

PSYCHOLOGICAL PROFILING REPORT

PSYCHOLOGICAL PROFILING OF UNIVERSITY STUDENTS USING CHARACTER STRENGTH TEST



SCHOOL OF ARTS, HUMANITIES AND SOCIAL SCIENCES
CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

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CONTENT

S.No.	Particular	Page No.
1.	Introduction	1-5
2.	Findings of the Assessment	5-10
(a)	<i>School of Arts, Humanities & Social Sciences</i>	5
(b)	<i>Atal Bihari Vajpayee School of Legal Studies</i>	6
(b)	<i>School of Advanced Agriculture Sciences & Technology</i>	6
(d)	<i>School of Basic Sciences</i>	7
(e)	<i>School of Creativity & Performing Arts</i>	7
(f)	<i>School of Business Management</i>	8
(g)	<i>School of Health Sciences</i>	8
(h)	<i>School of Hotel Management</i>	9
(i)	<i>School of Languages</i>	9
(j)	<i>School of life sciences & Biotechnology</i>	10
(k)	<i>School of Teacher Education</i>	10
3.	Profile of all Students of CSJM University, Kanpur	11

INTRODUCTION

Character strengths as classified by positive psychology; are a family of positive traits, expressed through a person's thoughts, feelings, and behaviors that are universally recognized for the strength that they create in individuals and communities.

Unlike our height, weight, or skin colour, character strengths aren't something that can be seen with the naked eye. Therefore, understanding and valuing them; requires a framework of consistent efforts and discussion.

By consistently teaching our youth about the character strengths that everyone possesses, they will see people based on the content of their character. This ability will enhance their self-awareness and self-confidence, understanding and appreciation of others, and interpersonal relationships; which will positively influence our youth (individually and collectively) across their lifespans. Character strengths aren't about ignoring the negative.

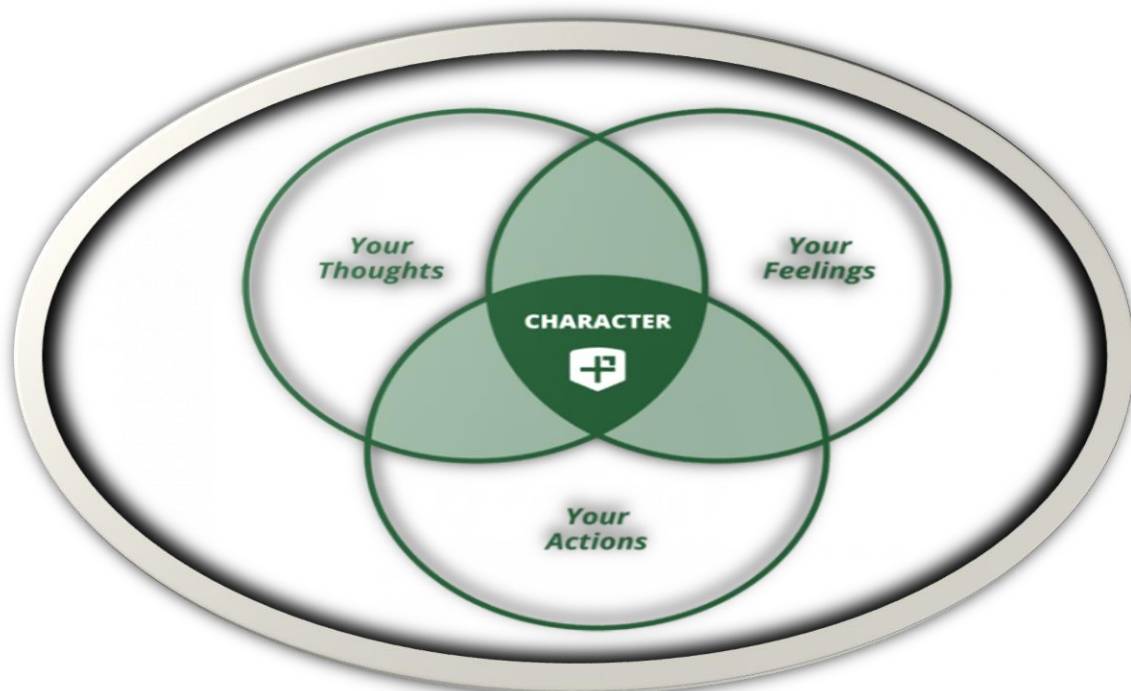


Figure 1: WHAT IS CHARACTER?

Character is more than simply individual achievement. It's the intersection of our thoughts, our feelings, and our behaviors. Character is the aggregate of who we are; it's "what's inside every one of us."

