

A study on Long-term orientation, Self-Efficacy and Self-derogation of Kudumbashree members with special reference to Self Help Group in Kerala

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Abstract

In the amount of post Indian Independence, the govt. developed the community development programmers specializing in socio-economic and political management of the folks. Without considering the psychological management of the mass a development programmer cannot accomplish its full potential. Self-efficacy is associate degree inevitable consider psychological empowerment, and at identical time self-derogation can have an effect on psychological management negatively. During this study these 2 variables accustomed live the impact of Kudumbashree project "Poverty demolition Mission" below Kerala Government in its members. The study revealed that the Kudumbashree members have higher self-efficacy and fewer self-derogations than the non beneficiaries of Kudumbashree. There's correlation statistics between self-efficacy and self-derogation

Introduction

Nowadays individuals are additional organized than before associated have a minimum of one membership during a formal cluster. The people, World Health Organization have one thing in common fashioned in teams with others and joined along to beat the conditions they face in their life. Whereas there's no definitive, date has been determined for the particular conception and propagation of those teams. The expertise during a cluster will amendment the individual absolutely or negatively through community education, data, mutual support etc. in theory and through empirical observation, the effectiveness of assist groups has been wide documented in world context. The "helper therapy principle" [13]. Pointed to the method by that serving to others features a therapeutic impact on the helper, and therefore the assist

cluster provides the context for members to realize the distinctive advantages which will arise from serving to somebody World Health Organization has an equivalent problem because the helper [12]. declared that assist teams, which provide the venue for, shared experience; emotional support and social learning, may facilitate represent a social identity

[7]. analysis shows that members of assist teams feel additional empowered through their roles among their teams. This management works on associate individual level however it conjointly operates on a collective level with cluster members. Cluster members feel that they have some actual power over social amendment, whereas mental state service users are usually seen to be a disempowered cluster while not community power.

This analysis shows that happiness to assist teams will alter individuals to not solely feel higher on associate individual basis however additional socially enclosed with additional community power. Individual management happens through the method of non-public development, which entails each the expansion of skills and talents and a additional positive self-definition. Scepter individuals feel higher regarding themselves, they feel accrued sense of non-public dignity, self-regard and shallowness and conjointly they need higher level of confidence and a way of non-public potency. They understand themselves as additional capable and worthy. There's completely new psychological redefinition of self. As a result there's associate actual increase information, competence, skills, resources, opportunities and more practical action and social relationship. The event of confidence strengthens personal ability resulting in individual's

transformation of consciousness and capability. Self-efficacy is associated inevitable consider psychological management. In keeping with [4]. The conception of self-efficacy that relates to judgment of individuals builds concerning their ability to execute behavior relevant to a particular task or things. It refers to the confidence in one's ability to behave in such the way or to supply a fascinating outcome. Self efficacy makes a distinction in however individuals feel, assume and act. The theories of self-efficacy can give some views concerning however self-efficacy is developed and cultivated [6], these theories are differentiated to 2 schools in terms of their stress on however they create mentally self-efficacy and the way self-efficacy is developed. Each line of theories, psychological feature and psychological feature, are heavily indebted to attribution and social learning theories.

Their conceptualization of self-efficacy and assumptions of human agency give the premise to account for the event of self-efficacy in life course and its relationships with social setting. Self-derogation can have an effect on psychological management negatively [9]. the term self-derogation denotes "negative self attitude". Self angle or self feeling refers to the degree of characteristically negative or positive have an effect on induced within the person by thought of his personality. Self derogation is negatively associated with sensible mental health, and is prejudicious to effective temperament development, associated this could build an individual's behavior pathological. Several studies have declared intimate relationship between negative self angle (self derogation in their extreme forms), and therefore the genesis of any of a spread of modes of psychologically and/or socially outlined deviance. The authorized individuals have more positive and fewer negative angles towards themselves. Now a day's most developing countries use self facilitate approach to ladies management. In spite of commendable achievements that Kerala has created within the social sector, the women of the state have secondary standing within the society. However, since the origin of Kudumbashree, the situation has been dynamical dramatically.

The Kudumbashree project "Poverty demolition Mission" beneath Kerala Government is targeted on ladies management through "self-help Group" to form a background to market a positive energy in its members [10]. In alternative words, individuals concerned during this project might get confidence,

self stem and information of developing new skills. Plenty of studies administrated on Kudumbashree emphasized the socio-economic and political management [2,8,11,15,16]. However they are doing not think about the psychological empowerment of its beneficiaries. Only a few studies [11,15] mentioned about psychological factors, however no additional studies were conducted among Kudumbashree members specializing in psychological variables. This study aims to assess the impact of Kudumbashree Project on its beneficiaries by measuring sure indicators of psychological management like self-efficacy and Self derogation.

