



OPTIMISTIC-PESSIMISTIC ATTITUDE AMONG THE NATIONAL CADET CORPS IN DSVV,31 UK BATTALION, HARIDWAR

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ABSTRACT:

Optimistic is the attitude of seeing things positively that include attribute like hope, and thought of even good things can come from negative events. Pessimistic is the attitude of seeing things negatively that include attribute like focus always on what can wrong in situation. This paper examines the optimistic-pessimistic attitude among college students of Dev Sanskriti Vishwavidyalaya. The sample consisted of 60 college students from Dev Sanskriti Vishwavidyalaya, Haridwar, India. The researcher analyzed the students' response using t-test. The study found that the college students, who underwent the NCC training, displayed a same degree of optimistic-pessimistic attitude as students without NCC training. Qualities compared to students without NCC training, in the Dev Sanskriti Vishwavidyalaya Haridwar.

KEYWORDS:

OPTIMISTIC-PESSIMISTIC ATTITUDE, CADET, COLLEGE STUDENT, NATIONAL CADET CORPS (NCC).

INTRODUCTION

An attitude refers to a set of emotions, beliefs, and behaviours toward a particular object, person, thing, or event. Attitudes are often the result of experience or upbringing, and they can have a powerful influence over behavior. While attitudes are enduring, they can also change.

Attitude is important because it can influence your ability to move through the world. For instance, maintaining a positive attitude can help you achieve measurable success in your personal and professional life. Your outlook can greatly impact your health, social life, earning potential, productivity, ability to overcome obstacles and more. With a positive attitude, excelling in these various domains of life can become a much simpler endeavour—creating enormous benefits that can significantly improve the quality of your life. Comparatively, if you maintain a negative or sceptical attitude, you may not be able to access the same benefits.

A positive attitude may enable you to reduce your stress level, cope with challenges in a healthy and productive way, achieve actionable goals and maintain overall mental and physical wellness. Therefore, it's important to purposefully seek methods of maintaining a positive attitude throughout your interactions with others, time spent at work and in your personal or recreational time. While this can be a challenging task, especially in the face of life stressors, it can help foster noteworthy advantages in your daily life and lead to increased satisfaction in your career, relationships and more.

OPTIMISM

Optimism is a mental attitude characterized by hope and

confidence in success and a positive future. Optimists are those who expect good things to happen, where pessimists instead predict unfavourable outcomes. Optimistic attitudes are linked to a number of benefits, including better coping skills, lower stress levels, better physical health, and higher persistence when pursuing goals.^[1]

PESSIMISM

"the attitude that things will go wrong and that people's wishes or aims are unlikely to be fulfilled." A person with a pessimistic personality tends toward a more negative—or some might say realistic—view of life. Optimists, on the other hand, see things more positively. Pessimists usually expect negative outcomes and are suspicious when things seem to be going well.^[2]

ABOUT NCC

The National Cadet Corps is the Indian military cadet corps. It is open to school and college students on voluntary basis. National Cadet Corps is a Tri-Services Organization, comprising the Army, Navy and Air Force, engaged in grooming the youth of the country into disciplined and patriotic citizens. The National Cadet Corps in India is a voluntary organization which recruits cadets from high schools, colleges and Universities all over India. The Cadets are given basic military training in small arms and parades. The officers and cadets have no liability for active military service once they complete their course but are given preference over normal candidates during selections based on the achievements in the corps. National Cadet Corps (NCC) was formed under the NCC Act, in 1948. It was a major milestone in generating patriotism in the student community and with the objective to make up the shortage of the Army. The aim was to raise the status of the University Training Corps

and make it more attractive to the youth. The University Training Corps Officers and cadets dressed like the army. It was a significant step towards the Indenisation of armed forces.