Character is not fixed; it can be grown. This is very similar to Dr. Carol Dweck's growth mindset. Dweck's theory explains that some people think their abilities are fixed and that any failure is a confirmation of their limits. While other people believe that they can grow their abilities and that failure is just a stepping stone to improvement. Well, character works the same way. And, there is no endpoint to developing your character. It's a lifelong endeavour for every single one of us.

As Dr. Peterson wrote, focusing on character strengths "would not only make young people happier, healthier, and more socially connected but also help them do better at school and to be more productive at their eventual work. Attention to young people's character is not a luxury for our society but a necessity, and it requires no compromise with traditional academic goals."

Are character strengths the same as values?

Not necessarily. Character strengths are positive personality traits that reflect our basic identity — and produce positive outcomes for ourselves and others. However, Values are beliefs held by individuals and shared by groups about desirable ends...they guide how we select actions and evaluate others and ourselves; and they are ordered by their relative importance." Therefore, individuals use their character strengths to move toward their specific values.

Virtues are core aspects of human excellence that allow us to survive and thrive. Researchers found six core virtues to be widespread across cultures. The 24 character strengths are organized under the six virtues of: wisdom and knowledge; humanity; justice; courage; temperance; and transcendence.

- **Wisdom and Knowledge** – Strengths of wisdom and knowledge are cognitive strengths related to the acquisition and use of information. Strengths comprised in this virtue are *creativity, curiosity, open-mindedness, love of learning, and perspective*.
- **Humanity** – Strengths of humanity involve caring interpersonal relationships with others, particularly in one-to-one relationships. Strengths comprised in this virtue are *love, kindness, and social intelligence*.
- **Justice** – Strengths of justice refer to the optimal relationship between the individual and the group or community, rather than the more one-to-one relationships in the humanity virtue. Strengths comprised in this virtue are *teamwork, fairness, and leadership*.

- **Courage** – Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are *bravery, perseverance, integrity, and enthusiasm*.
- **Temperance** – Strengths of temperance protect us from excess. Strengths comprised in this virtue are *forgiveness, humility, prudence, and self-control*.
- **Transcendence** – Strengths of transcendence allow people to rise above their troubles and find meaning in the larger universe. Strengths of transcendence are *appreciation of beauty and excellence, purpose, gratitude, optimism, and humor*.

