

# Relationship between mindful attention awareness and altruistic behaviour of higher secondary school Students of dibrugarh district

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## ABSTRACT

Medical and Biological science has clinically revealed that mindfulness and altruism is positively correlated. The practice of mindfulness meditation reduces human anxiety, depression, stress and help to improve regulate activity in neural substrates and emotional and social preferences. Furthermore, it is revealed that mindfulness meditation can develop altruistic and pro-social behaviour among the young students. In the present study, the investigators have attempted to study altruistic behaviour, level of altruistic behaviour, level of mindful attention awareness and relationship between mindful attention awareness and altruistic behaviour of higher secondary students (Class xi & xii) of Dibrugarh District of Assam, India.

## Keywords

Mindfulness, altruism, Secondary school students

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## Introduction

The investigators has summarised the introduction of this research paper through the following points-

**About mindfulness:** The psychological processes which help to brings someone's attention to the present situation or moment is known as individual's mindfulness. It is the condition of individual to being conscious about what happening or existing in current situation. So, it is a one kind of presents of mind to handle the sudden condition. Other hand, mindful attention can be defined as a human's ability to monitor his/her own behaviour. It can improve the monitoring capacities of human behaviour to centralise the attention on specific or importance conditions. Furthermore, it can be used as a way to improve the physical and mental health, proper emotional direction, resiliency of stress. Mindful attention helps the human being to create the way to live with happiness, engagement and comprehensive deal with unpleasant situation in life. Some modern research has revealed that practice of mindful attention can reduce the anxiety of future worries, depression, eating disorders, substance abuse and regrets in anytime over the precedent activities. Instead of these, it improves the concentration power, emotional togetherness, attachment with own life and success. Mindful attention is not delimited in social and psychological science. It has expanded to medical and biological science too. So, the medical and biological scientist has revealed that the practice of mindful attention can undoubtedly improve the physical health and wealth, sleep, heart functions and normalised the blood pressure and chronic pain. So, mindful attention can be defined as the methodological way of well-being.

**About Altruism:** Modern educationist, philosopher and researcher have been emphasising a rational thought and action on altruism because altruism itself one kind of rational thought and action. Nagel (1978) defined altruism as a process of psychological behaviour that depends on recognition of trueness and loyalty of an individuals and

ability to wholeness or togetherness of being human. He mentioned basic requirements of altruism such as morality in life, principle, rationality in desire and action. Nagel (1978) revealed that desire and motivation is an important factor of altruism. According to him desire must be present in motivated act which in the interest of another but desire is not the only possible source of motivation. Instead of desire and motivation there would be possibilities of other internal factors that makes capable of expecting other people's happiness and well-being. Educationist and philosopher from different disciplines has been defined altruism in differently although all are comes together to recognised altruism as a constituent of human nature. Initially, the concept of altruism was come from the field of sociology because August Comte, the father of sociology first introduced the term altruism in sociological perspectives (Encyclopaedia Britannica, 1967). In social psychology, Batson (1990) has been done plenty of experimental work on altruism. Hoffman (1981) conducted a comprehensive study to find out the origins of altruism and given a new way to revaluation and development of the egoistic model. Arrow (1975) suggested three modules of motives to define altruism. These are- (i) a common (universal) desire to benefit others (ii) desire as the representative of sense of obligation and (iii) an implicit social contract which based on social norms. To defied the altruistic behaviour, Bar-Tal (1985-1986) has identified five motivational aspects viz. a. benefited to another person b. voluntarily performance c. intentionality in performance d. self directional goal to help others and e. avoidance of any external reward. According to Vine (1983, pp.8) "Our altruistic impulses are likely to be stronger towards kith and kin partly because of underlying organism causation, requiring less rational deliberation and self-persuasion, less active cultivation of altruistic dispositions".

**Forms (types) of Altruism:** The investigators revealed the following forms (types) of altruism.

**Table-1**  
Forms (types) of Altruism.

Revealers	Forms (types)
Sober (1988)	a. Evolutionary altruism: It is based on the evaluation of altruistic activities and consequences of actor and the recipient.
	b. Vernacular altruism: It is emphasis to do with the motive of benefitting others.
Karylowski (1982)	a. Endocentric altruism: This form of altruism is based on the morality and principles of life that need to live (feeling of gratification).
	b. Exocentric altruism: Aspiration to improve helping behaviour without feeling of gratification.
Buragohain & Senapati (2016)	Nepotistic Altruism: It is based on the self-sacrifice to taking care for family well-being especially parents about their child which little different the helping to others.
	Reciprocal Altruism: It is based on give and take relationship. Usually both the parties are maintenance well understanding and long term relationship.
	Group-based Altruism: An individual involves self- scarifies for helping or supporting to a group.

