A Study on the Social Skills among the Higher Secondary Students of Bongaigaon District

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Abstract

Social skills are very crucial to students' entire development process. It is because social skills enable students to work with others, communicate effectively, form wholesome relationships, settle disputes, and adapt to various social contexts. In the higher secondary stage social skills plays a pivotal role in the whole some development among the students. In educational institutions, social skills are vital components that impact both academic achievement and personal growth. Students who are aware about social skills they are shown better results at communicating, empathising, and managing social situations.

Keywords: Social Skills, Higher Secondary Students, Bongaigaon District, Communication Skills, Social Development.

Introduction

Higher secondary education is considered as a crucial transition from childhood to adulthood, a period defined by rapid physical, cognitive, and social development. Alongside academic pressure, adolescents navigate complex challenges like identity formation, emotional regulation, peer dynamics, and future career planning. To support their well-being, cultivating core life skills particularly self-awareness and strong social skills is very essential. Effective social skills enable students to communicate clearly, resolve conflicts, and build healthy relationships with teachers, peers, and family. Social skills are the abilities that people utilize to engage and communicate with others in order to support their social standing and other goals. Social skills are characterized as interpersonal behaviours that support an individual within society. Social skills also include our ability to get along with friends and relatives. Thus Social skills are means by which individuals may effectively engage, communicate and form bonds with others. These are the skills that helps in developing interpersonal relationships.

Statement of the Problem

The problem selected for the study has been stated as, "A Study on the Social Skills among the Higher Secondary Students of Bongaigaon District."

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Significance of the Study

Social skill encompasses the interpersonal competencies required to communicate effectively, collaborate, manage conflicts, and navigate diverse social environments. During adolescence, these abilities become critical as youth expand their interactions across peers, educators, families, and broader communities. Echoing this framework, UNICEF defines life skills as the cognitive, emotional, and relational capabilities that empower adolescents to adapt to change, foster self-worth, and build meaningful relationships (UNICEF, 2025).

The significance of studying the social skills among the higher secondary level students is crucial for several reasons. Just after higher secondary level, the students are expected to step into a wider social context whether though academics or though workforce. Moreover, just after this stage they are considered to be transitioning from adolescence into adulthood. This indicates taking up more responsibilities, both at personal and social front. Social skills are crucial factors that contribute significantly to students' personal, social, and academic development. Social skills are essential for building positive relationships with peers, teachers, and other members of society. Students with strong social skills can navigate different social contexts more easily, helping them to collaborate, resolve conflicts, and work effectively in teams. Strong social skills can break down barriers between different social classes or backgrounds, fostering inclusivity and harmony. The study is significant in respect of how the specific social and academic environment impact on social skills among the students.

Although studies have been found on separately on social skills or along with other variables, but none is found specifically on social skills among the higher secondary students of Bongaigaon district, which confined the necessity of the study.

Objectives of the Study

1. To find out the level of social skills among the provincialized higher secondary students of Bongaigaon district.
2. To examine the difference of social skills between male and female students of provincialized higher secondary schools of Bongaigaon district.

Hypothesis:

Ho1: There is no significant difference in social skills between Male and Female students of provincialized higher secondary schools.

10. Delimitation of the Study

1. The study is delimited to class XII students only.
2. The study is delimited to Provincialized Higher secondary schools only.

Population of the study

For the present study, the population comprises all the Class XII students of provincialized Higher Secondary Schools located in Bongaigaon District. According to the records from the District Education Office (DEO), 2025 Bongaigaon, there are a total of 31 provincialized

higher secondary schools in the district. The total number of students in provincialized higher secondary schools in class XII is 3,091.

Sample and sampling technique of the study

Descriptive survey method has been adopted in order to carry out the present investigation. A total number of 464 students (Male 232 and Female 232) of Provincialized Higher Secondary schools in Bongaigaon District have been selected as a sample for the study. Here, the researchers have used stratified random sampling method which is come under the probability sampling technique.