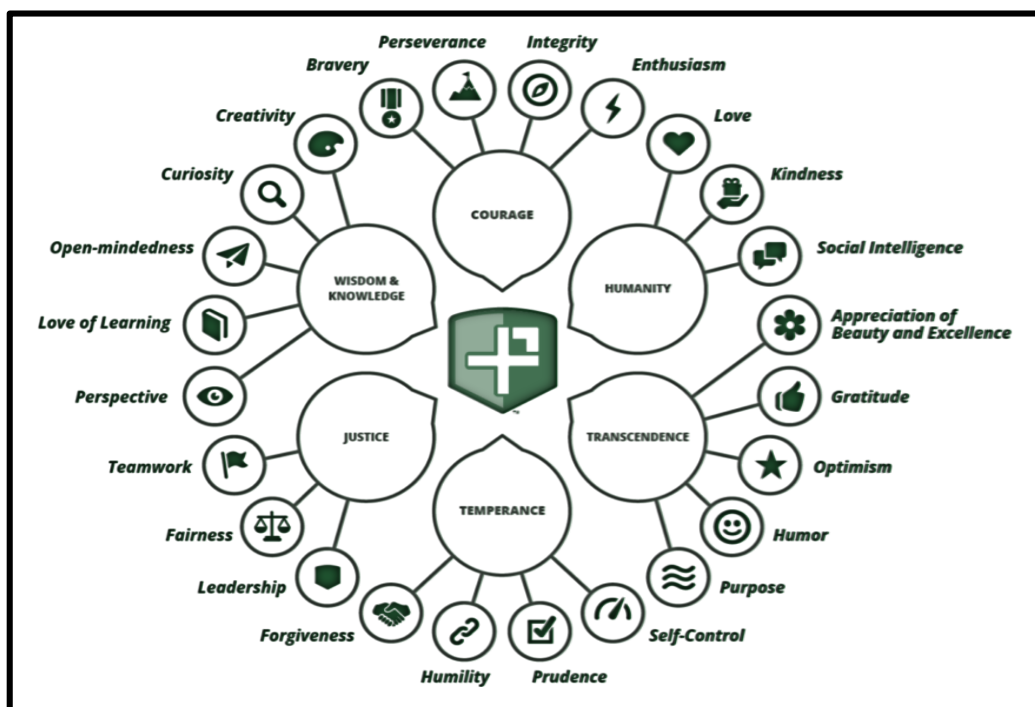


Figure 2: Positive Psychology’s 24 Character Strengths

Knowing your own strength and weakness gives you a better understanding of yourself and how you function. Understanding your strength keeps you ahead in a lot of things. It also helps you to grow more and enable you to aim higher and achieve much more. Another hand knowing your weakness gives you a clearer understanding of things that may be holding you back; these are areas you know to improve on. “It is not something you lack, it is something you need to develop and build”. With this purpose, we felt that there is a need to aware our students from strength and weakness of their character.

Here, we use Assessment of Character strength test given by Wagner and Ruch to fulfill our purpose. In the present study, we tried to assess psychological profile of approximately all first year students of CSJM University, Kanpur. During our study, we have covered following schools of the university:

S.N.	SCHOOLS OF THE UNIVERSITY	NO. OF STUDENTS
1.	<i>School of Arts, Humanities & Social Sciences</i>	123
2.	<i>Atal Bihari Vajpayee School of Legal Studies</i>	113
3.	<i>School of Advanced Agriculture Sciences & Technology</i>	89
4.	<i>School of Basic Sciences</i>	165
5.	<i>School of Creativity & Performing Arts</i>	26
6.	<i>School of Business Management</i>	451
7.	<i>School of Health Sciences</i>	112
8.	<i>School of Hotel Management</i>	25
9.	<i>School of Languages</i>	54
10	<i>School of life sciences & Biotechnology</i>	56
11	<i>School of Teacher Education</i>	71
TOTAL STUDENTS		1285

FINDINGS OF THE ASSESSMENT

School of Arts, Humanities & Social Sciences:

There were approximately 123 students participated, including different courses and program such as; Department of Economics, Journalism, Psychology, Sociology, Master of Social Work, Rural Management and MRME. Their character strength profile is showing below in figure 3.