### Components of Altruism:

Chambers & Ascione (1987) has conducted a study on childhood and adolescent regarding the development of altruism (helping behaviour) and found that kindness and other forms of altruism is growing with children's age. Mostly it is seen in between later childhood and early adolescence. Most of the research has been addressed that children's altruism may be increase because of growing- a. trust and faith in people b. empathy c. self-attributions of motivations to help and d. voluntarism.

#### a. Trust and faith in people:

*"To earn trust, money and power aren't enough; you have to show some concern for others. You can't buy trust in the supermarket."* Holiness Dalai Lama.

Trust and faith is the most important element that holds our world together. Our society is bonding with trust and faith in people each other. We are here to live and work together, feel safe and belong to a group just because we have trust and faith in each others. Every people expect a flourish society because it is the healthiest way to live. But when people will get a flourish society? Can people achieve a flourish? Yes, if there is trust and faith in people each other. Trust and faith allows societies to flourish. That's why we need to trust and faith in each others, in our family members, in our friends and our colleagues. Trust and faith bring a healthy relationship, bonding, love, dedication and honesty. When we have trust and faith in a people or a group, we are ready to offering what is needed.

A plenty of research has conducted on the relationship between trust and altruism. Batson & Powell (2003) revealed a parallel development between trust and altruism. According to them, trust and altruistic motivations are depends on age differences of children because a structural relationship is seen between the acts of trust and altruism. Evans, Athenstaedt & Krueger (2013) revealed that an act of trust is related to children's self-interest and altruism (pro-social concern). Furthermore, the act of trust is gradually increases with age and linkage cognitive development with altruism. Kogut (2012) revealed that the altruistic behaviour of children (willingness to share) increase between the ages of later infancy and early childhood (age 3 to 8). Martinsson, Nordblom, Rutzler, & Sutter (2011) also revealed that altruistic behaviour increase in between later childhood and early adolescence (age10 to 15). Similarly, Fehr, Rützler, and Sutter (2011) revealed that children become more altruistic in between later childhood and adolescence (ages 8 to11).

#### b. Empathy:

Empathy is the most dominating element of altruism. So it can be called a basic foundation to develop the altruistic behaviour. Many researches have conducted on the relationship between empathy and altruism. A developmental model for very first year of life of children was developed by Hoffman (1981, 1982) and found that a child does not have the ability to differentiate self and other; so an inclusive empathic distress is elicited when she/he sees other's distress. The ability to understand other's affective and cognitive states ( role-taking skills) is gained by children at 2 to 3 years of age and helping behaviour (altruism) are gradually more responsive to other's needs and feelings. The final stage of altruistic behaviour is seen when "children can be aroused empathically by information pertinent to someone's feeling even in that person's absence" (1982, pp.288). Although Batson et al. (1989) has revealed that a basic relationship is seen between empathy and altruism (helping behavior) among adulthood.

#### c. Self-attributions of motivations to help:

A study conducted on children's self-attributions about their helping behaviour, Bar-Tal & Raviv (1982) had proposed six phases (starts from concrete rewards to true altruism) in the development of helping behaviour (altruism) among the children. They found that altruistic motives of elder children are seen frequently without any offer and rewards whereas young children's motives are relatively infrequent although it seems to be increased with age. Furthermore, Eisenberg et al. (1984) measured the reasoning ability of children based on their own naturally occurring helping behaviours (altruism). Regarding the self-attribution of motivations to help among children, the authors and researchers found that preschoolers children's helping behaviour (altruism) are predominately pragmatic, empathic and reward oriented; however reward oriented motives are decreases from 4 to elementary school years and altruistic and normative motives are increase.

**d. Volunteerism:**

Volunteerism is one kind of dedication, sacrifice and promising of an individual to do precise work for society (community) and for other's benefits. American Volunteer (1981) conducted a survey of 1753 individual to find out the effect of volunteerism in altruistic behaviour. It was found that 30% individual had worked voluntarily for the purpose of willing to help community and others. The survey was conducted especially in the area of religion, education and health. However, there would be some common self-oriented reasons in volunteerism; such as interest in the activity, getting job experience, promoting social values and status, perceived the benefits or desire to holding a social contact. Deniels (1988) has conducted a case study among 70 women who were actively involved in society and found that their basic motive were to do voluntarily something for the social and community development.

