



CENTAIN BIO-SOCIO-INSTITUTIONAL VARIABLES IN RELATION TO HELPING TENDENCY AMONG COLLEGE STUDENTS

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ABSTRACT

Keywords:

INTRODUCTION

Education has an acculturating role. It defines sensitivities and perceptions that contribute to national cohesion a scientific temper and independence of mind and spirit. In the Indian way of thinking a human being is a positive assert and a precious national resource which needs to be cherished, natured and developed with tenderness care and coupled with dynamism. Each Individual's growth presents a different range of problems and requirements, at every stage from the womb to tomb. The catalytic action of education in this complex and dynamic growth process needs to be planned meticulously executed with great sensitivity. Education is not static but a dynamic process, which develops the child according to changing situation and times. According to some educationists, education is a purposive activity always pursuing some aim of bite to which an individual denotes himself fully. In this narrow sense, education is a formal conservative process mainly confined to school campus.

In its narrow sense, education is a formal conservative process mainly confined to school campus. This formal process neglects the basic tendencies, interests and capacities of children and forces down predetermined the bits of knowledge through a set of methods. It does not promote the natural development of the child. In its wider sense, education becomes a range and informal process aiming at nothing but allowing the child uncontrolled freedom for arbitrary activities, through such a process. It is not possible to inculcate social, moral and spiritual values in children. Thus both the processes are one sided and emphasize the two extremes. The real concept of education is a synthesis of these two processes. This synthesis will develop the child to the full according to his inherent tendencies with emphasis on concurrent development of society of which he is an integral part such an education will develop both the child and society of higher and higher positions of glory and cultural eminence.

WHAT DOES HELP MEAN?

People use statements such as 'Your advice helped me a lot' 'We must all help each other' 'A man is helping the

police with their enquiries' 'Please help me up / down the stairs with this heavy case' 'May I help you?' 'May I help with washing up?

It may be derived from the above statements that Help means an aid or assistance rendered to others by anyone. The importance of 'Help' in life is stressed in various religions. They are presented below: Buddhism says "By giving away food we get more strength. By bestowing clothing on others we gain more beauty. By donating abodes of poverty and truth we acquire great treasure".

The verse 10 of Leviticus 19 in the Bible states that "And thou shalt not glean thy vineyard, neither shalt thou gather every grape of thy vineyard; thou shalt leave them for the poor and stranger".

Also the verse 11 of Deuteronomy 15 states that "for the poor shall never cease out of the land; therefore I command these, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to the needy in thy land". The verse 21 of the Proverbs 25 in the Bible says that "If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink".

Thiruvalluvar says, "Call that a gift to needy men thou dost dispense, All else is void of good, seeking for recompense". And also says, "Assistance given by those who never received our aid, in debt by gift of heaven and earth but poorly paid". Also says, a timely benefit – though thing of little the gift itself, - in excellence transcends worth the earth".

"Kindness shown by those who weigh not what the return may be when you ponder right its merit it's vaster than the sea". "The kindly aid's extent is of its worth no measure true, its worth is as the worth of him to whom the act you do"

FORMS OF HELP

'Help' may be in various forms as noted below:

Physical Help

Some render help by doing labour. They help the aged in keeping their room and surrounding clean. N.S.S.

students, scouts and guides keep their school campus clean. N.S.S. students render their help in their adopted village. Orpha students bring buckets of water to the aged to take bath and clean their dresses. These are said to be physical help.

Intellectual Help

Specialists and experts in social organisations share their view and ideas to improve social organisations. Physicians' timely advice will be of much help to the mentally retarded children, the physically handicapped and the aged. Lawyers give their legal advice when needed by social organisations and the poor people. Kopmeyer M.R. (1995) says "I am able to reach millions of readers and fulfill my life - goal of helping millions of ambitious people succeed." Though his book on proven Success Methods.

Financial Help

Rich can help the poor by giving money. They can meet the expenses of educating a poor student. They donate money for building schools, hospitals etc. They donate furniture to the Home for the aged, blind children etc.

Some sick patients who need heart surgery, kidney transplantation etc. get financial help from the prime minister's fund. Some people get financial help by approaching others directly or through advertisement in a magazine or dailies. People send money and help them.

Biological Help

Some donate eyes so that they may be used for others after their death. Some donate blood to the needy and thus save other's life. Some donate kidney. It is worth remembering "God needs people's help to help people".

LEVELS OF HELP

The rendering of Help may take place at different levels as noted below.