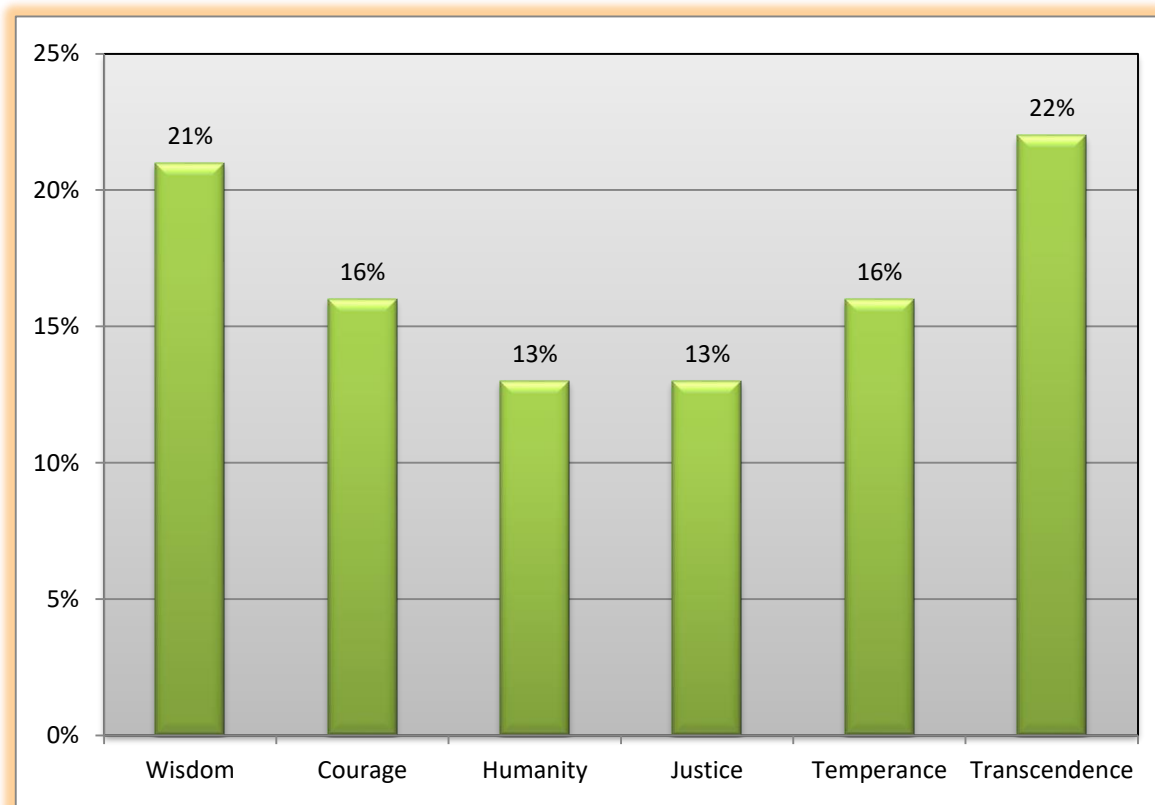


Figure 3: Students' profile of School of Arts, Humanities and Social Sciences

Above figure is showing that students were high in the area of transcendence and wisdom where as they were low in the area of humanity and justice.

Atal Bihari Vajpayee School of Legal Studies:

There were approximately 113 students participated, including different courses and program such as; BBA LLB, BA LLB AND LLM. Their character strength profile is showing below in figure 4.

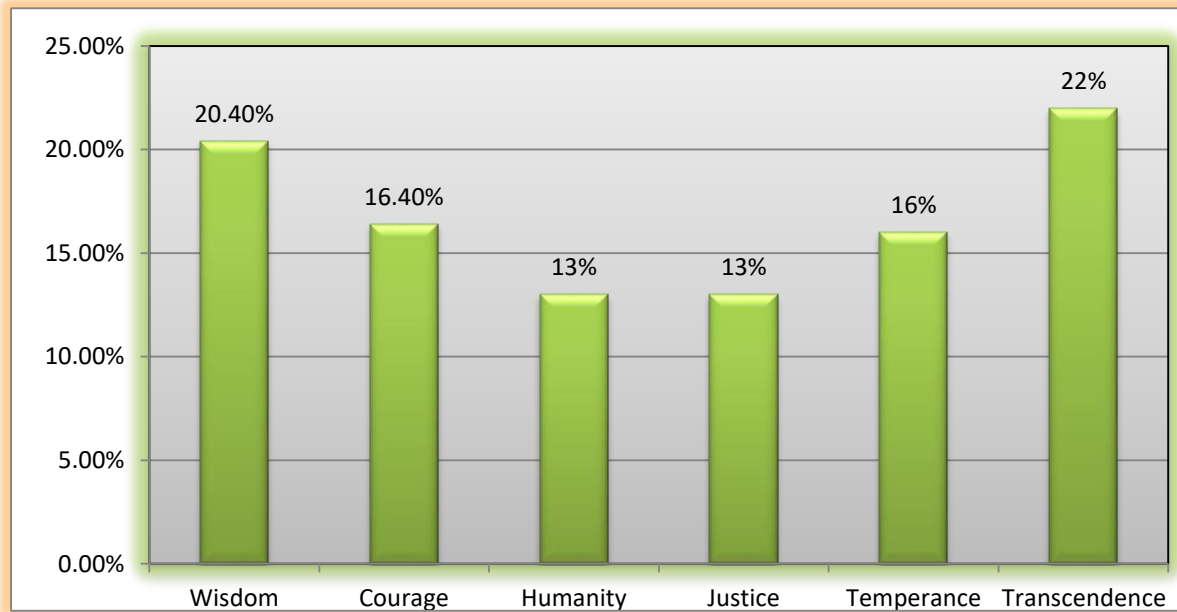


Figure 4: Students’ profile of Atal Bihari Vajpayee School of Legal Studies

School of Advanced Agriculture Sciences & Technology:

There were approximately 89 students participated. Their character strength profile is showing below in figure 5.

