



## ‘Tendency to exercise negativity’ of girl secondary students: A descriptive study

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### Abstract

Negativity is a system to perceive things of the external as well as internal world by which an individual will divert own point of view or to suppress the flow of energy for the purpose of effective development. It is an approach to regulate whole psychological systems to use the collected information from the world as per the nature of situation as well as to explain the reality in illogical ways. Habit to use negativity, at the time to acquire knowledge, to build a trust, to form an attitude and to reflect through behaviour, is a variable to study. Tendency is an effective parameter to study the level of frequent responsive behavioural pattern of an individual. In this study, tendency to exercise negativity of female secondary students has been studied to find out some alarming agenda faced by every female students studied in secondary education system in Uttar Dinajpur District. To measure the tendency to exercise negativity of female secondary students, investigator has developed as well as standardised a test. To describe the reality, percentile scale has been used to define the variation of response in respect to exercise of negativity. At the end of the study, it has been found that this tendency is higher among rural female secondary students than urban female students in respect to 5 point scale. This fact has stimulated to infer the influence of socio-economic status of female secondary students in respect to practice negativity in action by female secondary students. Significant mean difference in respect to dimension as well as locality has been found in this study. Rural female students are influenced by the principles of negativity than urban female students.

**Keywords:** negativity, psychological negativity, negativity in female students, tendency to exercise negativity

### 1. Introduction

An individual is considered a resource in the always changing society due to its probable effectiveness as well as efficiency to develop resource. Effective development of personality of an individual is highly desirable matter to survive with change effectively. Ultimate target of education system is to develop all aspects of all –round development to make an individual an effective resource. Both favourability and non-favourability are essential characteristics of the situation or environment which need to face for the purpose of effective adjustment. Technically another name of favourability is positivity; and non-favourability is known as negativity. When an individual perceives the whole world in positive ways, the said world will be positive to that person, negativity will be unable to touch the mind of said person. If, a person perceives the world in negative ways; the world will be changed in negative ways through destroying the possibility of positivity. Negativity is a biasness of an individual which is manifested through diverse response systems related to the cognitive as well as emotional operations in respect to the environmental aspects (Taylor, 1991). Negativity is manifested in the behavioural pattern of an individual through the reflective nature of individual biasness. Negativity stimulates behavioural as well as cognitive characteristics of individual personality pattern (Northoff, 2000). Due to exercises of negativity, an individual will less emphasis on the more valuable things (Baumeister, 2001). Exercises of negativity can differentiate an individual with good personality and also non-desirable personality due to nurturing of different personality traits (Fiske, 1980).

Negativity is an unexpected thought of an individual which can minimise the level of potentialities of individual that will be manifested in respect to different cognitive, affective and behavioural characteristics. In this study, tendency of exercises of negativity by the female secondary students have been studied. Corresponding aspects of the study have been presented below.

### 2. Objectives of the study

After completing the study, investigator will be able –

- To measure the tendency to exercise by female secondary students in respect to the item of the test as well as dimensions of said test.
- To find out the dimension wise mean difference regarding the variables of the study.
- To determine the locality wise difference regarding the said tendency of female secondary students.

### 3. Research Methodology

To find out the relevant answers of different corresponding questions of the study, a descriptive research methodology has been designed. The functional aspects of the study have been presented below.

#### 3.1 Population and Sampling

All secondary students from Uttar Dinajpur District have been considered as the population of the study; through the effective execution of the principles of purposive sampling techniques, representative data has been collected.

### 3.2 Operational Definition of Term

Negativity Exercising Tendency is a habitual pattern of an individual which decreases actual efficiency or potentialities in respect to actual performance. It is reflected through basic cognitive, affective and behavioural characteristics.

### 3.3 Dimension of variable

Dimensions of this variable are presented below.

- Negativity reflects through cognition
- Negativity reflects through emotion
- Negativity reflects through behaviour

### 3.4 Tools Descriptions

A Questionnaire has been developed to apply for collecting representative data regarding the variable of the study. Aspects of standardization have been presented below.

#### 3.4.1 Validity and Reliability of the test

To find out the validity of test, the content validity has been determined in this context. Through the test –retest techniques, reliability co-efficient has been determined. The value of 'r<sub>tt</sub>' is 0.79.

#### 3.4.2 Norms to the test

An interpretational index has been developed to interpret the analyzed result which has been presented below.

