



Self-Actualization among Students of Higher Education Institutions in Pakistan

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ARTICLE INFO

Article History:

Received:	August	30, 2020
Revised:	November	30, 2020
Accepted:	December	30, 2020
Available Online:	December	31, 2020

Keywords:

Self-actualization
Self-acceptability
University Students

ABSTRACT

Man continually seeks to gratify some needs. As one need is satisfactorily fulfilled, it is replaced by another. Maslow characterized these needs as Psychological, safety, social, esteem and self-actualization. Self-actualization means the realization of one's capabilities to fulfil a job or work. The study was also themed as the same, how self-actualization is the need and desire at higher education level in Pakistan. Two separate questionnaires each for teachers and students based on four points Likert scale. 150 teachers and 600 students of IUB, BZU and PU were the samples of the study. 80% of teachers and 87% of students responded to the research tools. Factor analysis yield 7 factors for students: Personal commitment towards self-actualization, ability to work in various social situations, self-regard among university students, social efficacy of the respondents, students' commitment to social integration, professionalism among students and self-acceptability among university. Agree/ frequency and percentages were calculated for both the data sets. The impact of demographic variables on each factor was calculated by either using t-test or one way ANOVA. The major findings were more than 75% of respondents showed a personal commitment to their self-actualization, more than 66% of respondents showed self-acceptance. It was concluded in the perception of both respondent teachers and students that Pakistani university students did their best to meet the expectations of life, it was concluded in the result of teachers' responses that Pakistani university students had self-acceptability. The major recommendations were Self-acceptability is necessary for self-actualization so students should be given opportunities so that students may be able to realize their abilities and skills for their self-acceptability.



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1. Introduction

The main idea of Rogers's thought is that the self, associate degree organized, consistent set of perceptions of and beliefs regarding one. Once shaped, the self plays an effective part in controlling our observations and directing our actions. The self has two aspects: it is an object of recognition (the self-idea) and in addition an interior element that directs actions. Passer and Smith (2004).

Self-actualization is differently viewed as an intention, motivation, need or objective including practices directed towards the satisfaction of individual possibilities. It can be called "The best you can be" Waterman (2014). Self-actualization is made up of two words, in which one words refer to the text particularly. To make something genuine or to complete something intends to accomplish something that still just exists inactive. Actualization will then mean something like this: that which exists on one level of comprehension may, through specific procedures, appear on another level of comprehension. It is simple to know the concept of self-actualization as the procedure from the means where a person develops shape different possibility to the real, progresses toward becoming himself on a different stage Kvalsund (2003).

Maslow regards these five levels of needs as being in a specific hierarchy, however not in an all-or-none relationship to each other. He battles that diminishing rates of fulfilment are experienced as a lower level need is replaced in transcendence by a larger amount require. For instance, a specific individual maybe 90% fulfilled in his physiological needs, 70% in his security needs, half in his social needs, 20% in his regard and status needs, and just 10% percent in his self-actualization. Carpenter and Strawser (1971).

2. Maslow's Theory of Self-Actualization

Maslow believes that human needs cluster themselves in pecking orders of prepotency. As one need is attractively satisfied, it is supplanted by another. Man looks to delight some need. The hierarchy of necessities from the most reduced to the most noteworthy request. Maslow portrayed these necessities as

- Self-actualization: self-satisfaction and achievement through self-improvement and advancement and development
- Esteem: the status got from both inside and outside the association
- Social: the chance to grow a close relationship with different people
- Safety: the necessity for shelter
- Physiological: the condition for foodstuff, dress, protection, etc.

2.1. Characteristics of Self-Actualizing People

- Understandable, effective impression of reality and agreeable relations with it
- Problems solving
- self-sufficiency to civilization and condition
- spiritual, pinnacle involvement
- Strong relationship, but restricted in number
- Democratic character structure
- Philosophical
- A balance between polarities in identity Weiten and Halpern (2008).

2.2. The Eight Ways of Self-Actualization

Maslow writes that:

1. Self-actualization implies experiencing completely, clearly, sacrificially, with full focus and aggregate retention "Way" of achieving self-actualization is making growth choices:
2. "To settle on the development decision rather than the fear decision twelve times each day of the week on the way to self-actualization.
3. "Listening to the motivation voices". This includes closing out the voices of others in nature, regardless of whether those others are companions who give "solid counsel", the multifocal theme we call society, or the contributed voices of guardians, and tuning in to one's own particular inside referee Sackett (1998).
4. When in question, be straightforward as opposed to not. sometimes it is hard to induce a customer that honesty is the best approach. Most, in any case, will comprehend that on the off chance that they profess to achievement that they have not in actuality achieved, they are harming themselves over the long run.
5. "One can't pick wisely for existence unless he challenges to hear himself out, his own particular life at every minute throughout everyday life and to state calmly.

6. Self-actualization isn't just an end state yet, in addition, the way toward realizing one's possibilities whenever in any amount.
7. The seventh method for self-actualization is through pinnacle encountering, which Maslow portray as snapshots of bliss that can't be purchased, can't be ensured, and can't be looked for.
8. The eighth way is the presentation of psychopathology. It implies recognizing safeguards, and after resistances have been distinguished, it implies finding the fearlessness to surrender them Sackett (1998).