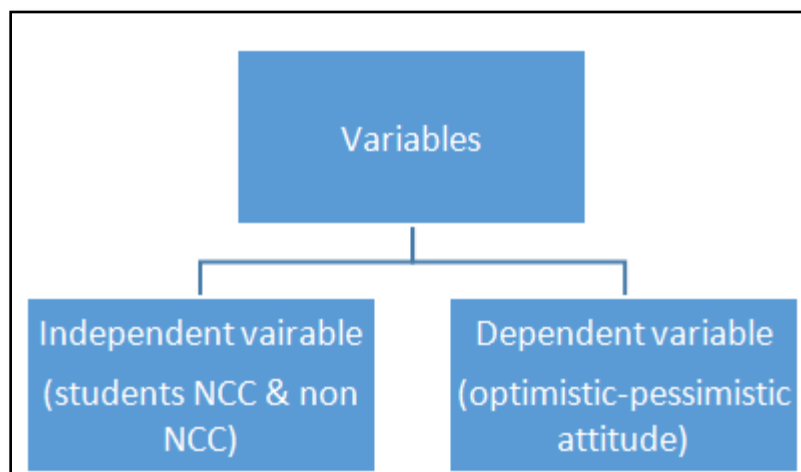
The motto of NCC is 'Unity & Discipline'. In living up to its motto, the NCC strives to be and is one of the greatest cohesive forces of the nation, bringing together the youth hailing from different parts of the country and molding them into united, secular and disciplined citizens of the nation.

The purpose of this study is to see the effect of NCC training on the optimistic- pessimistic attitude among college going student.^[3]

NEED OF STUDY

There are very few academic research done on NCC training and its effectiveness especially in Haridwar Educational and psychological researchers in India, have not paid due attention to the subject. Especially this topic

DESCRIPTIONS OF VARIALES:-



INCLUSION CRITERIA:-

College students who are NCC cadets and have at least 2 year of NCC training, and Non NCC students

EXCLUSION CRITERIA

School students, college students who are volunteer in NSS and scout and guide.

RESEARCH METHODOLOGY

This study is mainly depending on primary data, collection from NCC trained cadets and non NCC students. Dev Sanskriti Vishwavidyalaya University under 31st UK Battalion NCC Haridwar which run NCC unit. From the college 30 NCC trained cadets and 30 non NCC students (total 60 students from university) participate in the survey sufficient care was taken to select students' population, with a random mix of gender, family

there are some researchers are available on topics such as Leadership, Role of NCC in developing soft skill, comparative study on self efficacy, role of NCC in integration of northeast region to the mainstream India, Role of Mental Image, and Personality in Emotions and Affect among NCC Cadets, but there is not a single research is available on this topic.

The finding of this study would also be useful in improving and modifying training modules for the NCC cadets and also provide the knowledge that what are the mental health benefit and positive change in attitude that bring NCC training.

HYPOTHESIS OF THE STUDY

NULL HYPOTHESIS:

There is no significant difference in optimistic-pessimistic attitude between NCC trained and non NCC students studying in college.

background and economic background besides there was also a mix students from science, management and arts stream.

TOOLS USED

This study use tool **Optimistic-Pessimistic Attitude Scale**, prepared by **D.S. Parashar**. The questionnaire was circulated among the respondent and responses from the students were obtained.

