

Analyzing the skills widenthrough National Service Scheme among the College Students

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ABSTRACT

The National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, under the Ministry of Youth Affairs and Sports. NSS provides an opportunity to the students of intermediate, technical education, social and moral values to the graduate's students at colleges and universities of India to involve in community development activities. The study is focused on analyzing the difference gained through NSS in personality development and cooperation skills. The study was conducted in the Golaghat and Jorhat districts of Assam. A total of 300 NSS volunteers were chosen as a sample for the study. The data was gathered by using questionnaire through the proportional random sampling method. The findings revealed that the majority of the volunteers had basic knowledge about the NSS, and half of the volunteers (50%) agreed that through NSS their personality has been developed. The volunteers' have favourable attitudes towards NSS. In the both skills, personality development and cooperation skills showed the significant difference before and after joining in the NSS. In the present study, it has found that the NSS programme and its associated activities have a tremendously good effect on volunteers' personalities and cooperation abilities and aid in the accomplishment of the program's primary goals.

Key word: Cooperation, Development, National Service Scheme, Personality, Volunteers,

INTRODUCTION

Different people have different descriptions of their personalities. Personality is defined as a set of behaviors, cognition, and emotional patterns that develop over time as a result of biological and environmental factors. Personality is such a thoroughly researched topic among psychologists that personality psychology has been designated as a separate branch of psychology. Psychology deals with the study of human nature and personality.

The purpose of the NSS regular and special

camping programmes is to bring the volunteers into contact with the community and encourage them to make positive changes in their lives. At weekends or after college hours, students participate in various NSS Regular Activity programmes in the adopted villages, college or school campuses, and urban slums to complete 120 hours during an academic year. Out of the 120 hours, 20 hours are dedicated to NSS volunteer orientation, which includes lectures, debates, field trips, and audiovisuals, and the remaining 30 hours are dedicated to campus labour projects that help

the institution and college.

NSS volunteers have the potential to be great leaders in their lives. To keep up with the modern need of building the overall personality of the youth and preparing them to take on serious responsibilities towards the community and the nation, the rules and regulations mould them into human beings with the best qualities of characteristics, discipline, behavior, and so on. Future research should look into the relationship between an individual's personality traits and their employees to determine if their career is successful or unsuccessful.

Intrapersonal Intelligence is a new marker that was created to give this vital part of our personality development and grooming its proper weight. A person who runs away from his self and tries to fill the void with other interests or shallow connections is on the verge of a crisis. The extrovert's feelings of self-worth and esteem are heavily influenced by how others perceive him. An introvert is someone who strives to reach a point where they might feel good or be content without needing external validation. (Pramod Kumar 2016).

Jaya Bharti et al (2021) found that the characteristics of NSS students and non-NSS students differ significantly. In comparison to other students, NSS students have more mental intentions to serve. Their characteristics and personalities were shaped by this intention and have seen considerable changes in students who scored poorly before joining the NSS. The rules and regulations mould them through NSS beings into the highest levels of character, discipline, and behavior. While taking non-NSS students, the range of activities has been greatly increased to meet the present necessity of developing the overall personality.

NSS units can participate in any activity that benefits the community. The programmes will continue to evolve in response to community requirements. Education and literacy, health, family welfare and nutrition, sanitation and cleanliness, environmental conservation, social service programmes, programmes to improve women's status, production-oriented programmes, disaster relief and rehabilitation, creating awareness about government key initiatives such as Digital India, Skill India, and Yoga Promotion, among others, could be among the core activities.

The present study assess the knowledge and attitude of NSS volunteers and examine the development in personality and co-operation skills of NSS volunteers.

MATERIALS AND METHODS

The current research was conducted in two different districts of Assam, namely the Golaghat and Jorhat districts. From the Golaghat district HPB girls' college and Jorhat district, Assam Agricultural University was chosen as the area for the research. The total sample for the study was 300 NSS volunteers, who were selected through the proportional random sampling method. Seventy volunteers from HPB Girls' College and 230 volunteers from Assam Agricultural University were undertaken as a sample for the current research. The study was conducted in February 2020 with the age group of 17–20-year-old NSS volunteers.

The method of the present research is a descriptive research method; where the researcher wanted to find out about different aspects, including personality, frequency, trends, and classifications, they utilized a descriptive study approach. To keep pace with the goals of this research, the data was coded, categorized, and tabulated.

Percentage analysis and a paired sample t-test were used to analyze the data. A statistical method is used to assess whether the mean difference between two sets of observations is zero. It is known as the paired sample t-test or dependent sample t-test. The paired sample t-test produces pairs of observations by measuring each subject or thing twice. In the present study paired sample t-test has been used to find out the difference among the volunteers after joining the NSS in acquiring personality development and cooperation skills.