**Objectives of the study:**

1. To study the altruistic behaviour of higher secondary school students of Dibrugarh district.
2. To compare the level of high altruistic behaviour of male and female of higher secondary school students of Dibrugarh district.
3. To compare the level of moderate altruistic behaviour of male and female of higher secondary school students of Dibrugarh District.
4. To study the level of mindful attention awareness of the higher secondary school students of Dibrugarh district.
5. To compare the level of mindful attention awareness of male and female of the higher secondary school students of Dibrugarh district.
6. To study the relationship between mindful attention awareness and altruistic behaviour of male of Dibrugarh district of Assam.
7. To study the relationship between mindful attention awareness and altruistic behaviour of female of Dibrugarh district of Assam.

**Hypotheses of the study:**

**Ho1:** There is no significant difference between level of high altruistic behaviour of male and female of higher secondary school students of Dibrugarh district.

**Ho 2:** There is no significant difference between level of moderate altruistic behaviour of male and female of higher secondary school students of Dibrugarh District.

**Ho 3:** There is no significant difference between the level of mindful attention awareness of male and female of the higher secondary school students of Dibrugarh district.

**Methodology:**

**Area of study:** Dibrugarh district of Assam, India.

**Method:** Descriptive survey research method was used for the present study.

**Population of the study:** The population of the present study comprised of all the students of class XI & XII of the

Higher Secondary Schools and Junior colleges (Government, Non-Provincialised and Private) under Assam Higher Secondary Education Council (AHSEC) and Central Board of Secondary Education (CBSE) of Dibrugarh District, Assam (India).

**Sample of the study:** The investigators selected 1 government Higher Secondary schools, 1 government junior college and 1 private junior college as sample schools by using incidental sampling technique. The detail of sample is shown in table-2.

**Table-2.**

No. of sample schools	No of sample Students
<b>03</b> (1 Government Higher Secondary schools, 1 government junior college and 1 private junior college)	Total of 153 (43 male & 110 female) students of class XI and XII from the sampled Higher Secondary schools and Junior college studying in 2019, academic year are selected for the study.

**Tool used:** For the present study, following tools were used by the investigators.

**1. Mindful Attention and Awareness Scale (MAAS):**

This scale was developed by Brown and Ryan in 2003. MAAS is a self-report tool that used to measure the mindful attention awareness of an individual based on attention and awareness of daily life.

**Scoring procedure:**

MAAS consists of 15 items (1-6 points Likert scale). The items are prepared based on cognitive, emotional, physical, interpersonal and general domains with a single total score. Higher the total scores means greater mindfulness and lower the total scores means less mindfulness.

**2. Altruism Scale:**

This scale has been developed by Dr. S.N. Rai ret'd., Prof., Department of psychology, institute of advance studies C.C.S. University, Meerut (U.P.) & Dr. Sanwat Singh, Principal, Govt. Girls Degree college, Awalkhera (U.P.).

**Scoring procedure:**

The responses (✓) obtained from respondents of 30 items of Altruistic scale are quantified. There are three responses for each item such as altruistic, neutral and egoistic. 2 (two) score is given for the responded with Altruistic, 1 (one) score for Neutral and 0 (zero) score for responded with egoistic. Score range of the scale is 0 to 60. So 60 is the maximum total score and zero is the minimum score. Altruistic behaviour of each respondent is classified according to his/her total score. The classification is shown in the table 3.

**Table-3:** Classifications of Altruistic score

Classifications of Altruism for Girls	
51 and above	Very high Altruistic
37-50	High Altruistic
23-36	Moderate Altruistic
09-22	Low Altruistic
08 and below	Very low Altruistic
Classifications of Altruism for Boys	
51 and above	Very high Altruistic
35-48	High Altruistic
21-34	Moderate Altruistic
07-20	Low Altruistic
06 and below	Very low Altruistic

### Analysis And Result Of The Study:

Investigators has decided to analyze the obtained data as per the sequence of the objectives.

**Objective 1:** To study the altruistic behaviour of higher secondary school students of Dibrugarh district.

**Table-4:** Altruistic behaviour of students

Category	Male	Female
Very High	1	0
High	26	71
Moderate	16	37
Low	0	2

**Table-4** shows the different altruistic behaviour of higher secondary school students of Dibrugarh district. Regarding male students, it has found that 1 student is very high altruistic behaviour, 26 students are high and 16 students are moderate altruistic behaviour. Accordingly regarding female students it has found that 71 students behaviour is high altruistic, 37 students behaviour is moderate altruistic and 2 students behaviour is low altruistic.