**Table 1:** Interpretational Index

Serial No	Raw Score	Interpretation
1.	141 -160	Very High
2.	121 – 140	High
3.	101-120	Above Average
4.	81 -100	Moderate
5.	61- 80	Below Average
6.	41-60	Low
7.	Below 40	Very Low

### 4. Analysis and Interpretation

Collected data have been analyzed to find out some relevant answers regarding some predetermined questions of the study.

**Table 3:** Stratum based Item Analysis in 5 Point of Measuring Scale

<i>Result has been found in 5 points within the measuring scale</i>				
Item No	Item of the Questionnaire	TENUG	TENRG	TOTAL
1.	I think that I have no ability to do a good result.	3%	14%	9%
2.	I think that I have no capacity to logical analysis.	4%	17%	11%
3.	I think that I have no ability to differentiate the good and bad concepts.	7%	17%	12%
4.	I think that I have no ability to do anything; therefore, I don't try to do.	5%	13%	9%
5.	I think that I have no ability to fulfil my desires due to any positive opportunities.	5%	19%	12%
6.	I know that I have no capacity to analyse anything; I don't try to do.	5%	15%	10%
7.	I understand that to search the solution of a problem is not an easy task.	6%	23%	15%
8.	I think that I am unable to justify the good concept.	8%	15%	12%
9.	I think that I have no ability to discuss anything.	4%	13%	9%
10.	I know that I will be failed to apply my obtained knowledge.	6%	15%	11%
11.	Failure in task will provide me the hardship; therefore, I don't interest to do anything.	3%	17%	10%
12.	I think that there is no opportunity to get happiness from any task; therefore, I don't interest to do anything.	5%	20%	13%
13.	I don't want to be success in job due to avoid the jealousy of others.	5%	9%	7%
14.	There may have a chance to create tension in duty; therefore, I try to avoid any duty.	5%	25%	15%
15.	I think that affection is rear thing; therefore, I don't try to get it.	13%	19%	16%
16.	There is no way to free from fate; I don't try to free from.	10%	24%	17%
17.	Hopelessness is a part of my life due to I feel that there is no balance in my action.	8%	18%	13%

Corresponding analysis has been presented below.

### 4.1 Locality wise Descriptive analysis of TEN (Tendency to Exercise Negativity)

Locality wise collected data has been analyzed to describe the nature of central tendency. The related aspects of the analysis have been presented in the table -2.

**Table 2:** Descriptive Analysis of TEN

	TENUG	TENRG	TENTOTAL
N	100	100	200
Mean	57.1500	79.8000	68.4750
Std. Deviation	18.82690	20.75689	22.79424
Skewness	1.449	-.097	.476
Kurtosis	2.607	.018	-.411
Std. Error of Kurtosis	.478	.478	.342
Percentiles	25	44.5000	64.2500
	50	53.0000	81.5000
	75	65.5000	94.0000

To study the said variable, investigator has collected data from 200 samples of female secondary students (100 from urban area and 100 from rural area). In the above table, it has been observed that mean value is higher in the case of rural female students; similarly, lower mean value has been noticed in the case of urban female students. As per the interpretation index, it has been observed that tendency to exercise negativity is below average position as per the value of mean of corresponding variable. Value of SD is slight different from the each other of the said stratum of the aforesaid analysis.

### 4.2 Item wise Analysis in Percentile Scale

Every item of the test has been analyzed as per the response provided by every individual female student on the basis of three fundamental points of corresponding measurement scale. In this case, higher point measurement within a scale (i.e. 5 points), moderate point measurement within a scale (3 point) and lower point measurement within a scale (i.e. 1 point) have been considered to analyse the reality.

18.	Hardship of life is predetermined, I think so.	9%	31%	20%
19.	I think that love of elder is rear to get.	24%	40%	32%
20.	I think that the hard work is required to get the real prestige from society.	37%	46%	42%
21.	I will be inactive in my task due to fell like that I will fail.	5%	14%	10%
22.	I don't do anything by realizing that all will condemn for my work.	3%	13%	8%
23.	No way to take trust from others, therefore, I think that it is unnecessary to obtain belief.	2%	16%	9%
24.	It is unnecessary to leave the hardship away because sorrow is a part of life; I do not try to do this.	5%	20%	13%
25.	I think to conduct miss way to get the desirable result in the case of examination.	4%	17%	11%
26.	I think that teachers will not love me; because I am not good at all. They must hate me always.	5%	14%	10%
27.	I do not try to do any better task due to negligence of others.	2%	10%	6%
28.	I do not try to do anything because; I think that I always do wrong.	6%	9%	8%
29.	I do not try to be a good person; because, sorrow is highly attached with my fate.	3%	18%	11%
30.	I do not try to communicate with others; because, everyone must cheat me in every situation	4%	13%	9%