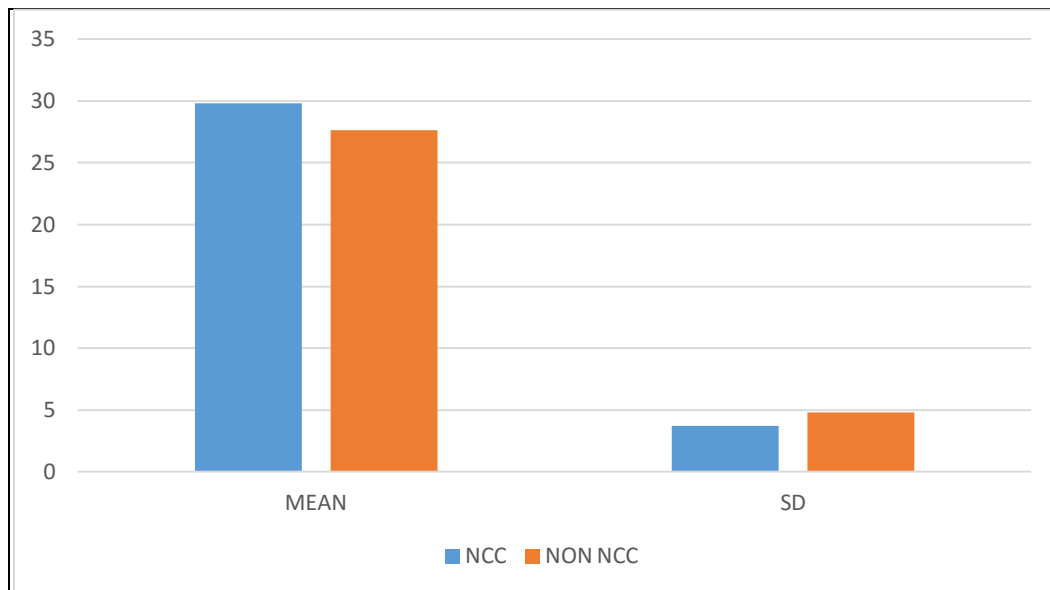
Questionnaire is structured in two category optimistic and pessimistic and response for each statement as "Agree" and "Disagree"

ANALYSIS OF OPTIMISTIC-PESSIMISTIC ATTITUDE in this researcher did a study over a variable i.e. NCC training and optimistic-pessimistic attitude researcher use t-test for statistical analysis.

TABLE 1

Groups	optimistic-pessimistic attitude score				SE _D	T-score	Significance Level
	n	Mean	SD	SE _M			
NCC	30	29.83	3.73	0.68	1.11	1.95	Not significant at level of 0.05
Non-NCC	30	27.66	4.79	0.87			

Df= 58



This study was made, to examine and compare optimistic-pessimistic attitude among trained NCC students and students without NCC training.

Table 1 shows the results to optimistic-pessimistic attitude among NCC trained cadet and students without training in Dev Sanskriti Vishwavidyalaya there were 60 (30 NCC trained cadets and 30 non ncc students) students are taken for the purpose of this study. The mean value of of NCC trained cadets is almost same as to non NCC students.

Hence the hypothesis was accepted.

SUGGESTION OF THE STUDY

There are some suggestion after completing this study and interaction with NCC cadets, associate NCC officer, permanent instructor of army and college. The NCC training in Dev Sanskriti Vishwavidyalaya has not made any significance difference in their optimistic-pessimistic attitude.

It is obvious in India that NCC groom young student, who may contribute in the development of nation and later become future leaders.

The NCC training teaches the attribute like Leadership, character, comradeship, discipline, secular outlook, spirit of adventure.

So the training of NCC at Dev Sanskriti Vishwavidyalaya should improve to get better out come.

Many students expressed their desire to take part in NCC. However academic pressure prevented them from taking

part in such activities. Professional stream students were the most affected lot. They believed that if they participated in NCC, then their academic scores would suffer.

The management of university should motivate the young students to join NCC and help them in giving extra classes if they missed out on academic classes. It is expected that the New Education Policy would bring some relief to these students and more number of students will take part in these activities.

NCC provides trained disciplined manpower, which is readily available for the development of the nation.

CONCLUSION AND SCOPE OF FURTHER STUDY

This study was done to see the effectiveness of NCC training on the optimistic-pessimistic attitude among the students of Dev Sanskriti Vishwavidyalaya.

It is found that NCC training is not so effective in imparting optimistic attitude in students of Dev Sanskriti Vishwavidyalaya.

It was found very low significance difference between NCC cadets and non NCC students.

The sample size is small for this research, a researcher could increase the sample size.

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