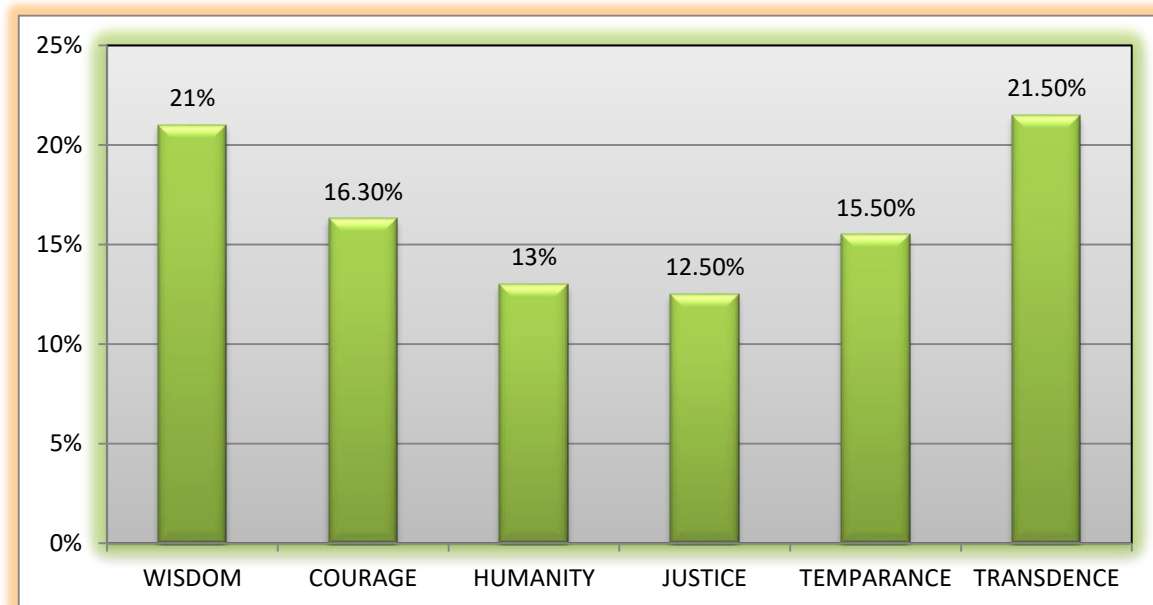


Figure 5: Students’ profile of School of Advanced Agriculture Sciences & Technology

School of Basic Sciences:

There were approximately 165 students who participated from BSC and MSC program, their profile is shown in figure 6.

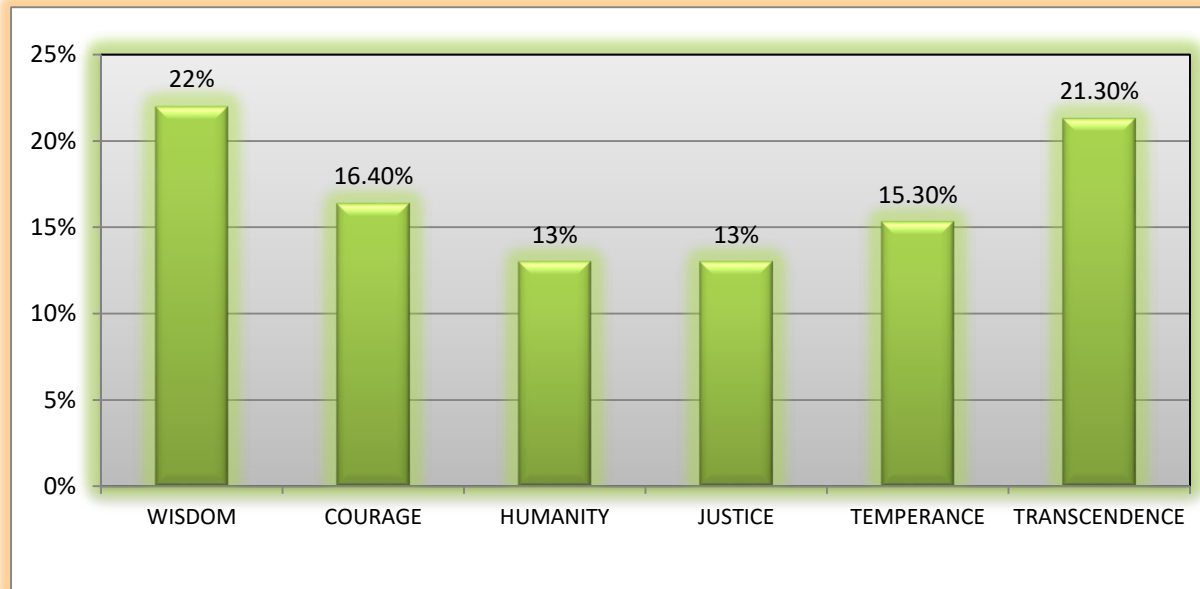


Figure 6: Students' profile of School of Basic Sciences

School of Creativity & Performing Arts:

There were approximately 26 students who participated. Their character strength profile is given in figure 7.



Figure 7: Students' profile of School of Creativity & Performing Arts

School of Business Management:

There were 451 students who participated in the psychological profiling program. Students were from different programs such as; BBA, B.Com and MBA. Their character strength profile is shown in figure 8.