\*\*TENUG - Tendency to exercise Negativity by urban girls students, TENRG – Tendency to exercise Negativity by rural girls students, TENTOTAL – Tendency to exercise Negativity by total girls students

Thorough study of the above table, it has been found that there is response variation in terms of tendency to exercise negativity by female secondary students. The said response has cleared a normal status of corresponding trends as per the higher point measurement of the variable. The highest percentage response has been found in the case of rural female

students in respect to the corresponding responses regarding the matter of negativity exercises in action. In the case of item -20, higher position response has been noticed in both segments of the said study. This picture will be cleared by observing the figure -1.

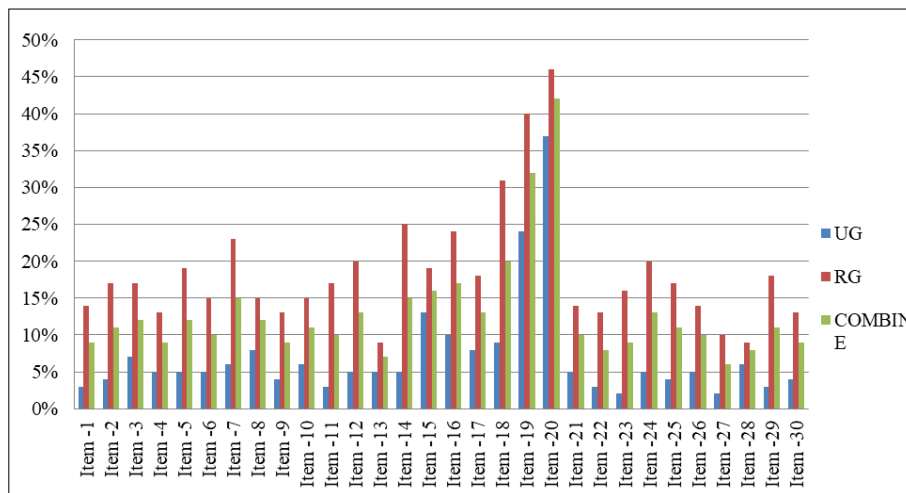


Fig 1: Tendency to exercise Negativity response at 5 point in percentage

From the above figure, it has been cleared that rural female students are influenced by the policies of negativity bias; lower level percentage has been recorded in the case of urban female students. But, in the case of item -20, highest

percentage has been observed. To find out the measurement of moderate points within the measurement scale, the response variation has been calculated at 3 point of the scale.

Table 4: Stratum based Item Analysis in 3 Point of Measuring Scale

Result has been found in 3 points within the measuring scale				
Item No	Item of the Questionnaire	Tenug	Tenrg	Total
1.	I think that I have no ability to do a good result.	5%	6%	6%
2.	I think that I have no capacity to logical analysis.	4%	3%	4%
3.	I think that I have no ability to differentiate the good and bad concepts.	8%	3%	6%
4.	I think that I have no ability to do anything; therefore, I don't try to do.	7%	3%	5%
5.	I think that I have no ability to fulfil my desires due to any positive opportunities.	18%	9%	14%
6.	I know that I have no capacity to analyse anything; I don't try to do.	10%	11%	11%
7.	I understand that to search the solution of a problem is not an easy task.	8%	16%	12%
8.	I think that I am unable to justify the good concept.	8%	8%	8%
9.	I think that I have no ability to discuss anything.	12%	16%	14%
10.	I know that I will be failed to apply my obtained knowledge.	16%	15%	16%
11.	Failure in task will provide me the hardship; therefore, I don't interest to do anything.	13%	13%	13%
12.	I think that there is no opportunity to get happiness from any task; therefore, I don't interest to do anything.	14%	14%	14%

