

Book Title

- **Fostering Teaching Learning Practices
for Quality Enhancement
in Higher Educational Institutions**

Editor's Name

- **Dr. Rajendra H. Satpute,**
Principal (I/c),
Government college of Arts & Science,
Aurangabad (Maharashtra)
Phone : (0240) 2341476

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Aurangabad



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Prof. V. K. Shelke,
Assistant Professor,

Head of the Department of
Psychology,
Government College of
Arts and Science,
Aurangabad

vaishalishelke001@gmail.com
&

Ku. Gitanjali N. Andhale
Student,

gitanjaliandhale131@gmail.com

A Study of Optimistic and Pessimistic Attitude Among Youth

Abstract :

A person can see life in two main ways in an optimistic and pessimistic way depending on their attitude. Person's well-being can be easily determined through their attitude. Life of an optimistic person is always colourful & filled with hope, on the other hand, life of a pessimistic person is always sad & hopeless. This study is aimed to assess optimistic and pessimistic among youth residing in Aurangabad city. During Covid-19 situation, the data was collected through Google Forms where participants were between the age group of 15 to 24 years. We made online links and sent to various student groups and got the data. We got total 60 (30 girls and 30 boys) forms. To collect online data, optimistic and pessimistic attitude scale developed by D. S. Parashar [4] was used to measure optimistic and pessimistic among youth. Data was analysed using mean, standard deviation, and for comparison between two groups and 't' test was used. The results showed that there is a significant difference between optimistic and pessimistic attitude among youth.

Keywords : Attitude, optimistic, pessimistic, youth

Introduction :

Attitude is a way of life. We have a choice every day regarding the attitude we embrace for that day. The only difference between a good day and a bad day is our attitude. We cannot change our past, or we cannot change the way certain people think. We cannot change what's inevitable. However, the only thing we can possibly change to deal with situations better is our attitude. Somewhere between our emotions and our thought processing lies our attitudes—our emotional perceptions about ourselves, others and life itself.

In the opinion of Jung [3] attitude is a readiness of the psyche to act or react in a certain way. Attitudes have three components. The central component is a relatively enduring feeling about



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some object. Besides feeling, an attitude usually has a cognitive component – the person holds some belief about the object. The third component of attitude is an action component -a tendency to act in accordance with the feeling and opinion. Attitudes in humans are generally expressed as positive and negative and that are often denoted by terms optimism and pessimism respectively.

Optimism and Pessimism are two different outlooks on life that dictate how you deal with most situations and your expectations from the world. Optimism is defined as having hopefulness and confidence about the future or successful outcome of something. It is a tendency to take a favourable or hopeful view.

Pessimism, on the other hand is a state of mind in which one anticipates negative outcomes. There are some advantages to optimism like it seems to make people feel better about life. But there are also advantages for pessimism in that thinking the worst helps some pessimists cope better with the world. Jacobsen [2] reported that men were more optimistic than women over time and across countries and Boman[1] found that compared to the boys, girls tend to exhibit significantly higher levels of optimism and lower levels of self-referent subjective probabilities

Objectives :

- 1] To make a comparative study of optimistic attitude among youth
- 2] To make a comparative study of pessimistic attitude among youth.

Hypothesis (Ho) :

- 1] There is a significant difference in the term of an optimistic attitude among youth.
- 2] There is a significant difference in the

term of pessimistic among youth.

Methodology :

A systematic methodology is an important step to any research because it directly influences the validity of the research findings. This precisely describes the methodology tools and instrument adopted in conducting the research.

i] Samples of study :

During covid-19 we select online sample through google form. We got total 60 (30 girls and 30 boys) online forms. Their age ranges between 15 to 24 years.

ii] Research tool :

Attitude of the respondents was assessed by employing Optimism-Pessimism Attitude Scale by D.S Parashar. Pre- testing of the research instrument: Optimism Pessimism Attitude Scale by D.S Parashar was standardized scale for Indian context, so no pre-testing was required before employing them in the present study.

iii] Variables :

- a) Optimistic attitude - IV
- b) Pessimistic attitude - IV c) Youth - DV

iv] Data Collection Method :

Researcher conduct online data both version of the scales was used as per the convenience of the respondents. On various online teaching group of students sent link of optimistic and pessimistic attitude scale and gather online data of youth.

v] Statistical analysis of data :

The online collected data was classified and tabulated in accordance with the objectives to drive the meaningful and relevant inferences. The data was analysed by using statistical techniques like mean, standard deviation and t test.