RESULTS AND DISCUSSION

The Table 1 illustrates the knowledge about NSS among the volunteers. It is amazing to note that all the volunteers knew the father of NSS, the NSS motto, the year NSS was found in India, the date and month of the NSS day celebration, and the duration of the NSS special camp. Eighty percent volunteers were aware of the aim, duration of NSS volunteership, and the logo of the NSS. The majority of the volunteers (70%) knew the duration of NSS as a regular activity and the age limit for joining NSS. From the above data, it has been perceived that the majority of the volunteers were aware of basic facts about NSS, and it was a good sign for the programme that the volunteers had joined with their knowledge.

Table 1. knowledge of the respondent about NSS among the volunteers

		n=300	
Knowledge on NSS		f	%
Establishment year of NSS in India	1969	300	100
Father of NSS	Dr. V.K.R.V Rao	300	100
Aims of NSS	Personality Development through community service	300	100
Motto of NSS	Not Me, But You	300	100
Duration of NSSas a regular activity	110 hours	60	20
	120 hours	210	70
	130 hours	30	10
	2 years	240	80
Duration of NSS Volunteership	3 years	9	3
	More than 3 years	51	17
	15-25 years	75	25
	18- 25 years	210	70
Age limit in joining NSS as a volunteer	18-27 years	15	5
	24th September	300	100
	7 days	300	100
Date and month of NSS Day Celebration			
Duration of NSS Special Camp			
The logo of NSS	Motive the volunteers to nation-building and social activity	240	80
	Principle of life	60	20

*F = frequency, *P= percentage

Table 2. Attitude towards NSS among the volunteers

Statements	n = 300				
	A (%)	SA (%)	N (%)	D (%)	SD (%)
It is helpful for personality development	50	23	11	6	10
It develops self-confidence	28	43	5	9	15
It helps in socialization	61	12	8	14	5
It provides spacious experiences in life	31	26	10	20	13
NSS does not help to improve literacy in a nation	27	15	30	14	14
It helps to increase positive thinking	39	20	13	17	11
Feel proud to be a part of NSS	54	14	16	6	10
It should be a compulsory part of the curriculum	27	36	14	11	12
It helps the NSS volunteers to lead an independent life	41	28	11	6	14
NSS helps the volunteers gain mental strength	25	14	33	8	20
It provides a change from routine classroom learning	22	40	16	9	13
Special camps provide an opportunity to adjust to a challenging situation	33	25	19	8	15

*Multiple responses, A*Agree, SA*strongly agree, N*Neutral*Disagree,SD* strongly disagree

The data stated that half of the volunteers agree that NSS is helpful for personality development while 23 per cent strongly agree with the same statement. This could be because volunteers in NSS participate in a variety of developmental activities, all of which contribute to the overall development of the volunteer in this statement, strongly disagreed with 10 per cent by the volunteers. Sixty one percent of the volunteers agreed that it helps in socialization and 54 per cent were felt proud to be a part of the NSS, it might be the reason that the volunteers enhance their skills and developed their personality through NSS. Similarly, Bhola Nath et al., (2014) found that NSS is mostly an eccentric student activity that takes place "outside of the classroom," in which teachers solely serve as advisors to the principal performers, the students. Instilling in students a feeling of leadership and teamwork empowers them to recognised community challenges. As a result, leadership, unity, social responsibility, and community involvement are constantly at play.

Additionally, they are remarkably similar to social and environmental reality attributable to these qualities.

Forty-three of the volunteers stated that NSS has developed confidence among the volunteers, whereas 5 per cent of the volunteers were neutral and 15 per cent of the volunteers strongly disagreed with the statements. The thirty nine per cent of volunteers agreed that NSS aided in the development of positive thinking, while 13 per cent were undecided. Sixty-one percent of the volunteers agreed that NSS helps in socialization because all activities are carried through groups; therefore, volunteers get an opportunity to mingle with different kinds of people in the community as well as among peers. The statement received a neutral response from 8 per cent of the volunteers, while 14 per cent of the volunteers disagreed with the statement. Thirty-one percent of the volunteers agreed that NSS provides spacious experiences in life, while 13 per cent strongly disagreed with this. Thirty-nine per cent of volunteers strongly agreed with this

because some colleges prioritize students' needs and interests when recruiting for NSS. Forty-one per cent of volunteers agreed that NSS helps volunteers lead independent lives. In special camps, volunteers stay apart from their families and carry out all activities on their own.