3. Research Methodology

The study aimed to examine the commitment towards self-actualization and self acceptance among university students. By nature this study was descriptive. The questionnaire was used for data collection. Two questionnaires were developed to collect data from The Islamia University of Bahawalpur, Bahauddin Zakariya University Multan, Punjab University Lahore. All male and female teachers and students of universities situated in the province of Punjab were incorporated into the population. Two hundred students and 50 teachers were considered as a sample for study from selected departments of IUB, BZU, PU. The size of the Sample was 600 students and 150 teachers. Two separate questionnaires were developed one each for teachers and students on four points Likert scale. Both open-ended and close ended questions have consisted of a questionnaire.

4. Data Analysis

Statistical Package for Social Science (SPSS Version 20) was used to analyze the collected data. Two different sheets were developed for the result of the current study. To figure out those associations the middle of autonomous variable and subordinate variable for statistical analysis different statistical approaches such as t-test, one way ANOVA, mean and S.D were used.

4.1. Analysis of Students' Responses

Table 1
Individual dedication of students for self-actualization

Sr.no	Statements	A %	DA %
2	Get pleasure from relationship fellows.	84.9	15.1
3	Panic about others' way of thinking.	84.9	15.1
4	Troubles in a new community.	75.5	24.5
6	Celebration of achievements.	82.3	17.7
8	Meet up to the tasks.	78.5	21.5
10	No concession on values.	75.2	24.8
Total		80.21	19.76
t-test		Mean score of Agree Respondents 80.2167 A Standard. Deviation. 4.44001	Mean score of Disagree Respondents 19.7833 DA Standard. Deviation. 4.44001 Std. E. Mean 3.6252

The above table shows 80.21% of respondents showed personal commitment towards self-actualization. While more than 75% of respondents gave a different opinion than they get pleasure from association with their fellow, they take care of a way of thinking, commemorate their achievements, complete tasks within due date and are very strict to principles. A different set of responses Agree and disagree is extensively diverse.

Table 2 indicates that about 73.93% of respondents showed self-acceptance. The result showed that 75% of respondents said that their fellows feel happy with them, they work for their reputation. 66.1% of students accepted that they proceed with logic.

Table 2
Self-acceptance

Sr.no	Statements	A %	DA %
11	My fellows feel satisfaction in my presence	76.4	23.6
13	Students work for honour.	79.3	20.7
20	Students continue the debate with a rational point of view.	66.1	33.9
Total		73.93	26.06
t-test		Mean score of Agree Respondents 73.9333 A Standard. Deviation. 6.93710	Mean score of Disagree Respondents 26.0667 DA Standard. Deviation. 6.82330 Std. E. Mean 8.01027

4.2. Analysis of Teachers' Response

Table 3
Self-acceptance

Sr.no	Statements	A %	DA %
3	Think about other students' thoughts.	66.1	33.9
13	Effort for the honour.	66.9	33.1
29	People should acknowledge their work.	64.5	35.5
Total		65.83	34.16
t-test		Mean score of Agree Respondents 65.8333 A Standard. Deviation. 1.22202	Mean score of Disagree Respondents 34.1667 DA Standard. Deviation. 1.22202 Std. E. Mean 1.41107

Table 3 shows the results that 65.83% of teachers showed self-acceptance. Meanwhile, 66% of teachers said that students are concerned with other feelings, students work for their praise. It indicates that 64.5% of teachers are agreed with the statement that they like people should accept their way of working.

Table 4
Students' dedication towards societal values

Sr.no	Statements	A %	DA %
10	Negotiation on values.	49.6	50.4
15	Speaking the truth is difficult.	63.6	36.3
21	Satisfaction about educational atmosphere.	58.6	41.4
Total		57.26	42.70
t-test		Mean score of Agree Respondents 57.2667 A Standard. Deviation. 7.09460	Mean score of Disagree Respondents 42.7000 D A Standard. Deviation. 7.13933 Std. E. Mean 8.21793

The above table described that 57.26% of teachers said that students are committed to social norms. Whereas 49.6% of teachers agreed with the statement that students do

not compromise on principles, 63.6% of teachers said that students feel problems in speaking the truth and 58.6% of teachers agreed that students are pleased with the educational atmosphere.

5. Conclusion

The following conclusion was derived from the result of data analysis.

- It was concluded that both teachers and students said that university students did their best to achieve the objectives of their life. Students of university appeared their commitment towards self-actualization.
- It was concluded that most respondents identify the factors which have an impact on the self-actualization of university students. These factors are untrustworthiness of students, enviously with the effective students, fear of disappointment, disorganization of the department, challenges in talking truth and troublesome to handle the complex situation.
- It was concluded that the majority of students who are studying in higher class has peak status of self-actualization rather than their junior students.
- In the results of a study, it is considered that it is observed that the level of self-actualization might have been higher around those students who are in BS last year a while class over their juniors.

5.1. Recommendations

- Self-acceptability may be fundamental for self-actualization thus students ought to be given chances Along these lines that students might have the capacity to acknowledge their abilities What's more aptitudes to their self-acceptability
- Equal opportunity must be given to the students thus that they can make imaginative hints at their thoughts What's more movements. They ought to look for the accomplishment to this design they ought to be must recognize their correct self.
- The students should be provided with an option to accomplish their work before different people, in this best approach they might have the capacity to move forward their identity.

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