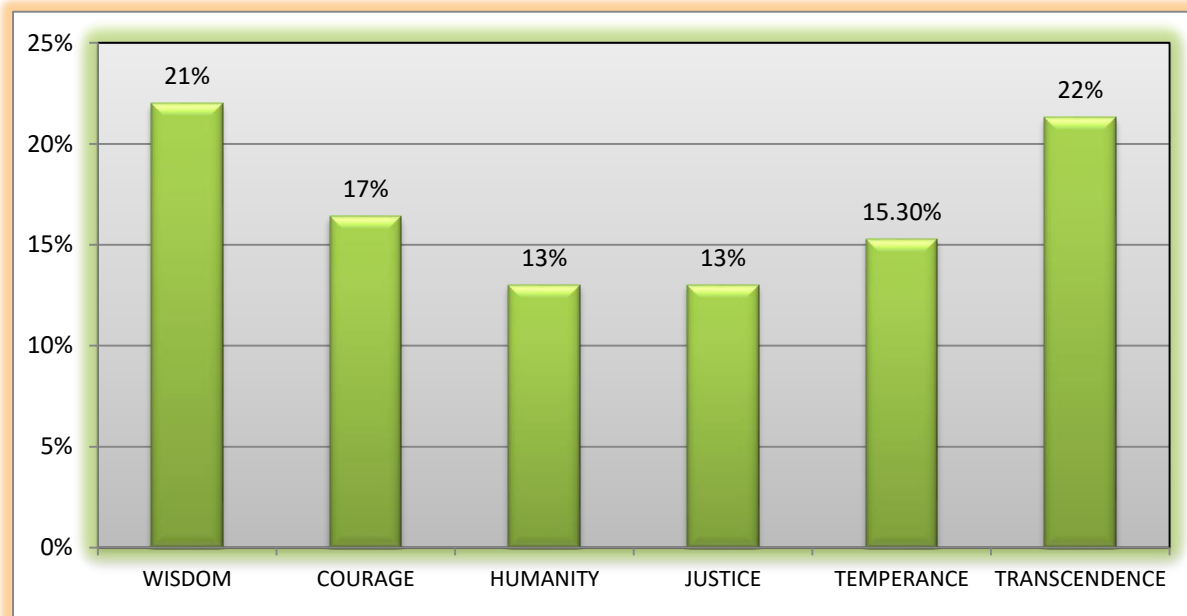


Figure 8: Students' profile of School of Business Management

School of Health Sciences:

There were 112 students who participated in the psychological profiling program. Students were from different programs such as; BMRIT, BPT, MSc, Yoga, M,Sc.MLT. Their profile is given below in figure 9.



Figure 9: Students' profile of School of Health Sciences

School of Hotel Management:

25 students were participated from Hotel Management School, their profile if given in figure 10. Figure showing that compare to all areas students were high in the domain of Transcendence.

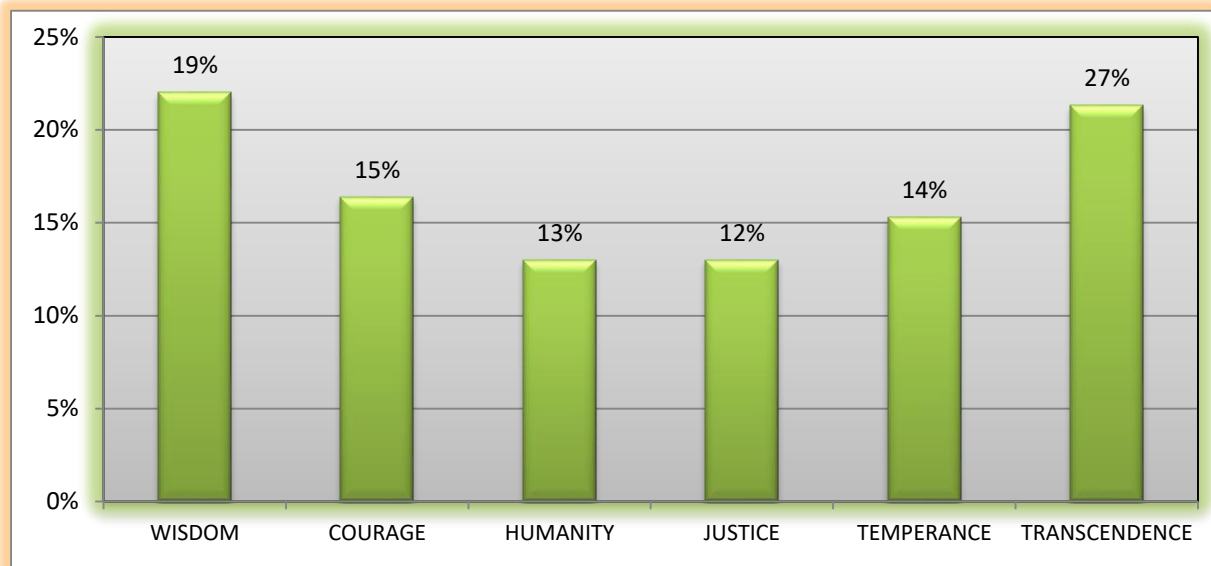


Figure 10: Students' profile of School of Hotel Management

School of Languages:

There were approximately 54 students were participated from BA and MA program, their profile is showing in figure 11.