13.	I don't want to be success in job due to avoid the jealousy of others.	10%	9%	10%
14.	There may have a chance to create tension in duty; therefore, I try to avoid any duty.	13%	10%	12%
15.	I think that affection is rear thing; therefore, I don't try to get it.	12%	18%	15%
16.	There is no way to free from fate; I don't try to free from.	7%	8%	8%
17.	Hopelessness is a part of my life due to I feel that there is no balance in my action.	9%	16%	13%
18.	Hardship of life is predetermined, I think so.	10%	18%	14%
19.	I think that love of elder is rear to get.	8%	5%	7%
20.	I think that the hard work is required to get the real prestige from society.	7%	5%	6%
21.	I will be inactive in my task due to fell like that I will fail.	9%	11%	10%
22.	I don't do anything by realizing that all will condemn for my work.	12%	8%	10%
23.	No way to take trust from others, therefore, I think that it is unnecessary to obtain belief.	7%	8%	8%
24.	It is unnecessary to leave the hardship away because sorrow is a part of life; I do not try to do this.	10%	16%	13%
25.	I think to conduct miss way to get the desirable result in the case of examination.	9%	9%	9%
26.	I think that teachers will not love me; because I am not good at all. They must hate me always.	11%	18%	15%
27.	I do not try to do any better task due to negligence of others.	9%	8%	9%
28.	I do not try to do anything because; I think that I always do wrong.	4%	11%	8%
29.	I do not try to be a good person; because, sorrow is highly attached with my fate.	5%	8%	7%
30.	I do not try to communicate with others; because, everyone must cheat me in every situation	8%	8%	8%

\*\* TENUG – Tendency to exercise Negativity by urban girls students, TENRG – Tendency to exercise Negativity by rural girls students, TENTOTAL – Tendency to exercise Negativity by total girls students

The response variation of moderate points (3 pints) has been found in a specific level in percentage; in 15 cases, below 10% response has been recorded in other 15 cases above 10%

response has been found in terms of the tendency to exercise negativity by female secondary students. This picture has been specified on the figure -2 which has been presented below.

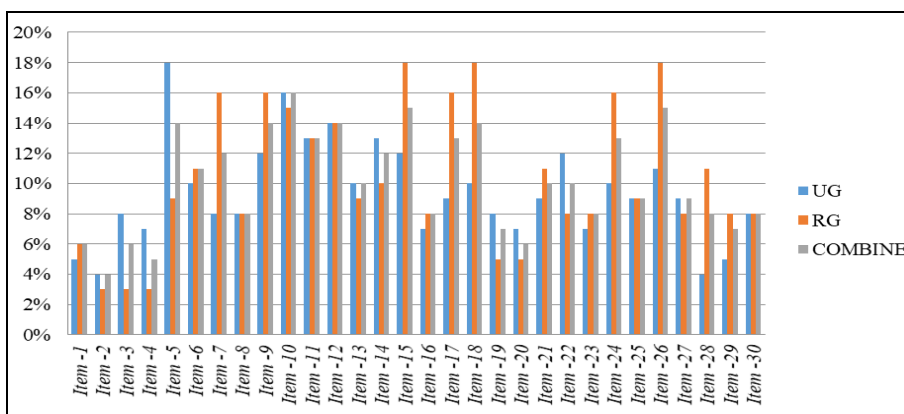


Fig 2: Tendency to exercise Negativity response at 3 point in percentage

By observing the above figure, it has been found that in the case of item -5, higher level response has been observed in the group of urban female students. Response against the test, response has not been crossed the bar of 18%. In maximum cases, higher level response has been found against the group of rural female secondary students.

To conceptualise the matter of negativity exercising tendency of female secondary students in respect to the lower point of measurement (i.e. 1 point), the responses against the items has been analyzed through percentile scale. From which some basic scenario has been specified properly.

Table 5: Stratum based Item Analysis in 1 Point of Measuring Scale

<i>Result has been found in 1 points within the measuring scale</i>				
Item No	Item of the Questionnaire	Tenug	Tenrg	Total
1.	I think that I have no ability to do a good result.	75%	42%	59%
2.	I think that I have no capacity to logical analysis.	57%	41%	49%
3.	I think that I have no ability to differentiate the good and bad concepts.	47%	34%	41%
4.	I think that I have no ability to do anything; therefore, I don't try to do.	55%	31%	43%
5.	I think that I have no ability to fulfil my desires due to any positive opportunities.	48%	27%	38%
6.	I know that I have no capacity to analyse anything; I don't try to do.	43%	30%	37%
7.	I understand that to search the solution of a problem is not an easy task.	49%	25%	37%
8.	I think that I am unable to justify the good concept.	49%	27%	38%
9.	I think that I have no ability to discuss anything.	45%	33%	39%
10.	I know that I will be failed to apply my obtained knowledge.	43%	31%	37%
11.	Failure in task will provide me the hardship; therefore, I don't interest to do anything.	50%	27%	39%

