



## **Risk taking behaviour in Relation to Ego-strength of Adolescents**

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### **ABSTRACT**

*The study was conducted to see the impact of ego-strength in relation to risk taking behaviour. For this, 300 college students were purposively selected from different colleges located in Darbhanga Sub-Divisional (both rural and urban) areas. Risk Taking Behaviour Scale of N.P. Choubey (1992), Ego-strength Scale of Q. Hassan (1974) and Self-prepared Personal Data Sheet was administered upon, research sample. The collected data were analyzed with t-test and correlation method. The findings revealed that ego-strength positively influence the risky behaviour. The respondents of high ego-strength engaged in more risky activities and respondents belonging to non-working parents found more risky nature than those of respondents of working parents.*

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### **INTRODUCTION :**

Risk taking behaviour is the voluntary participation in behaviour that contains a significant degree of risk. People adopt different approaches to risk orientation and there are three different risk taking types namely, "risk avoider", "risk reduces", and "risk optimizers".

The concept of risk taking behaviour is certainly appropriate for that entail a conscious awareness of the risk or danger involved and a deliberate seeking for the thrill that issues from the uncertainty of beating the odds.



Parental related factor is the most effector of children's risk taking behaviour. Many research findings showed that parents may influence risk as a function of their monitoring of their children's behaviour. Lack of parental supervision, the risky activities. In this context Baumrind (1990) found in their studies that adolescents of neglecting and rejecting parents are the most likely to engage in substance abuse.

Foreman et al.(1990) studied the adolescents risk taking activities and observed that adolescents who are emotionally autonomous engage in more risky activities.

Horwath and Zukerman (1992) studied the impulsivity, appraisal of risk and risky behaviour. The results in this context showed that sensation seeking was a strong predictor of risky behaviour.

In another study, Rosenbloom (2003) examined the relationship between risk taking and sensation seeking and found that there were positive relationship between risk taking and sensation seeking.

#### **Definition of Ego-strength :**

Ego - strength is the individual's capacity to hold on to his own identity despite distress, turmoil and conflict between opposing internal forces as well as the demands of reality.

According to Erikson (1964) ego - strength refers to virtues through which human beings steer themselves and others through life.

In general ego - strength is the ability to accept what is as existing and to then use our cognitive - behaviour, emotional and relational skills to deal with such.

Several studies have been conducted on ego - strength and risk taking activities. In this context Singer and Friedman (1969) found that, individuals who are exposed to uncontrollable, unpredictable noise subsequently performed more poorly on a test to risky behaviour activities.



Extensive research has strongly suggested that, the depletion model is the best fit for the observed data on self-control (Muraven et al. 2002).

In another study, Muraven, Collins Shiffman and Paty (2005) found that initial act of self-control performance, but did not lead to general increase in alcohol intake.

#### **OBJECTIVE OF THE STUDY :**

The object of the study was to see the impact of ego - strength on student's risk taking behaviour.

#### **HYPOTHESES OF THE STUDY :**

- (i) There would be significant positive relationship between ego-strength and risk taking behaviour.
- (ii) There would be significant difference between respondents of high and low ego-strength in term of their risk taking behaviour.
- (iii) The risk-taking behaviour would be significant difference between respondents belonging to working parent and non-working parents.

#### **METHOD :**

##### **(i) Sample :**

Total 400 college students were purposively selected from different colleges located in Darbhanga Sub-divisional area.

##### **(ii) Scales used :**

- (i) Risk Taking Behaviour Scale of N.P. Choubey (1992),
- (ii) Ego-strength Scale of Q.Hassan (1974) and,
- (iii) Self-prepared Personal Data Sheet.

#### **PROCEDURE OF DATA COLLECTION :**

The data were collected with the help of selected scales. Firstly, the researcher had contacted to the head of selected colleges and obtained permission. After that, data were collected with the help of other staffs. The engaged persons were thank by researcher for their co-operation.

**ANALYSIS OF DATA :**

The collected data were analyzed with correlational and comparative (t-test) method. The findings were prepared in the current context.

**RESULTS :**

**Table - (i)**

**Correlation between Ego - strength and Risk - taking behaviour.**

<b>Scales</b>	<b>Risk-taking behaviour</b>	<b>p-value</b>
<b>Ego-strength (High level)</b>	<b>.35</b>	<b>&lt;.01</b>

**Table - (ii)**

**Comparison of Risk - taking behaviour between respondents of high ego-strength and low ego - strength level :**

<b>Group</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>t-value</b>	<b>p-value</b>
<b>Respondents of high Ego-strength</b>	<b>200</b>	<b>55.74</b>	<b>11.42</b>	<b>6.91</b>	<b>&lt;.01</b>
<b>Respondents of low Ego-strength</b>	<b>200</b>	<b>64.32</b>	<b>14.53</b>		

**Table - iii**

**Comparison of Risk - taking behaviour between respondents of working and non-working parents :**

<b>Group</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>t-value</b>	<b>p-value</b>
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Respondents of working parents	200	38.34	8.97	2.41	<.01
Respondents of non-working parents	200	41.66	10.86		

### DISCUSSION :

An observation of table no.-i clears that, ego-strength scores were positive associated with risk-taking behaviour scores. In this context, it is clear that ego-strength of respondents positively impact risk taking activities. The computed correlation was found significant at less than .01 level of confidence.

Above findings that, contained in table no.-(ii) displayed that, respondents of high ego-strength level were found more in risky tendency than those of respondents of low ego-strength level. The computed t-value (6.91) was found significant at <.01 level of confidence. In this context, it is clear that frustration related factor positively increases risk taking activities.

Above table no.-iii clear that risk taking behaviour was found significantly differed between respondents of working parents and non-working parents. Regarding this result respondents of non-working parents showed more risk-taking behaviour while respondents of working parents were found comparatively less in risk-taking activities. The computed t-value was found significant at <.01 level of confidence.

### CONCLUSION :

To conclude, it can be say that ego-strength positively influence the risky behaviour. The respondents of high ego-strength



engaged in more risky activities and respondents belonging to non-working parents found more risky nature than those of respondents of working parents.

#### **SUGGESTION :**

In this research, researcher want to suggest that risky behaviour is the most important issue for students group. So, hence it is need to give proper attention and try to prevent such activities.

#### **REFERENCES :**

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