**Objective 2:** To compare the level of high altruistic behaviour of male and female of higher secondary school students of Dibrugarh district.

**Ho1:** There is no significant difference between level of high altruistic behaviour of male and female of higher secondary school students of Dibrugarh district.

**Table-5:** Level of High altruistic behaviour of Male and Female students

	Male	Female
N	26	71
Mean	39.46	40.90
Standard Deviation	2.30	2.71
kurtosis	0.69	-0.65
skewness	-0.064	0.426

**Table 5** shows the level of high altruistic behaviour male and female of higher secondary school students of Dibrugarh district of Assam. Regarding male students, mean, standard deviation, kurtosis and skewness of the distribution are-39.46, 2.30, 0.69 and -0.064 respectively. Thus the distribution is negatively skewed means more male scored higher than the average score. The distribution of male score found leptokurtic i.e. the curve is peaked than the normal curve.

For female students, mean, standard deviation, skewness and kurtosis of the distribution are- 40.90, 2.71, 0.426 and -

0.65 respectively. Thus the distribution is positively skewed means more female of scored lower than the average score. The distribution of girls score found platykurtic i.e. the curve is flattered than the normal curve.

Regarding the comparison of level of high altruistic behaviour of male and female students it has found that the calculated value of critical ratio is 2.60 and it is larger than the table value (2.58) at 0.01 level of significance. Therefore the null hypothesis is rejected at 0.01 level. Therefore, it is said that there is a significance difference between the level of high altruistic behaviour of male and female students.

Again, the calculated value of critical ratio 2.60 is larger than the table value (1.96) at 0.05 level of significance. Therefore the null hypothesis is also rejected at 0.05 level. Therefore, it is said that there is a significance difference between the of level of high altruistic behaviour of male and female students

**Objective 3:** To compare the level of moderate altruistic behaviour of male and female of higher secondary school students of Dibrugarh District.

**Ho 2:** There is no significant difference between level of moderate altruistic behaviour of male and female of higher secondary school students of Dibrugarh District.

**Table-6:** Level of moderate altruistic behaviour of male and female

	Male	Female
N	16	37
Mean	30.34	33.4
Standard deviation	3.344	2.725
Kurtosis	0.512	0.59
Skewness	-0.56	-1.143

**Table 6** shows the level of moderate altruistic behaviour of male and female of higher secondary school students of Dibrugarh district of Assam. Regarding male mean, standard deviation, kurtosis and skewness of the distribution are 30.34, 3.344, 0.512 and -0.56. Thus, the distribution is negatively skewed means more male scored higher than the average score. The distribution of male score found leptokurtic i.e. the curve is peaked than the normal curve.

For female mean, standard deviation, skewness and kurtosis of the distribution are 33.4, 2.7525, 0.59 and -1.143. Thus the distribution is negatively skewed means more female of scored higher than the average score. The distribution of female score found leptokurtic i.e. the curve is peaked than the normal curve.

Regarding the comparison of level of moderate altruistic behaviour of male and female students it has found that the calculated value of critical ratio is 3.22 and it is larger than the table value (2.58) at 0.01 level of significance. Therefore the null hypothesis is rejected at 0.01 level. Therefore, it is said that there is a significance difference between the level of level of high altruistic behaviour of male and female students.

Again it has found that the calculated value of critical ratio is 3.22 and it is larger than the table value (1.96) at 0.05 level of significance. Therefore the null hypothesis is rejected at 0.05 level also. Therefore, it is said that there is a significance difference between the of level of moderate altruistic behaviour of male and female students

**Objective 4:** To study the level of mindful attention awareness of the higher secondary school students of Dibrugarh district.

**Table-7:** Level of mindful attention awareness

N	153
Mean	61.92
Standard deviation	9.11
Kurtosis	-0.244
Skewness	-0.00423

**Table 7** shows the level of mindful attention awareness of the higher secondary school students of Dibrugarh district and it is revealed that the total number of respondents is 153. Regarding the level of mindful attention awareness, the mean is 61.92, standard deviation is 9.11. The kurtosis is -0.244 and the distribution is found platykurtic i.e. the curve is flatter than the normal curve. The skewness is -0.00423, thus the distribution is negatively skewed means more students scored higher than the average score.

**Objective 5:** To compare the level of mindful attention awareness of the higher secondary school students of Dibrugarh district.