Help in a Family

Members of a family help each other. Youngsters help the aged in reading newspaper, in buying medicines etc. Elders take care of the youngsters, guide them, advice them, develop good qualities etc. Some children take their youngsters to school and help them in their studies. Children from Joint Family help their aunt or uncle in buying vegetables or stationery articles. Children from Joint Family are helped by their aunt or uncle in getting money for their studies and in getting their doubts cleared in subjects.

Help in an Institution

In the school, children of the same age group are in one class. They freely converse with each other; One's problem is solved by some other students. They can clear their doubts in their subjects. Rich students can help poor students in paying the tuition fees, Exam fees etc. N.S.S. students, Scouts and Guides render their help in school functions.

Help in the Local Society

Man cannot live all alone by himself. He has to co - operate and adjust with others. People help the sick neighbours. People help their neighbours when they are in trouble. Some people give financial help to the neighbours and relatives. In the village youngsters help the aged in getting water from the well, in buying things from the shop, in writing letters. In the cities youngsters help the aged in getting down the bus, by giving their seats to the aged while in traveling in a bus.

Each school having N.S.S. adopt a village and the students help the villagers to keep their place clean. They educate the aged under adult education programme through dramas, songs etc. They help the doctors in Health campaign in their locality. They visit the Home for the aged; clean their premises distribute sweets to the aged and make the aged feel happier.

Mother Teresa started a school for the poor children in Calcutta. She serves the orphans, lepers and poor people in her Nirmal Hriday Home. She was awarded Nobel Prize for her service. Like Mother Teresa many nuns from Catholic church help the poor, take care of the orphans, render educational help, run many schools and colleges, and hospitals.

Help at National Level

One state in our country helps other states in giving water, electricity, rice etc. Rice is sent to Northern states from Southern states. Similarly wheat is sent to the south from Northern states. Jute from Bengal is shared with other states.

Help at International Level

India has helped the U.N.O. through various means for the promotion of global peace. Through education and cultural exchange programmes and through commonwealth scholarships the developing nations are benefited with the help of the advanced countries. Every year thousands of scholars come from poor member states to India to improve their knowledge and qualifications. Goorkhas from Nepal are recruited as soldiers in India. There are separate Goorkha regiments in Indian Army. Lakhs and lakhs of Nepalese serve in India in various capacities and send their earnings to home without any restriction. India had given cores of rupees as aid to Nepal. India has also helped Nepal in building highways, hydro - electric projects and setting manufacturing units in Nepal with a view to improve Nepal's economy and promote their wealth. Several agencies of United Nations Organisations (UNO) through their research and Development programmes promote health, literacy and other developmental activities in poor countries. International laws, International arbitrations, world conference, regulation of airways, sea routes, control of crime and drug trafficking through the U.N. agencies have improved international understanding and friendship among nations. International Monetary Fund (I.M.F.) helps the developing countries to raise their living

standard. Developing and underdeveloped nations are benefited by its service. World Health Organisation (WHO) aims at the improvement of the standard of health especially in the developing countries.

HELP FOR DIFFERENT TYPES OF PEOPLE

Help may be of different types in terms of the people to who it is rendered. Some such types are noted below:

Help for the Blind

Government is giving some help to the blind. They are given concession in train fares. Some private social organisations run schools for the blind. These blind people are adopted by people in Germany. They render financial assistance, send the necessary articles and dresses to these blind children. Local doctors offer free medical check – up and give physicians' costly sample medicines etc. Local people donate play things for the blind. Some people give money to them. Some send meals or tiff in to them on their wedding day or on the birthday of their children or death ceremony of their in – laws. Students serve as writers for the blind children at the time of examinations.

Help for the Physically Handicapped

Physically handicapped are given concession by Railways. They can travel in the train with no fare producing a certificate from the physician. A guardian of the handicapped is given half free concession in Railways. Social organizations like Lion's Club donate three wheel cycles for the physically handicapped. They donate hearing aid to the partially deaf and dumb children.

Help for the Aged

In India social organisations for the aged run by C.S.I. get some financial help from Help – Age India. Local people donate money and give money for a lunch or a breakfast etc. N.S.S. students visit the homes for the aged and help them in maintaining their premise clean. They distribute sweets and Tiffin to the aged. Also social organisations help the old people in the first few weeks after they come out of hospital. Local volunteers are asked to visit the old people, welcome them home, ensure they have enough to eat and keep them warm, doing shopping, and helping to deal with any money problem with may have arisen. The volunteer is a friend to the old person, helping him or her to feel happier about being at home again. Volunteers are supported by a Professional Project Coordinator, who keeps in regular touch to provided help and advice.

