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COLLEGE STUDENTS A QUALITATIVE STUDY"**

Arush Goel

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UNDERSTANDING FACILITATORS FOR ASSERTIVENESS AMONG COLLEGE STUDENTS – A QUALITATIVE STUDY



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April 2022

Arush Goel



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Manipal College of Health Professions

MAHE, MANIPAL

Certificate

This is to certify that the dissertation on "Understanding Facilitators for Assertiveness among College students: A Qualitative study", has been completed by Arush Goel (201199010) under my supervision. I am satisfied with the work presented by the candidate towards the partial fulfilment of Masters of Science in Clinical Psychology.

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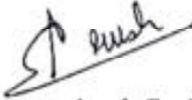
Date: 30/04/2022

Declaration

I, Arush Goel, hereby declare that the study presented in this dissertation titled "Understanding Facilitators for Assertiveness among College Students – A Qualitative Study" was conducted by me, under the supervision of Dr. Sebastian Padickaparambil, Associate Professor and Head, Department of Clinical Psychology, Manipal College of Health Professions, Manipal Academy of Higher Education.

I also declare that no part of this study has either been previously published or submitted for any degree or diploma in this or any other university.

Date: 30/04/2022



Arush Goel

Place: Manipal, Karnataka

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Abstract

Introduction: Assertiveness is defined as the ability to be honest with one's beliefs and interests while not denying the rights of others and includes behaviours like sharing one's opinions, questioning ideas, being able to refuse request of others and firmly expressing one's emotions without manipulation. It is considered that majority Indians tend to fall behind in having assertiveness due to various cultural factors and schemas they hold towards self and others and only few display this behaviour. The present study attempted to explore facilitators for Indian college students who were found to be assertive.

Methodology: The study followed a qualitative descriptive study design. 15 college students from different parts of the country scoring high (+21 to +39) on Rathus Assertiveness Scale (Rathus, 1973) were selected through convenience sampling for the in-depth interview process. Thematic analysis was used to analyse the data excerpts.

Results: A total of 424 codes were generated which formed 16 sub-themes and 5 major themes. The major themes include facilitators for assertiveness, benefits of being assertive, obstacles to assertiveness, performing assertive behaviour and sex-based differences in assertiveness.

Conclusion: India being a collectivistic society, the values and beliefs imbibed from family, the culture, religion and other elders play a significant role in the way we interact with others as is in the case of assertiveness. Personality dispositions were also found to play a key role in being assertive. The role and significance of each have been discussed. These factors including observation, overcoming negative consequences, values and beliefs and personality dispositions that make students assertive can be addressed in assertiveness and communication skills training.

Keywords: Assertiveness, facilitators, performing, obstacles, benefits