**Ho 3:** There is no significant difference between compare the level of mindful attention awareness of male and female of the higher secondary school students of Dibrugarh district.

**Table-8:** Level of mindful attention awareness of Male and female

	Male	Female
N	43	110
mean	60.56	62.454
Standard deviation	8.96	9.158
kurtosis	0.061	0.285
skewness	0.069	-0.0392

**Table 8** shows the level of mindful attention awareness of male and female of higher secondary school students of Dibrugarh district of Assam. Regarding male mean, standard deviation, kurtosis and skewness of the distribution are- 60.56, 8.96, 0.061 and 0.069. Thus the distribution is positively skewed means more male scored lower than the average score. The distribution of male score found leptokurtic i.e. the curve is peaked than the normal curve. For female mean, standard deviation, skewness and kurtosis of the distribution are- 62.454, 9.158, -0.0392 and 0.285. Thus the distribution is negatively skewed means more girls of scored higher than the average score. The distribution of female score found leptokurtic i.e. the curve is peaked than the normal curve.

Regarding the comparison of level of mindful attention awareness of the higher secondary school students of Dibrugarh district of male and female it has found that the calculated value of critical ratio is 1.17 and it is smaller than the table value (2.58) at 0.01 level of significance. Therefore the null hypothesis is accepted at 0.01 level. Therefore, it is said that there is no significant difference between the level of mindful attention awareness of male and female students. Again it has found that the calculated value of critical ratio is 1.17 and it is also smaller than the table value (1.96) at 0.05 level of significance. Therefore the null hypothesis is

accepted at 0.05 level also. Therefore, it is said that there is no significant difference between the of mindful attention awareness of the higher secondary school students of Dibrugarh district of male and female students

**Objective 6: To study the relationship between mindful attention awareness and altruistic behaviour of male of Dibrugarh district of Assam.**

Investigators found total 43 sample male students (Class XI & XII) in the present study. Based on the objective, investigators calculated the co-efficient of correlation between mindful attention awareness and altruistic behaviour of 43 male students. The correlation is -0.29541. Thus, it can be said that there is a negative correlation between mindful attention awareness and altruistic behaviour of male higher secondary students of Dibrugarh district of Assam.

**Objective 7: To study the relationship between mindful attention awareness and altruistic behaviour of male of Dibrugarh district of Assam.**

The investigators collected the data from 110 sample female students for the present study. Investigators calculated the co-efficient of correlation between mindful attention awareness and altruistic behaviour of female higher secondary school students (class XI & XII). The correlation is -0.01476. It is negative correlation. Thus, it can be said that there is a negative correlation between mindful attention awareness and altruistic behaviour of female higher secondary students of Dibrugarh district of Assam.

## Conclusion:

In the present study, investigators found that maximum male students behaviour is high altruistic and in case of female students also maximum female students behaviour is high altruistic. Regarding the level of high altruistic behaviour of male students, it is found that more male students scored higher than the average score and the distribution is found leptokurtic. For female students more female scored lower than the average score and the distribution found platykurtic. Regarding the comparison of level of high altruistic behaviour of male and female students, the null hypotheses are rejected at 0.01 level and also at 0.05 level of significance. Thus, it means there is a significant difference between the level of high altruistic behaviour of male and female students. Regarding the level of moderate Altruistic behaviour of male and female students it is found that more male students scored higher than the average score and the distribution of male score found leptokurtic. For female students it is found that more female students scored higher than the average score and the distribution of female score found leptokurtic i.e. the curve is peaked than the normal curve. In the case of the level of moderate altruistic behaviour of male and female it is said that there is a significant difference between the level of moderate altruistic behaviour of male and female students.

Regarding the level of mindful attention awareness of the higher secondary school students of Dibrugarh, it is found that more students scored higher than the average score and the distribution is found platykurtic. Regarding the comparison of the level of mindful attention awareness of male and female higher secondary school students of

Dibrugarh district of Assam it is like for male students, more male students scored lower than the average score and the distribution of male students score found leptokurtic. In case of female students it is found that more female students scored higher than the average score and the distribution of female score found leptokurtic. The null hypothesis is accepted at both the level of 0.01 and 0.05 level of significance. Therefore, it is said that there is no significant difference between the level of mindful attention awareness of male and female students.

From the study it is found that there is a negative correlation between mindful attention awareness and altruistic behaviour of male higher secondary students of Dibrugarh district of Assam. And also there is a negative correlation between mindful attention awareness and altruistic behaviour of female higher secondary students of Dibrugarh district of Assam

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