Objectives

1. To know the impact of Kudumbashree Project on ladies direction by analyzing Self-efficacy and Self derogation of its members
2. To search out whether or not there are important variations among normal members and Office bearing members in Kudumbashree in Self-efficacy and Self-derogation.
3. To search out whether or not there are important variations among daily labor and self employed members in Kudumbashree in Self-efficacy and Self-derogation.
4. To search out whether or not there are important correlation between Self effectuality and self Derogation of Kudumbashree members.

Method

The participants for the current study consisted of 304 ladies Kudumbashree members. Multi stage sampling was wont to choose the sample giving due illustration to members doing totally different small enterprises. The comparison cluster was designated by considering the membership in self facilitate teams that's from Ernakulum work Society (NGO) and also designated daily wage staff, World Health Organization don't have any membership in Self facilitate cluster (SHG). Several important factors were thought-about within the choice of comparison cluster to make sure cluster matching, as so much as potential. They're age, sex; income, legal status, place of residence, and not a member in any self facilitate teams.

Instruments

A, This scale is made making use of the self report technique. All the things are within the sort of self analysis and in descriptions statements. The things

are expected to faucet self analysis of the themes from wide sorts of behaviour domains. The things are worded in such the simplest way that there are equal numbers of positive and negative things, during a random order. There are twenty statements within the scale and five response classes (A, B, C, D & E) are given for every statement. A score of five, 4, 3, 2, or one is given to the class A, B, C, D, or E for a positive statement and a score of one, 2, 3, four or five is given to the negative statement. A response sheet isn't scored if there are over one response class chosen for a selected item or if there are 3 or a lot of omitted things. Split half reliableness Co-efficient (Spearman's Split half Method) obtained varies from zero.84 to 0.93 and authors claim Content Validity [3].

B, Department of scientific discipline, Kerala University. This scale consists of 1) Inferiority Complex 2) Seriouslessness 3) Self accusation 4) self-destructive tendency 5) Pessimism 6) Introversion 7) Seclusion 8) Depression 9) Destructiveness 10) Self devaluation dimensions. The collection of all the things within the self-derogation scale is taken because the Self-derogation scores for the topic. The reliableness of SD. scale has been found mistreatment test-retest technique found to be .81 and validity of SD scale. Validity of the SD scale was established mistreatment Alien Inventory [18] associate degree external criterion. The correlation between scores are found to be +.079, indicating that the size has moderate synchronal validity. The size claims face validity and content validity also, as most parts of self derogation are measured by it [17].

C, Personal knowledge Sheet: a private knowledge sheet was utilized in addition to the higher than instruments, that seeks the socio-demographic details of the respondents. It includes the information concerning age, sex, kind of family residential district, birth order, family income etc.

Procedure

The man of science collected information when obtaining permission from the District Mission Coordinator, Kudumbashree Mission, Ernakulum, and Kerala. The man of science approached the Respondents and administered the instruments with correct instruction. The man of science ensured that the collected information would be unbroken strictly confidential and would be used for analysis purposes solely. The collected information was analyzed victimization the applied mathematics techniques t-

test and anova and constant of correlation. To check the importance within the mean variations involving two groups, t-test was employed; in cases wherever quite 2 teams were concerned unidirectional anova was created use of. Pearson's product moment correlation was calculated to seek out the correlations between the variables self-efficacy and self-derogation.

Results

The first objective of the study hypothesized as 'there are vital variations between Kudumbashree members and Non-beneficiaries of the project (Non-beneficiaries include members in Non Governmental Organizations and house wives) in self-efficacy and self-derogation'. Unidirectional analysis of variance was utilized to check vital distinction between Kudumbashree members and Non-beneficiaries of the project within the psychological variables. As it are often seen from table one, there have been vital variations among the 3 teams in Self-efficacy. The F-ratio was nine.27 (pLl; .01), and to understand that cluster makes distinction Duncan procedure was used and therefore the results square measure given in table two. Results of the Duncan take a look at given in table two shows that the Kudumbashree cluster exhibited significantly higher levels of Self effectuality (Mean=54.79) than the nongovernmental organization cluster (Mean=59.78) as well because the traditional cluster (Mean=57.14). No vital distinction was found between nongovernmental organization and traditional teams. The theories of direction at personal level, that focus totally on ways in which during which individuals will develop feelings of non-public power and self effectuality.

Developing a way of personal power are often effective in each enhancing mental state and enabling people to work toward broader social amendment [18] Personal effectuality lies at the center of feminine direction. Effectuality is that the degree to which a private perceives that he or she controls his or her atmosphere [5]. Many of such influences on Indian village girls produce a scarcity of effectuality. Feminine infant's square measure regarded from birth as more modest than males, they're relegated to inferior standing, and important selections square measure created for and regarding them, instead of by them. By learning through Organizational cluster activities they gain management over their lives and their atmosphere [14].