The Community Service for Senior Citizens (CSSC) organization in Dehiwala, Srilanka observe a scheme called "Good neighbor Scheme". This scheme consists of home visits carried out by elders themselves or volunteers in their own neighborhood. Home visits are:

- (1) For a chat with elders who are lonely,
- (2) To go shopping for those who cannot do it for themselves

(3) To provide a meal for those who cannot cook for themselves

(4) To deliver library books to house bound elders

(5) To provide transport on a regular basis for elders who need to go to hospital, clinic, temple, church etc.

(6) To write letters,

(7) To collect pensions, banking etc.

The volunteer gets a form and states what type of service they can perform and the amount of time they can give monthly, weekly or daily. This system can be followed by the organisations I other countries also.

The Snehagiri institution in Palai in India has a very active programme of recreation and relaxation. The elderly people from the home are taken as to holy places or to the places that they choose themselves. Once a month the boys from the local orphanage come in and present an entertainment for the elderly people in the home. They often find it very funny and cannot resist joining in. Everyone looks forward to these monthly events. The conceptual framework presented above enabled the investigator to conceptualize the construct 'Helping Tendency', design the present study and execute it successfully.

ATTITUDE TOWARDS HELPING TENDENCY

The attitude of adolescents has been described earlier in a vast manner. The adolescent stage in a crucial one for any individual. In this stage, students may deviate their thoughts and ways in different styles for inculcating many social things towards achieving something, which is totally different from the ordinary well – being. In this stage, adolescents did not feel comfort to approach others regarding obtaining help for their studies.

Types of help for Alcohol and Drug Abuse: You can find many different kinds of help for a drinking or drug problem. Availability of kinds of help and helping agencies vary from area to area.

Individual Counseling

In individual counseling, the person meets for a periods of time with a professional substance abuse counselor. The counselor supports the client's non- use through a variety of techniques. The counselor may have expertise in other mental health areas to help the client resolve problems in his or her life that might be contributing to the substance abuse.

Medication

Physicians can prescribe medications that help the person stay substance free. Antabuse causes illness when alcohol is consumed. Naltrexone can help stop the craving or desire to drink or take drugs.

Impatient Treatment

Impatient treatment provides a highly structured program that involves both individual therapy and treatment groups. The goal of an impatient program is to help the

person become drug free and then to prepare him or her for a life back in the community. Family members often attend special programs to help with the changes the whole family will go through and educate them about the illness.

Intensive Outpatient Treatment

Like inpatient treatment intensive outpatient treatment provides both individual therapy and group work. The major difference between the two is that the patient does not reside at the facility. Intensive outpatient treatment programs may require the person to attend the center six hours a day, seven days a week or attend several nights a week.

Family Help and Interventions

The family of a substance abuser can be a very powerful resource for treatment or help. It is often easiest for a family member to confront someone about a problem and also provide support after the person has asked for help. This confrontation is often and best, done through an intervention. The family talks to a substance abuse professional trained to help with interventions. Through this consultation family members can be prepared to help the alcoholic or addict in a way that can motivate him or her to follow through with treatment.

Equally important to an alcohol or addict getting help is the family receiving help as well. The family members have experienced problems related to the addiction and may not be aware of the total impact this has had on all their lives. Family members should be educated about alcoholism / addiction and should learn new ways to communicate with each other. The whole family will experience changes. It is important for them to learn how to do this together.

OTHER TYPES OF HELP

Family and Friends

Family and friends can be an important source of help if you are depressed. Recovery is quicker for people who feel supported by those around them.

If you are a family member or friend of someone who is depressed you can help by:

- Listening to the person with depression without judging or being critical.
- Encouraging and helping them to get appropriate professional help.
- Checking if they are feeling suicidal and taking immediate action if they are what to do to help a suicidal person?
- Suicidal feelings are a medical emergency. Take them as seriously as you would symptoms of a heart attack!
- Don't leave the person alone. Most people who commit suicide do it when they are alone.

- Seek immediate help. Take the person to hospital, phone emergency 000, or take the person to see a GP.
- Try to ensure the person does not have access to a method of taking their life.
- If the person is consuming alcohol or drugs, try to stop them taking any more.
- Take to the person until help arrives.

Help With National Health Service (Nhs) Charges

If your customer gets pension credit which includes guarantee credit, they and their partner can also get help with health costs, this includes:

- Free NHS dental treatment
- Vouchers towards the cost of glasses or contact lenses
- Travel expenses to appointments that an NHS doctor or dentist has arranged for you.
- Free NHS wigs and fabric supports.

Your customer may be able to get some help with these costs even if they do not get guarantee credit. People aged 60 and over are currently entitled to free sight tests and NHS prescriptions in England. The age at which men and women can claim free prescriptions in England will increase to reflect changes to the state pension age. However, there will not be any changes to the age exemptions in April 2011.

