

BED 204-01 GUIDANCE AND COUNSELLING

3.5. Techniques : Sociometric 2021-22

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Definitions of Sociometric :-

- Socio-metric technique as one of the non-testing devices. It was developed by psychotherapist Jacob. L. Moreno and Helen Jennings around 1960.
- Latin word **socius** meaning **companion** and **metrum** means **measure**.
- **Jacob Moreno** defined sociometry as “ the inquiry into the evolution and organization of groups and the position of individuals within them.”
- **Helen Jennings** Stated briefly, "sociometry may be described as means of presenting simply and graphically the entire structure of relations existing at a given time among members of a given group. The major lines of communication, or the patterns of attraction and rejection in its full scope, are made readily comprehensive at a glance.”

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- Sociometric is well used technique which is designed to present the structure of social relations among the members of a group graphically in a simple way.
- The theory is that people can more productive and movable to influence when they are socially comfortable.
- It is mapping a interpersonal relations or likes and preferences within the class.
- It assess the degree of acceptance by his peers.
- Not valid unless members of have an opportunity to become acquainted with each others.

Purpose :-

- To study the nature of social relationship of individual within the group.
- To learn the interaction & the structure of a group.
- To discover where exactly an individual exist in that group.
- To elicit social relationship and the organization type of a group through analysing attitudes & aptitudes of group members among each other.
- To identify subgroup, leaders, cliques of a group.
- To obtain objective information about the real structure of a group and group integrity.

Characteristics of Sociometric Technique:

- It offers a simple and graphical representation of data.
- It enables to know the structure of social relationship that exists among members of the group.
- It states about the friendship pattern among members of the group
- It gives clear picture regarding the line of attraction and rejection (single-way or mutual).
- It helps to know the leader and recognize the isolates on the basis of degree of preference made by the members of group.
- It's data and result is applicable for limited given time and it is not applicable for all times to come.

Types of Sociometric :-

- The classifications of sociometric technique can be made on the basis of approaches employed for them.
- **Nomination Technique.**
- The student is asked to select and name his/her peers in terms of some criterion suggested by students.

- **Social Acceptance.**
- Level of social relationship are stated and the students asked to express his/her sociometric choice.

- **Who's Who or Guess who.**
- Brief description of various type of students are proved and they are asked to guess who in the class matches with the description.

Uses of Sociometric Techniques:

The socio-metric technique is used to ascertain the degree of interaction among the group members either of a class or an assessed group.

1. It gives clear picture about the acceptance of a pupil by his peer groups.
2. It is useful for the parents to know about liking and disliking degree of their child in his friend circle.
3. It is helpful to detect leader of class or group for leadership activities and leadership training and to give charge of group to leader for certain group activities.
4. It is helpful for the students those who are isolates to improve their inter-personal relationship and adjustment with other members of the group.

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5. It enables teacher to classify the students into different friendship groups on the basis of the preferences and choices.
6. It is useful in suggesting the students to develop capacity of co-operation, and work together for certain good activities.
7. Socio-metric technique is more useful with small groups. The position or status of the individual is determined on the basis of some particular criterion.
8. It is a simple, economical and natural method of observational and data collection.

Limitations of Sociometric Techniques:

- The investigators or counsellors find it difficult to think of socio-metric measurement of individuals
- In case of socio-metric technique, information provided is limited by nature of socio-metric questions and the number of choices used.
- The student does not reveal the why he goes on preferring or rejecting some friend of the group.
- The socio-metric data and results do not give any suggestion how to improve the inter-personal relationship in the group.
- It has limited use so far data collection about students is concerned.
- It disappoints the isolate sometimes which is not desirable in the context of the psychology of the isolate students.