Forty percent of the volunteers strongly agreed that NSS provided a change from routine classroom learning. In NSS, volunteers became more sincere, and disciplined, and enhanced their academic performance. Thirty three percent of the volunteers agreed with the statement that NSS special camp provides an opportunity to adjust to a challenging situation because they are spaced out from their families in a remote area and managing life by themselves is a

tricky phase for a volunteer, whereas 8 percent of the volunteers disagreed with this statement. Likewise, Dhananjay Lokhande (2006) revealed in his study that NSS activities resulted in a significant increase in self-confidence, communication skills, social commitment, problem-solving skills in personal and public life, and a positive attitude among NSS student volunteers. The student Volunteers felt fulfilled as a result of their involvement in nation-building programmes. Members of the community acknowledged the influence of NSS activities through increased awareness of health and environmental concerns, improved social behavior, and understanding of the causes of pollution.

Table 3. Personality Development through NSS

							n=300
S.No	Statements		Mean	SD	SE	t-value	Sig
1.	I can manage everything	Before	2.43	1.00	0.04	14.808	.000*
		After	3.08	1.20	0.05		
2.	Having faith in other's decision	Before	2.33	0.99	0.04	8.809	.000*
		After	2.33	0.99	0.04		
3.	I can understand the emotion of the other	Before	2.36	1.14	0.05	-6.936	.000*
		After	2.65	1.12	0.05		
4.	I can communicate well with all	Before	2.30	1.19	0.05	-16.806	.000*
		After	3.18	0.89	0.04		
5.	Having the determination to do the right things	Before	2.32	1.15	0.05	-5.706	.000*
		After	2.55	1.22	0.05		
6.	Get upset easily	Before	2.50	1.03	0.04	2.664	.008**
		After	2.61	1.11	0.05		
7.	Think before doing an activity	Before	1.01	0.10	0.00	103.181	.000*
		After	2.79	0.41	0.02		
8.	Being quiet when others are discussing something	Before	1.97	0.55	0.02	-45.175	.000*
		After	2.87	0.44	0.02		
9.	Never ignore problems	Before	1.89	0.49	0.02	.214	.831NS
		After	1.90	0.51	0.02		
10.	Never gossip about others	Before	1.35	0.66	0.03	-16.584	.000*
		After	1.89	0.49	0.02		
11.	Love to spend time with nature	Before	2.35	0.98	0.04	11.581	.000*
		After	2.92	1.24	0.05		
12.	Unable to adjust to the small issues in life	Before	2.18	0.96	0.04	4.506	.000*
		After	2.38	1.15	0.05		

13.	Kind of reserve person	Before	2.09	1.06	0.04	-1.525	.128NS
		After	2.15	1.05	0.04		
14.	Treating others as I would like to be treated	Before	2.12	1.11	0.05	-7.155	.000*
		After	2.51	1.13	0.05		
15.	Not rude to others	Before	1.99	1.02	0.04	-7.972	.000*
		After	2.40	1.30	0.05		
16.	I became a debater	Before	2.80	1.36	0.06	-3.391	.001*
		After	2.98	1.35	0.06		
17.	Always having a smiling face	Before	2.43	1.64	0.07	12.427	.000*
		After	3.16	1.15	0.05		
18.	I am aware of myself	Before	3.06	1.33	0.05	-5.410	.000*
		After	3.33	0.94	0.04		
19.	More ambitious regarding my goals	Before	2.33	1.06	0.04	4.639	.000*
		After	2.50	1.14	0.05		

*= Significant at 1% level, **= Significant at 5% level, NS = Not Significant

The data show on the Table 3 the difference in personality development among the volunteers before and after joining NSS. Among the nineteen variables fifteen variables were found to be significant at a 1 percent level they were, the volunteers can manage everything; having faith in other's emotions, they can communicate well with all the people; have the determination to do the right things; think before doing an activity, the highest t value found in this variable 103.181; being quiet while others discussing something; never ignored problems; never gossip about others; love to spend time with nature; treating others as they like to be treated; not rude to others; they become a debtor; always having smiling face; and always aware of themselves; they were more ambitious regarding their goal. Similarly, Anita

Maruti(2022) suggested in her study that the N.S.S. camp activities will undoubtedly enhance community communication abilities, teamwork, volunteer leadership and other qualities. Students have a way to manage common social activities thanks to daily practice. Students are given the opportunity through the National Service Scheme to reflect on the needs and difficulties facing society. Volunteers for the NSS gained knowledge from the experience and used it to influence effectively current events. The National Service Scheme has shown a critical role for society, community involvement in social activities, and volunteer engagement in social activities, the desires and priorities of aliveness in society are discovered among volunteers through their participation in national disasters.