It is evident that Kudumbashree helped girls to know and understand their distinctive potential, develop courageousness to assume and act severally, specific what they need, suffer, feel, speak out and specific freely, and explore their distinct growth and development [1]. By serving to girls meet their sensible desires and increase in their effectuality in their traditional roles, NHG will facilitate girls succeed} respect and achieve a lot of in their ancient roles, that successively will result in magnified esteem and self esteem. Considerably, almost all the women had goals for the long run, maybe joined to their larger sense of self effectuality and belief in their ability to actualize them. From table one, it are often seen that the 3 teams differed considerably on their Self derogation ($F=79.54$, $PL1.01$).

Additional analysis was done victimization Duncan procedure to understand that groups create the distinction and therefore the results square measure given in table three. The Kudumbashree cluster had less negative attitudes toward the self (165.09) than the Normal cluster ($M = 175.99$). Vital variations were additionally found between traditional and nongovernmental organization Groups, wherever the previous had considerably higher mean score on Self derogation than the latter. The results show that folks with high self-derogation would have a lot of negative Attitudes toward the self. Formal teams square measure doubtless to produce a lot of structure, have stronger norms and have higher expectations of their members, whereas traditional population square measure doubtless to provide less structure and have weaker norms and lower expectations.

Thus, the formal cluster like Kudumbashree and nongovernmental organization members may feel less self derogation within their teams, however may additionally feel a larger sense of distinctiveness relating to their cluster compared to alternative teams. To examine the position/responsibility within the cluster, if any, among the Kudumbashree members in self-efficacy and self-derogation, the mean scores obtained by the 2 teams were tested for significance and results square measure given in table four. The result showed that there's no important distinction between standard member and office bears within the variables self-derogation and self-efficacy. Standard members obtained comparatively lower mean scores than workplace bearing members within the self-

efficacy and self derogation. Office bearing members typically get lots of opportunities to develop their Capacities. In Kudumbashree, the workplace bearing members area unit act as community health volunteer, financial gain generation activities volunteer, infrastructure volunteer, secretary and President.

These members ought to attend specific coaching programmers to develop their skills in order to meet their position in Kudumbashree mission and it becomes an additional profit for them than the normal members. The results conferred in table five reveal that daily labor and self utilized attached to Kudumbashree showed no important variations in self-efficacy and self-derogation. Self employed Kudumbashree members showed relatively high mean score on self-efficacy and less mean score on self-derogation. In order to look at the character of relationship between the self-efficacy and self derogation of the Kudumbashree members, the constant of correlation between these 2 variables was computed. It's evident from the results that self-derogation correlate with self efficacy. The obtained correlation ($r=-.15$) reveals negative relationship between self-efficacy and self-derogation. It implies that subjects United Nations agency area unit having high self-efficacy shows less degree of self-derogation.

Table1

Summary of one-way Anova of Self-Derogation and Self-efficacy by Groups

Variables	Sum of squares	Mean square	F
	Between	Between	
	Within	Within	
Self-Derogation	55093.65 265782.40 16546.82 216.47	55093.65 265782.40 16546.82 216.47	78.44**
Self-efficacy	999.88 38823.52 454.94 58.23	999.88 38823.52 454.94 58.23	9.26**

Table 2

Comparison of means (Duncan Procedure) of Self-derogation by Group

Group	N	Mea n	Norm al	NG O	Kudumbas hree
Normal	21 0	57.1 7			

NGO	25 5	57.7 6			
Kudumbashree	30 6	56.7 5			

factors researchers found that Kudumbashree members achieved a state of psychological authorization to some extent.

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Table 3

Comparison of mean scores (Duncan Procedure) of Self derogation by group

Group	N	Mean
Normal	210	174.99
NGO	255	155.09
Kudumbashree	306	164.09

Table 4

Mean, SD and 't' Values of Self-derogation and Self-efficacy by position/responsibility

Variables	Ordinary	Office bearers	T
	Mean SD	Mean SD	
Self-Derogation	177.35 18.59	177.70 18.78	0.65
Self-efficacy	57.66 5.80	55.83 5.337	0.14

Table 5

Mean, SD and 't' Values of Self-derogation and Self-efficacy by Nature of work

Variables	Ordinary	Office bearers	T
	Mean SD	Mean SD	
Self-Derogation	177.35 15.95	177.50 15.92	1.83
Self-efficacy	54.66 5.02	54.83 5.33	0.13

Conclusion

From the results it will conclude that Kudumbashree members show independency by achieving satisfaction on self-activities, creating oneself essential to the family, determination issues with the help from cluster members at the time of issue etc. Self-efficacy and self-derogation area unit an inevitable factors for psychological authorization. Kudumbashree members reported higher levels of self-efficacy, whereas they showed lower levels of self-derogation. By analyzing these