12.	I think that there is no opportunity to get happiness from any task; therefore, I don't interest to do anything.	47%	25%	36%
13.	I don't want to be success in job due to avoid the jealousy of others.	64%	34%	49%
14.	There may have a chance to create tension in duty; therefore, I try to avoid any duty.	47%	25%	36%
15.	I think that affection is rear thing; therefore, I don't try to get it.	54%	24%	39%
16.	There is no way to free from fate; I don't try to free from.	47%	29%	38%
17.	Hopelessness is a part of my life due to I feel that there is no balance in my action.	43%	22%	33%
18.	Hardship of life is predetermined, I think so.	40%	20%	30%
19.	I think that love of elder is rear to get.	40%	15%	28%
20.	I think that the hard work is required to get the real prestige from society.	19%	14%	17%
21.	I will be inactive in my task due to fell like that I will fail.	51%	39%	45%
22.	I don't do anything by realizing that all will condemn for my work.	57%	37%	47%
23.	No way to take trust from others, therefore, I think that it is unnecessary to obtain belief.	57%	33%	45%
24.	It is unnecessary to leave the hardship away because sorrow is a part of life; I do not try to do this.	54%	29%	42%
25.	I think to conduct miss way to get the desirable result in the case of examination.	52%	33%	43%
26.	I think that teachers will not love me; because I am not good at all. They must hate me always.	46%	25%	36%
27.	I do not try to do any better task due to negligence of others.	56%	40%	48%
28.	I do not try to do anything because; I think that I always do wrong.	58%	36%	47%
29.	I do not try to be a good person; because, sorrow is highly attached with my fate.	60%	36%	48%
30.	I do not try to communicate with others; because, everyone must cheat me in every situation	52%	32%	42%

\*\* TENUG – Tendency to exercise Negativity by urban girls students, TENRG – Tendency to exercise Negativity by rural girls students, TENTOTAL – Tendency to exercise Negativity by total girls students

Higher performer group is urban female students in respect to 1 point measurement within the scale has been found. Single point response has been found in higher position that specifies that said sample has lower level tendency to exercise negativity in respect to deal with the normal tasks of life. In

the case of positive item, (item -20) the below 20% response has been found; but in other cases, higher performance has been recorded against the measurable variable of the study. This picture will be cleared on the figure -3.

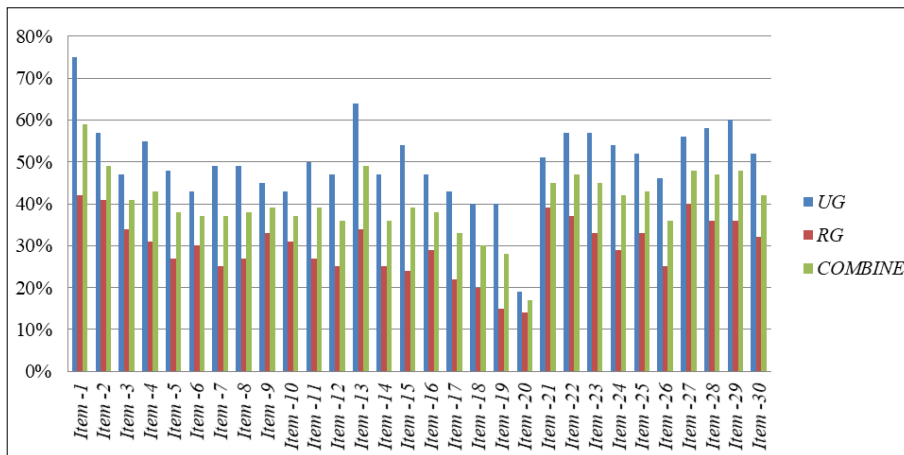


Fig 3: Tendency to exercise Negativity response at 3 point in percentage

From the above figure, it has been specified that lower point response has been found in higher level among urban female students. From this response related analysis of facts, it has been specified that locality is an indicator to exercise negativity in normal life style.

**4.3 Dimension wise Descriptive analysis of TEN**

To conceptualise the measurable variable of present study, dimension wise descriptive analysis has been done.