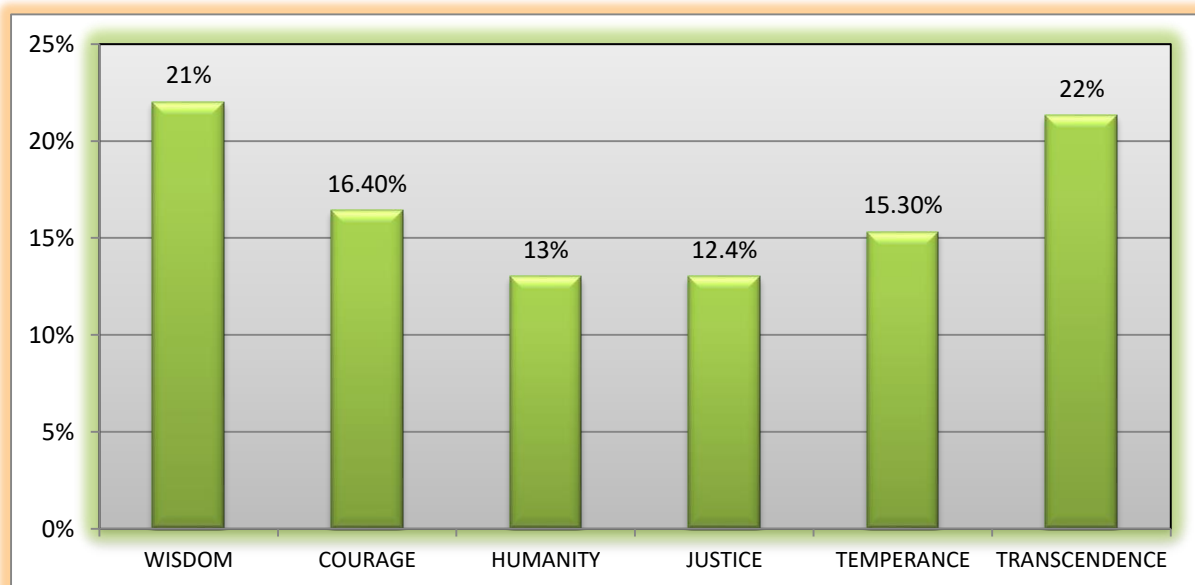


Figure 11: Students' profile of School of Languages

School of life sciences & Biotechnology:

There were approximately 56 students participated from BSc and MSc program. Their profile is showing in figure 12.



Figure 12: Students’ profile of School of life sciences & Biotechnology

School of Teacher Education:

There were approximately 71 students participated, their profile is showing in figure 13.

