

Self Awareness: An Analysis of Primary School Teachers

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Abstract

Self-awareness is an essential component for understanding ourselves as a teacher to cope up with the students to lead safe and secure life. Educational system gives an opportunity to learn but on the same line we unable to consider the self awareness. The paper dealt with the importance of self awareness for primary school teachers who are the role model and guide of their future way. The main objective is to know the level of self awareness among primary school teachers in Erode educational district, Tamil Nadu. Sample of three hundred primary teachers were selected using normative survey method. Results revealed that there is no significant difference in self awareness of primary school teachers in Erode educational district with respect to their gender, educational qualification, subject, marital status and teaching experience. The level of self awareness among primary school teachers in Erode educational district seems to be moderate.

INTRODUCTION

The cornerstone of any education system is teachers and the quality of education is determined and dependent on the quality of its teachers. Today they become a mentor, guide students through the thorns of education and play a vital role in the society growth, students' life

and education also personal responsibility help to shape the mindset of the nation. They know that students are the future of any nation. So the future development of any nation is in the hands of teachers. Teachers are at the frontline of education and play a major part in shaping values, knowledge and skills of the students. They impact students at a time when they are most susceptible to influence. Equip the students so that they can grow up to fulfill their dreams, passion, and goals. And bring out potential of students and ignite their worth and contributions.

Along with teaching, the teacher helps to teach young children how to handle their basic needs, such as feeding, bathroom needs, and provides a comfortable and nurturing environment for the children to thrive. The role of a teacher is challenging; it's a demanding profession both physically and emotionally, however it is one of the most fulfilling occupations to observe child growth and development. To create the learning environment, a teacher has many role and responsibilities among that self awareness is very essential.

Self-awareness-preface

Self-awareness is the capacity for introspection and the ability to recognize oneself as how an individual consciously knows and understands their own character, feelings, and motives and not to be confused with consciousness in the sense of qualia. It is important for a better understanding and experiences as unique and separate individuals. Also empowered to make changes and build on own strength as well as identify where to make development. Self-awareness a major mechanism of self-control is needed to the present society.

Psychologist Daniel Goleman proposed a popular definition of self-awareness, as “knowing one’s internal states, preference, resources, and intuitions.” This definition places more emphasis on the ability to monitor our inner world, thoughts and emotions as they arise. A number of researches have shown self-awareness as a crucial trait of successful business leaders. It is the most fundamental issue in psychology, from both a developmental and an evolutionary perspective, is a rich and complicated subject.

Ways to Cultivate Self-Awareness

- Create space for ourselves
- Practice mindfulness
- Keep Writing
- Practice being a good listener
- Gain different perspectives
- Learn the skills
- Make time to clarify our values
- Identify cognitive disorders

OBJECTIVES OF THE STUDY

- ❖ To study the level of self awareness among primary school teachers in Erode educational district.
- ❖ To study self awareness among primary school teachers in Erode educational district with respect to their gender
- ❖ To study self awareness among primary school teachers in Erode educational district with respect to their educational qualification (UG/PG)
- ❖ To study self awareness among primary school teachers in Erode educational district with respect to their subjects (arts/ science)
- ❖ To study self awareness among primary school teachers in Erode educational district with respect to their marital status (married/ unmarried)
- ❖ To study self awareness among primary school teachers in Erode educational district with respect to their teaching experience

HYPOTHESES OF THE STUDY

- There is no significant difference in their level of self awareness of primary school teachers in Erode educational district

- There is no significant difference in self awareness of primary school teachers in Erode educational district with respect to their gender
- There is no significant difference in self awareness of primary school teachers in Erode educational district with respect to their educational qualification (UG/PG)
- There is no significant difference in self awareness of primary school teachers in Erode educational district with respect to their to their subjects (arts/ science)
- There is no significant difference in self awareness of primary school teachers in Erode educational district with respect to their marital status (married/ unmarried)
- There is no significant difference in self awareness of primary school teachers in Erode educational district with respect to their teaching experience

METHODOLOGY OF THE STUDY

The study will adopt a normative survey method. The variables studied self awareness as dependent variable and other demographic/personal variables as independent.