Table 6: Dimension wise Descriptive Analysis of TENUG

	D1tenug	D2tenug	D3tenug	D1tenrg	D2tenrg	D3tenrg	D1tentotal	D2tentotal	D3tentotal
N	100	100	100	100	100	100	200	200	200
Mean	18.110	21.8000	17.0000	25.2700	29.3900	25.1000	21.6900	25.5950	21.0500
Std. Deviation	7.03942	8.27922	6.78084	8.92715	6.76428	8.45487	8.78520	8.44616	8.65576
Skewness	1.278	.495	1.968	.180	-.498	-.065	.657	-.113	.676
Kurtosis	1.675	.084	6.034	-.719	.584	-.716	-.375	-.516	-.184
Percentiles	25	12.0000	15.0000	12.0000	18.0000	26.0000	19.0000	19.0000	13.0000
	50	16.5000	21.5000	15.0000	25.0000	29.0000	26.0000	26.0000	20.0000
	75	21.0000	27.7500	20.0000	31.0000	34.7500	32.0000	28.0000	27.0000

In the case of urban female students, highest mean value has been recorded in the case of dimension no -2; in the case of rural female students, highest mean value has been recorded in the case of dimension -2. Lower level of diversion has been noticed in connection to the response provided by female secondary students as per dimensions of the said test.

**4.4 Analysis of Dimension wise mean difference regarding TEN**

On the basis of descriptive calculated result, the dimension wise mean difference has been assessed in respect to the response of urban girls secondary students, rural girls secondary students and combine form of corresponding samples of the study.

**Table 7:** Analysis of Dimension Wise Mean Difference of UG students’ TEN

	Paired Differences			t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean			
D1tenug - D2tenug	-3.69	6.66014	0.66601	-5.54	99	0
D1tenug - D3tenug	1.11	6.3164	0.63164	1.757	99	0.082
D2tenug - D3tenug	4.8	6.61037	0.66104	7.261	99	0

In the case of between dimension 1 and 2 of TEN test as well as between dimension 2 and 3, significant mean difference has been found; therefore, corresponding assumption will be

sustained in favour of difference between the dimensions of TEN responded by urban female secondary students

**Table 8:** Analysis of Dimension Wise Mean Difference of RG students’ TEN

	Paired Differences			t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean			
D1tenrg - D2tenrg	-4.12	7.08859	0.70886	-5.812	99	0
D1tenrg - D3tenrg	0.17	7.92268	0.79227	0.215	99	0.831
D2tenrg - D3tenrg	4.29	6.86419	0.68642	6.25	99	0

From the above table, it has been observed that difference between dimension 1 and 2, between 2 and 3 regarding TEN

responded by female secondary students of rural area. Similar, result has been found as same as urban group.

**Table 9:** Analysis of Dimension Wise Mean Difference of Total students’ TEN

	Paired Differences			t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean			
D1tentotal - D2tentotal	-3.905	6.86378	0.48534	-8.046	199	0
D1tentotal - D3tentotal	0.64	7.16218	0.50644	1.264	199	0.208
D2tentotal - D3tentotal	4.545	6.72638	0.47563	9.556	199	0

On the basic of combine data regarding TEN responded by female secondary students, significant dimension wise mean difference has been found between the dimension 1 and 2, dimension 2 and 3 respectively. Corresponding assumption related to the matter of mean difference in connection with TEN has been sustained.

**4.5 Analysis of Stratum wise Mean Difference of TEN**

To find out the nature of mean difference regarding the response TEN as per the a single stratum of the study, the following analysis has been done.

**Table 10:** Analysis of Stratum Wise Mean Difference of TEN

	Paired Differences			t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean			
Tenug - Tenrg	-22.65	29.03233	2.90323	-7.802	99	0

From the above table, it has been observed that there exists significant difference between urban and rural female students in respect to exercise negativity in normal life styles. On the basis of the result, it has been interpreted that locality is an important indicator to differentiate the pattern of response regarding the matter of negativity bias.

**5. Conclusion**

After analyzing the collected data, it has been concluded that tendency to exercise negativity in normal life style has been found in below average level; but, the item wise variation has

been found in respect to three different points of measurement (i.e. 5 point, 3 point and 1 point). Significant dimension wise mean difference has been found. Locality is an indicator to differentiate the sample of present study in respect to exercise of negativity in normal life style.

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