Tools used for the present study

1. Social Skills Rating Scale (SSRS) developed by Vishal Sood, Arti Anand and Suresh Kumar (2012)

Analysis and Interpretation of Data

Objective No. 1: To find out the level of social skills among the provincialized higher secondary students of Bongaigaon district.

Table No. 1

Level of Social Skills of Provincialized Higher Secondary Students

Level of Social Skills Rating	Number of Students	Percentage
Extremely High	2	0.43%
High	11	2.37%
Above Average	74	15.95%
Average/Moderate	205	44.18%
Below Average	86	18.53%
Low	77	16.59%
Extremely Low	9	1.94%

Table No. 1. indicates that (0.43%) students comes under extremely high (grade A) level of social skills, (2.37%) students comes under high (grade B) level of social skills, (15.95%) students comes under above average (grade C) level of social skills, (44.18%) students comes under average (grade D) level of social skills, (18.53%) students comes under below average (grade E) level of social skills, (16.59%) students comes under low (grade F) level of social skills and (1.94%) students comes under extremely low (grade G) level of social skills.

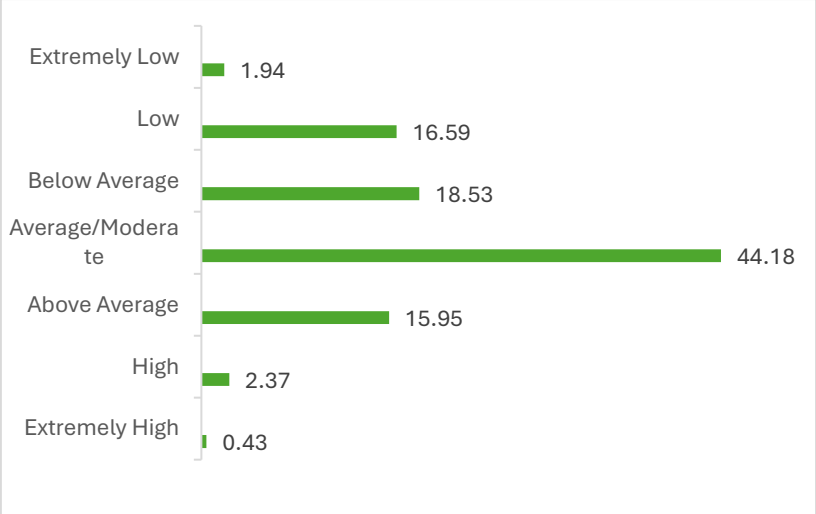

Fig. No.1: Shows the Level of Social Skills of Provincialized Higher Secondary Students

Objective No. 2: To examine the difference of Social Skills between the Male and Female students of Provincialized Higher Secondary Schools of Bongaigaon district.

Table No. 2

Level of Social Skills of Male Students of Provincialized Higher Secondary Schools.

Level of Social Skills Rating	**Number of Students**	**Percentage**
Extremely High	1	0.43%
High	7	3.02%
Above Average	37	15.95%
Average/Moderate	95	40.95%
Below Average	49	21.12%
Low	37	15.95%
Extremely Low	6	2.59%

Table No.2 shows that (0.43%) students comes under extremely high(grade A) level of social skills, (3.02%) students comes under high (grade B) level of social skills, (15.95%) students comes under above average (grade C) level of social skills, (40.95%) students comes under average (grade D) level of social skills, (21.12%) students comes under below average (grade E) level of social skills, (15.95%) students comes under low (grade F) level of social skills and (2.59%) students comes under extremely low (grade G) level of social skills.



Fig. No.2: Shows the Level of Social Skills of Male Students of Provincialized Higher Secondary Schools.

Table No. 3

Level of Social Skills of Female Students of Provincialized Higher Secondary School

Level of Social Skills Rating	**Number of Students**	**Percentage**
Extremely High	1	0.43%
High	4	1.72%
Above Average	37	15.95%
Average/Moderate	109	46.98%
Below Average	37	15.95%
Low	41	17.67%
Extremely Low	3	1.29%

Table No. 3 reveals that (0.43%) students comes under extremely high (grade A) level of social skills, (1.72%) students comes under high (grade B) level of social skills, (15.95%) students comes under above average (grade C) level of social skills, (46.98%) students comes under average (grade D) level of social skills, (15.95%) students comes under below average (grade E) level of social skills, (17.67%) students comes under low(grade F) level of social skills and (1.29%) students comes under extremely low (grade G) level of social skills.

