in the age group of 16 years. Majority (62.5%) of females are adolescents. (56.2%) of adolescence were Hindu. The present study is consistent and supported with the study conducted by Mahmoodi SHM , Khamoushi S, Faraji, M the maximum students aged 17-28 years participated in this study giving response rate of 70.4%. as many as 125 them 61% were female and 8.3% were married.^[5]

The present study is consistent and supported with the study conducted by Biswalata Rajkumari, Bikramjit S,R and polly Nulu the maximum students age ranges from 11-19 years. The majority of students were meeties 36.6% followed by Hindus 31.9%. Most of the respondents 39.5% had only 1 sibling. 5 majority 34.7% of students fathers were graduate education, majority 26.6% of mothers had 10th passed, and majority 36.1% of birth order had first born.^[6]

In the present study, majority (43.7%) of them are studying in 9th std, most (50%) of adolescence fathers were secondary education, majority (37.5%) of mothers had secondary education, majority (43.7%) of adolescents fathers had agriculture as a occupation, Majority (25%) of adolescents mothers were housewives and agriculture. (37.5%) of adolescence had income between above 20,000 per month, Most (62.5%) of them were in nuclear family and (75%) of them were

Residing in urban area. The present study is consistent and supported with the study conducted by Sheetal Barde, Dr Sheela Upendra, etal. maximum numbers of study participants were age group 17 yrs females 54.3%, majority students were 11th standard 32% Hindu by religion 49%. and had 2 or more sibling 32.8%. Most of the respondents 40% had their parents education up to graduation.^[7]

Findings revealed that distribution of respondents by social skills levels (higher, average and poor). 93.75% of respondents had average level of social skills, 6.25% of respondents had high level social skills and 0% respondents had poor level social skills. The present study is consistent and supported with the study conducted by Dr Suman Dalal and Ms Sarika Result show that majority 68% students have very high of social skills. 24% students have high level of social skills and 4% of the students have average level of social skills and 4% of students have low level of social skills. This shows that majority of secondary school students have very high level of social skills.^[8]

Findings depicts that, there was a no significant association found between social skills and any of the socio-demographic variables of adolescents.

Limitation of the Study

This study is limited to adolescents between the age group of 13-17 years attending selected High school of Bagalkot.

Recommendations

Based on the findings of the study the following recommendations are stated; A similar study can be undertaken with a large stratified sample including adolescents from different sections of society to generalize the

findings. A study can be conducted to find out the prevalence of social skills among adolescents. A study can be carried out to evaluate the efficiency of various teaching strategies like SIM, pamphlets and computer-assisted instruction on social skills among adolescents.

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