Help for people working:

If your customer or their partner:

- ❖ Are responsible for a child.
- ❖ Have a disability that puts them at a disadvantage in getting a job and are getting or have recently stopped getting a qualifying sickness or disability related DWP benefit, or
- ❖ Are aged at least 50 and are returning to work after receiving a qualifying DWP benefit for at least 6 months.

They may be able to get working Tax credit if they do paid work for 16 hours a week or more. Otherwise they will need to be aged at least 25 and do paid work for 30 hours a week or more.

Various Ways to Help a Fellow Human Being

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion". - Dalai Lama

Helping a fellow human being, while it can be inconvenient, has a few humble advantages:

- It makes you feel better about yourself.
- It connects you with another person, at least for a moment, if not for life.

- It improves the life of another, at least a little.
- It makes the world a better place, one little step at a time.
- And if that kindness is passed on, it can multiply and multiply.

So take just a few minutes today, and do a kindness for another person. It can be something small or the start of something big. Ask them to pay it forward. Put a smile on someone's face.

Smile and Be Friendly

Sometimes a simple little thing like this can put a smile and warm feeling in someone else's heart, and make their day a little better. They might then do the same for others.

Donate Something You Don't Use

Or a whole box of some things. Drop them off at a charity. Others can put your clutter to good use.

Make a Donation

There are lots of ways to donate to charities online, or in your local community. Instead of buying yourself a new gadget or outfit, spend that money in a more positive way.

Redirect Gifts

Instead of having people give your birthday or Christmas gifts, ask them to donate gifts or money a certain charity.

Stop to Help

The next time you see someone pulled over with a flat tire, or somehow in need of help stop and ask how you can help. Sometimes all they need is a push or the use of your cell phone.

Teach

Take the time to teach someone a skill you know. This could be teaching your grand me to use email, teaching your child to ride a bike, teaching your co-worker a valuable computer skill, teaching your spouse how to clean the darn toilet. Ok, that last one doesn't count. Comfort someone in grief often a hug, a helpful hand, a kind word, a listening ear, will go a long way when someone has lost a loved one or suffered some similar loss or tragedy.

Help Them Take Action

If someone in grief seems to be lost and doesn't know what to do, help them do something. If could be making funeral arrangements, it could be making a doctor's appointment. It could be making phone calls. Don't do it all yourself -let them take action too, because it helps in the healing process.

Buy Food for a Homeless Person

Cash is often a bad idea if it's going to be used for drugs, but buying a sandwich and chips or something like that is a good gesture. Be respectful and friendly.

Land Your Ear

Often someone who is sad, depressed, angry, or frustrated just needs someone who will listen venting and talking through an issue is a huge help.

Help Someone on the Edge

If someone is suicidal, urge them to get help. if they don't, call a suicide hot line or doctors yourself to get advice.

Donate Food

Clean out your cupboard of canned goods, or buy a couple bags of groceries, and donate them to a homeless shelter.

Just Be There

When someone you know is in need. Sometimes it's just good to be there. sit with them. talk help out if you can.

Be Patient

Sometimes people can have difficulty understanding things, or learning to do something right. learn to be patient with them.

Tutor a Child

This might be difficult to do today. But often parents can't afford to hire a tutor for their child in need of help. call a school and volunteer your tutoring services.

Show Appreciations Publicly

Praising someone on a blog, In front of coworkers, in front of family, or in some other public way, is a great way they feel better about themselves.

Land Your Voice

Often the powerless, the homeless, the neglected in our world need someone to speak up for them. you don't have to take on that cause by yourself, but join other in signing a petition a petition, speaking up a council meeting, writing letters, and otherwise making a need heard.

Offer to Babysit

Sometimes parents need a break. if a friend or other loved one in your life doesn't get. that chance very often. call them and offer to babysit sometime. set up an appointment. It can make a big difference.

Love

Simply finding ways to express your love to other love to others. Whether it is your partner, child, and other family member friend. co-worker. or a complete stranger just express your love. a hug, a kind word, spending time, showing little kindnesses being friendlyit all matters more than you know.

How far that little candle throws his beams!

So shines a good deed in a weary world.- William Shakespeare.

CONCLUSIONS

An adolescent is on the boundary line of childhood and adulthood. Peer group relationship plays a substantial role in the life of an adolescent. Adolescence is the

period of increased social relationships and contacts. An adolescent develops a good amount of social sense. The adolescence is the age of wide interests and aptitudes. According to their interests and aptitudes they should be provided with learning experiences and opportunities for participation in co – curricular activities. Their thirst of curiosity, wandering and adventure should be quenched through excursion, N.C.C., mountaineering, scientific exploration etc. This is the possible way to improve the helping tendency among college students.

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