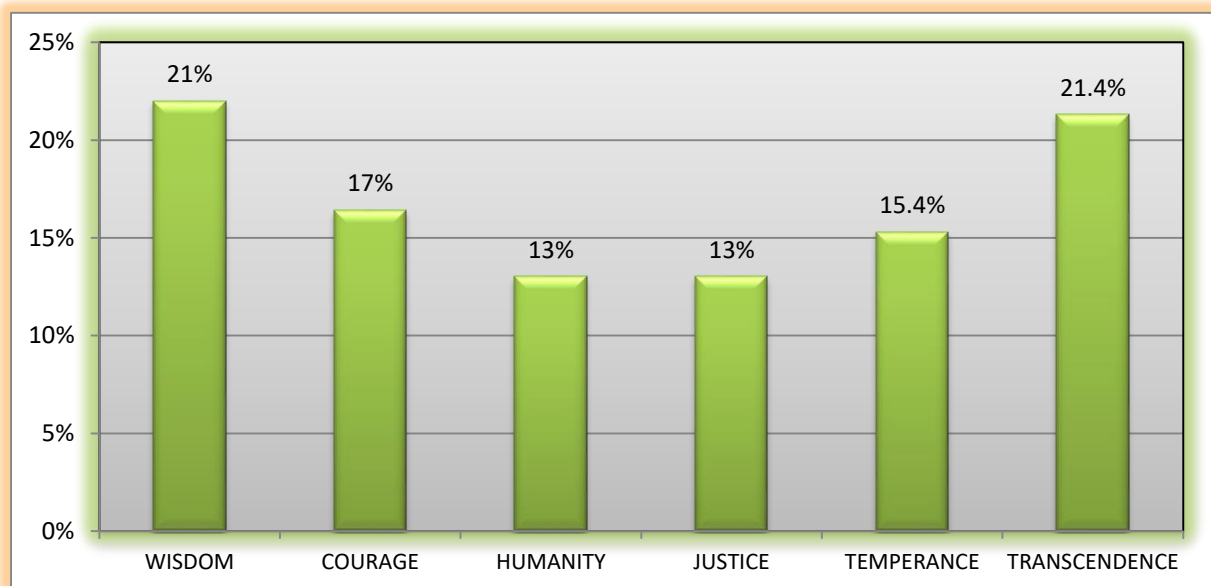


Figure 13: Students’ profile of School of Teacher Education

PROFILE OF ALL STUDENTS OF CSJM UNIVERSITY

Approximately 1285 students could be included in the present study. Through this study we tried to assess strength and weakness of our youths. Their character strength profile is showing below in figure 12.

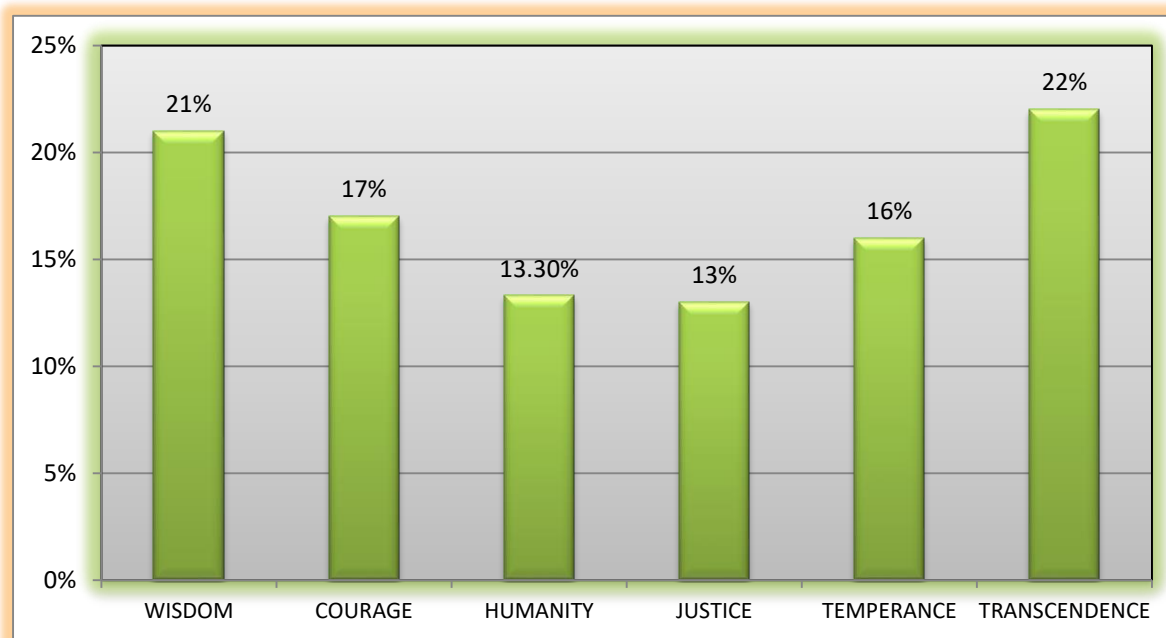


Figure 14: Compile profile of CSJM University' Students

Above figure is showing that our university students are high on the domain of wisdom or transcendence, which indicates that they have cognitive strength, creativity, curiosity; they take an interest in ongoing experiences for its own sake, they are exploring and discovering. They have critical thinking and able to change their mind in light of evidence. They have mastering to learn new skills, topics and bodies of knowledge.

They have skills of appreciation of beauty and excellence and skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience. They have gratitude and hope, expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about. They have humor and able to bring smiles to other people. Surprisingly, our youths are high in the domain of spirituality which indicates that they have coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

Simultaneously, it is important to focus that they have weakness in the area of Humanity and Justice. Here, youths need to work on these two areas for their well-being. As it's manifested in the present study that youths are giving less value to close relations mainly in which sharing and caring are reciprocated, there are getting more practical, they need to enhance their social and emotional intelligence. Simultaneously, they need to enhance their civic strengths and teamwork.