POPULATION AND SAMPLE OF THE STUDY

The population of the present includes primary school teachers in Erode educational district, Tamil Nadu. Three hundred primary school teachers from population were selected to fulfill the research objectives. The collected data was the focus groups of the present study were considered to verify the study results.

TOOL USED

Self awareness tool was prepared by Dr.V.Nareshkumar and Dr.K.Prema (2019). It consists of thirty nine items with three types of self-awareness: indexical, detached, and social self-awareness which is necessary to entertain a full range of thoughts about oneself. Based upon the scores their level of self awareness was determined.

ANALYSIS AND INTERPRETATION OF DATA

Table -1 shows the level of self awareness of primary school teachers in Erode educational district

| S.N | Sample(n) | level of self awareness |
|-----|-----------|-------------------------|
| 1 | 59 | High |
| 2 | 229 | Moderate |
| 3 | 12 | Low |

From the above table-1 inferred that two twenty nine primary school teachers have moderate self awareness, fifty nine have high and twelve of them have low self awareness respectively.

Table -2 shows the mean, SD and 't' value of self awareness and its variables

| Variables | | Sample (n) | Mean | SD | 't' value | Level of Significance |
|----------------------------------|---------------|------------|--------|-------|-----------|-----------------------|
| Gender | Male | 112 | 101.67 | 9.14 | 0.02 | Not Significant |
| | Female | 118 | 104.39 | 10.74 | | Significant |
| Educational qualification | UG | 170 | 102.07 | 10.4 | 0.368 | Not Significant |
| | PG | 130 | 105.08 | 9.81 | | Significant |
| Subject | Arts | 200 | 103.23 | 10.23 | 0.733 | Not Significant |
| | Science | 100 | 103.66 | 10.32 | | Significant |
| Marital status | Married | 233 | 103.08 | 10.19 | 0.367 | Not Significant |
| | Unmarried | 67 | 104.39 | 10.44 | | Significant |
| Teaching experience | Above10 years | 178 | 102.08 | 10.29 | 0.392 | Not Significant |

| | | | | | | |
|--|------------------|-----|--------|-----|--|--|
| | Below10 years | 122 | 104.29 | 9.9 | | |
|--|------------------|-----|--------|-----|--|--|

FINDINGS OF THE STUDY

- The level of self awareness among primary school teachers in Erode educational district seems to be moderate.
- There is no significant difference between male and female with respect to self awareness among primary school teachers in Erode educational district
- There is no significant difference between UG and PG with respect to self awareness among primary school teachers in Erode educational district
- There is no significant difference between Arts and science subjects with respect to self awareness among primary school teachers in Erode educational district
- There is no significant difference between married and unmarried with respect to self awareness among primary school teachers in Erode educational district
- There is no significant difference between above 10 years and below 10 years of teaching experience with respect to self awareness among primary school teachers in Erode educational district

DELIMITATIONS OF THE STUDY

The following are delimitations of the study:

- The study was confined to the primary school teachers only.
- The study confined to 300 primary school teachers.
- This study confined to only in Erode educational district, Tamil Nadu.

CONCLUSION

Self-awareness is the key to emotional intelligence which is important to one's success in the workplace. Without self-awareness, effectiveness will hamper. Gold and Roth (1993)

identified teacher self awareness as a key component for managing stress and a process of getting in touch with our feeling and behavior. Increased Self-awareness involves a more accurate understanding of how students affect our own emotional processes and behaviour and how we affect students as well.

REFERENCE

Gold, Y.,& Roth, R. A. (1993). Teachers managing stress and preventing burnout: The professional health solution. Washington, DC: The Falmer Press.