

## NEED OF SELF CONTROL FOR DEVELOPMENT OF CIVILIZATION

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**KEYWORDS:** Self Control, Civilization, Humanity

### ABSTRACT

At present, mental peace and prosperous thinking for others is losing. We are living in age of terrorism which is based on hate and revenge. For development of civilization removal of negative attitude, thinking of welfare, kindness and development of humanity is necessary. Self-control is basic need to develop gentle, well behaved, graceful society. Present study is focused on finding of need of self-control for development of civilization.

### INTRODUCTION

Self-control is a management of one's own behavior, in particular when the behavior is driven by subconscious urges that conflict with conscious goals. It encompasses working towards a higher ideal and sacrificing some things in order to achieve long term goals. Many people are unable to make exert the necessary will power to make the changes that desire in life.

Self-control increases decision making capacity, chances of success, helps to curtail impulsive behaviors, improves focus and promotes congruence. It enhances healthier interpersonal relationships, greater popularity, better mental health, more effective coping skills, and better social role.

Self-control is the ability to control oneself, in terms of having expertise over one's desires and appetites. Those who are self-controlled can temper what they want, to ensure that they do not over or under indulge. They have a healthy attitude towards 'things' and focus on what they need in order to live, rather than what they want. They know their own value, and are comfortable in saying what they think in a way that allows others to speak too. It is linked to the way to self-fulfillment. Self-control allows enjoying the good things of life in moderation, without wanting too much, and knowing when have had enough.

### OBJECTIVE

- Finding of status and need of self-control for male persons
- Finding of status and need of self-control for female persons

### HYPOTHESIS

1. There is no significant need of self-control for male persons.
2. There is no significant need of self-control for female persons.

### METHODOLOGY

Descriptive survey method was selected for this study. 200 male and 200 female of age 21-50 years were randomly selected as sample. 50% rural and 50% urban were accompanied in sample. They were tested for status and need of self-control using self-prepared questionnaire. Self-control power was measured at scale of 0-30 points in increasing order and observed data was compared to standard value for finding need. Collected data was tabulated and comparatively analyzed using percentile as statistical tool.

### FINDING AND ANALYSIS

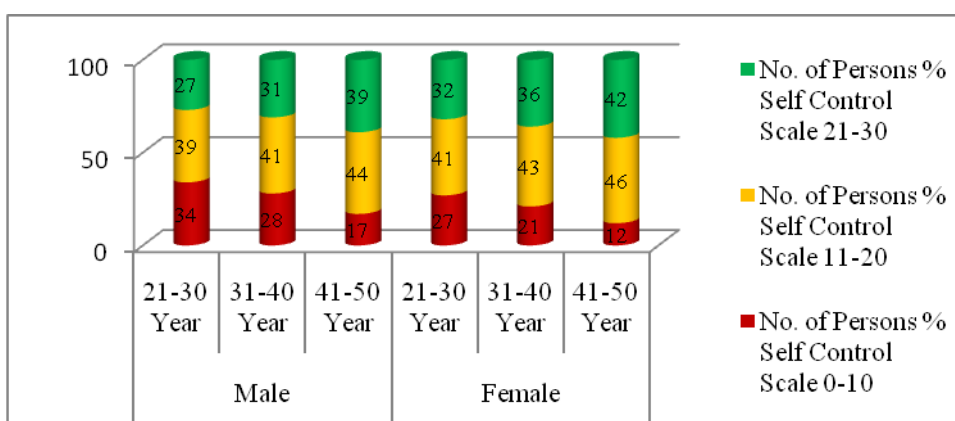
**Table-1: Status of Self Control**

Gender	Age Group	No. of Persons %		
		Self-Control Scale		
		0-10	11-20	21-30
Male	21-30 Year	34	39	27
	31-40 Year	28	41	31
	41-50 Year	17	44	39
Female	21-30 Year	27	41	32
	31-40 Year	21	43	36
	41-50 Year	12	46	42

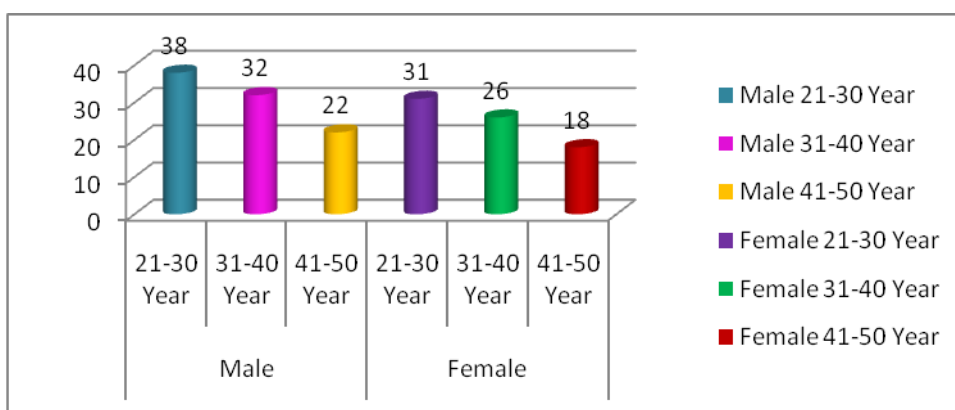
Data table shows that among male of age group 21-30 years 34% have 0-10, 39% have 11-20 and 27% have 21-30 point self-control. Value of self-control increase for 31-40 years and for 41-50 years it reached 17%, 44% and 39% respectively. Need of self-control is calculated as 38% among age group 21-30 years, 32% for 31-40 year age group and 22% for 41-50 year age group male. Hence hypothesis 1, there is no significant need of self-control for male persons is rejected.

**Table-2: Need of Self Control**

Gender	Age Group	No. of Persons (%) Need Self Control
Male	21-30 Year	38
	31-40 Year	32
	41-50 Year	22
Female	21-30 Year	31
	31-40 Year	26
	41-50 Year	18



**Chart-1: Status of Self Control**



**Chart-2: Need of Self Control**

For female of age group 21-30 years, 27% scored 0-10, 41% found 11-20 and 32% marked 21-30 point self-control. In increasing order, it reached 12%, 46% and 42% for 41-50 year females respectively. 31% of age group 21-30 year requires self-control, 26% of age group 31-40 year and 18% of 41-50 year needed self-control. Thus hypothesis 2, there is no significant need of self-control for female persons is rejected.



## CONCLUSION

Self-control is one of the most important skills that can be learnt to develop oneself. The positive effects of self-control found in many different parts of our lives and allow making better decisions and experiencing a better reality. Self-control must be maintained to produce desirable results. If emotion takes over then decisions are not likely to be as productive as they should be. Self-control make us civilized that's why it is helpful to develop civilization. Self-control power enhances with increase in age and female has greater self-control power than male.

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