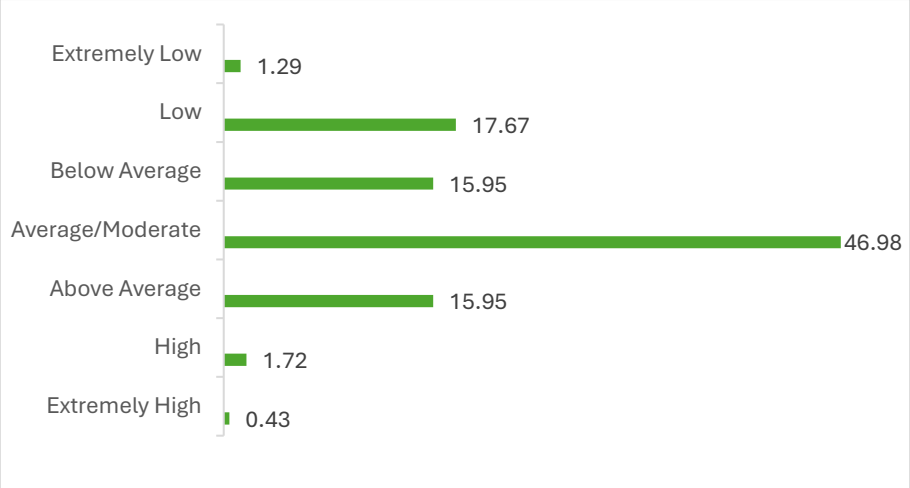

Fig. No.3: Level of Social Skills of Female Students of Provincialized Higher Secondary School

Ho 1: There is no significant difference of Social Skills between the Male and Female students of Provincialized Higher Secondary Schools.

Table No. 4

t- Test

Difference of Social Skills between the Male and Female students of Provincialized Higher Secondary Schools.

Students	N	Mean	SD	SE.D	t value	Remarks
MALE	232	356.73	25.91			Not Significant
FEMALE	232	357.05	25.11	2.37	0.14	

Table No.4 shows that the Mean value of social skills of male students of provincialized higher secondary schools is 356.73 and the Mean value of social skills of female students of provincialized higher secondary schools is 357.05. It shows the differences of social skills between the male and female students of provincialized higher secondary schools. From the table 'Critical value of t' the researcher found that the table value of 0.05 level and 0.01 level of significant are- 1.96 and 2.58 respectively (Garret, 2021). Therefore, it can be said that our calculated value of t- 0.14 is smaller than the table value at 0.05 levels and 0.01 levels of significance.

So, the investigator accepted the null hypothesis **"**There is no significant difference of social skills between the male and female students of provincialized higher secondary schools". Thus, it can be concluded that there is no significant difference of social skills between the male and female students of provincialized higher secondary schools.

Findings of the study

1. Majority (44.18%) of the students comes under average level of social skills.
2. The Mean value of social skills of male students of provincialized higher secondary schools is 356.73 and the Mean value of social skills of female students of provincialized higher secondary schools is 357.05.
3. The Critical value of 't' the researcher found that the table value of 0.05 level and 0.01 level of significant are- 1.96 and 2.58 respectively (Garret, 2021). Therefore, it can be said that our calculated value of t- 0.14 is smaller than the table value at 0.05 levels and 0.01 levels of significance.
4. Thus, it can be concluded that there is no significant difference of social skills between the male and female students of provincialized higher secondary schools.

Conclusion

Thus, Social skills are very essential for building positive relationships with peers, teachers, and other members of society. The results of the study show the student's strengths and areas for improvement. This enables schools, parents, and educators to create more effective support networks. In the end, teaching social skills in addition to academics helps students grow up to be self-assured, accountable, and compassionate individuals.

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