Table 4. Cooperation skills among NSS volunteers:

		n=300					
S.No	Statements		Mean	SD	SE	t-value	Sig
1.	Helping parents in household activities	Before	1.79	0.71	0.03	4.301	.000*
		After	1.97	0.94	0.04		
2.	Sharing my things with friends	Before	1.74	0.65	0.03	13.891	.000*
		After	2.29	0.71	0.03		
3.	I can monitor my programme effectively	Before	1.81	0.65	0.04	3.729	.000*
		After	1.99	0.86	0.05		

4.	Extending my support to my friend	Before	4.05	0.82	0.05	6.291	.000*
		After	4.37	0.77	0.05		
5.	I take help from others	Before	4.27	0.75	0.05	.102	.919NS
		After	4.27	0.97	0.06		
6.	Admire others' ideas in group activities	Before	3.51	1.27	0.08	4.107	.000*
		After	3.86	0.82	0.05		
7.	Ability to work in harmony	Before	4.01	0.86	0.05	9.066	.000*
		After	4.45	0.96	0.06		
8.	Counseling friends who are in trouble	Before	1.62	0.62	0.03	21.596	.000*
		After	4.12	0.89	0.04		
9.	Polite and kind towards teammate	Before	1.61	0.49	0.02	11.296	.000*
		After	2.55	0.53	0.02		
10.	Solving the issues among peers without involving teachers	Before	1.42	0.49	0.02	8.404	.000*
		After	1.70	0.58	0.02	0.02	
11.	Answering others clearly and consciously	Before	1.62	0.49	0.02	24.881	.000*
		After	2.47	0.59	0.02		
12.	Accepting differences of opinion and moving forward	Before	1.58	0.49	0.02	3.690	.026**
		After	1.67	0.58	0.02		
13.	Accepted others' ideas in group activities	Before	2.12	0.65	0.02	09.652	.001*
		After	2.03	0.78	0.03		
14.	Doing teamwork makes me happy	Before	1.61	0.52	0.02	19.567	.000*
		After	2.29	0.55	0.02		
15.	I can monitor my team	Before	1.23	0.78	0.01	14.259	.000*
		After	2.45	0.98	0.03		

*= Significant at 1% level, **= Significant at 5% level, NS = Not Significant

The above table affirmed that out of the 15 statements, 13 statements showed significance at a 1% level, whereas the highest t value was shown with the statements that answered others clearly and consciously. In this statement, the volunteers stated that after joining the NSS they learned good manners in dealing with different kinds of people. Another statement "counseling friends who are in trouble" showed a t value of 21.596. The NSS volunteers had seen the real-life situation on the ground and they had implemented various activities to overcome their problems. In this way, the volunteers were able to solve their peers' troubles by themselves. The 3rd statement, which has the highest difference seen after joining NSS (t value 14.259), was that they could monitor their team. It has been seen that after joining the NSS, the volunteers became independent

people and enhanced their leadership qualities, whereas the lowest t values (13.891) were shown at a 1% significant level with the statement "I can monitor my programme effectively." The statement "accepting difference of opinion and moving forward" showed significance at a 5% level (t value 3.690). In NSS, volunteers were trained to adjust to different kinds of people so that they have adapted to different food habits, cultures, and philosophies and it has increased their acceptance quality in day-to-day life. The statement "I take help from others" showed a non-significant difference with the t value of .102. And it has been confirmed that NSS provides a platform where volunteers can gripe about their challenges by themselves without taking help from others.

Vijay Behere (2012) studied that the NSS volunteers learn to adjust themselves to society. During the special camping program NSS volunteers establish cordial relations with villagers. They undertake developmental activities like work related to hospitals, child labour, aged persons, and citizens. Through such close interaction between the volunteers with the village community, volunteers gain insight into the problems of society. A positive approach is created among the volunteer and get an opportunity to develop their cooperation skills. In NSS, volunteers are more easily motivated to learn when dealing with real-life problems that need solutions. There was increased awareness of the community and world around them. It teaches volunteers to develop compassion and empathy for others. The social benefit of NSS is a deep appreciation of Indian society and its traditions.

CONCLUSION

The NSS program can reach its goals and it has been reflected in the present study. The study found that the volunteers were aware of basic facts about the programme and also have a favourable attitude towards the scheme. NSS imparts significant changes among the volunteers in personality development and cooperation skills after joining the NSS. The majority of the statements were found to be significant at a 1% level after joining the NSS. The highest t value found in the statement on that the volunteers think before doing an activity (103.181) in their personality development skill. In the cooperation skill the statement answering others clearly and consciously found the highest significance difference (t – value 24.881). The NSS significantly contributes to the improvement

of volunteer cooperation and personality development. The volunteers participate in a variety of activities under this programme, such as raising public awareness of current concerns like the environment, health, the welfare of women and children, and the plight of the poor and oppressed. For the purpose of fostering the development of students' personalities, special camps such as the national integration camp, adventure camps, mega summer camps, republic day parade camps, etc. The varied physical, intellectual, social, and cultural activities that are part of camp are included. Students take part in discussions, brainstorming sessions, and other group activities. The volunteers have noticed a change as a result of joining the NSS through its programmes and camps.

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