SELF-CONFIDENCE AMONG ADOLESCENTS

Dr. Meena Arora

Assistant Professor, Babe Ke College of Education, Daudhar, Moga

Dr. Nand Kishor

Principal, S.D. College, Hoshiarpur, Punjab

ABSTRACT

The present study was conducted to study self confidence among adolescents. The total sample of 200 secondary school students was taken from the Moga and Ferozepur district of Punjab to collect the requisite data for the present study. Agnihotri's Self-Confidence Inventory (ASCI) by Gupta (1985) was used for analysis and interpretation of data. Mean, Standard Deviation, t-test statistical techniques employed to find out the mean difference between different variables. The conclusions have been derived from the present investigation that there is significant difference in self-confidence between government and private, male and female adolescents. There is no significant difference in self-confidence between rural and urban adolescents.

Keywords: *Self-Confidence, adolescents, Self-Confidence Inventory.*

INTRODUCTION

Confidence is learned, it is not inherited. If you lack confidence, it probably means that, as a child, you were criticized, undermined, or suffered an explicable tragic loss, for which you either blamed by others. A lack of confidence isn't necessarily permanent but it can be if isn't addressed. Our religion, the influence of the culture which formed our perspectives, our gender, social class and our parents, in particular, are all factors which influence and contribute to our level of confidence. Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterized personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity. Having self-confidence does not mean that individuals will be able to do everything. Self-

confident people may have expectations that are not realistic. However, even when some of their expectations are not met, they continue to be positive and to accept themselves.

SELF-CONFIDENCE

The faith or belief in one's strength and ability is called self-confidence. The concept of self-confidence determines the behavior of the individual and is key to the understanding of his personality. One of the traits of good personality is self-confidence. It leads to self- integrity and self-fulfillment. Self-integrity refers to the union or harmony between the actual self (What you are) and desired self (what you want to become) needs of the individual. **According to Dictionary of Education by Carter V. Good (1959), "Self-Confidence means faith in one's own ability.It refers to a person's perceived ability to tackle situation successfully without learning on other and to have a positive self-evaluation."**

DEFINITION OF SELF CONFIDENCE

According to Sihera (2007), "Self-Confidence can be defined as the strong relationship between a person's thoughts, feelings and behavior which if motivated correctly can help an individual excel with confidence in anything they try to do."

JUSTIFICATION OF THE STUDY

Education is a powerful instrument of social, economic and political change. It has to be related to the long-term national development in which the country is engaged and the problem it is called upon to face. Other agencies may help, but the only instrument that can reach all people is the education. But our education system is anti-creative. The unchallenging classroom activities fail to produce self-confident and emotionally maturity among persons. Self-Confidence is related with success in general and academic achievement in particular. A confident attitude, a belief and a faith in one's capacities and ideals are essentials for success but it is also remembered that self-confidence grows with means it is desirable to develop the qualities like emotional maturity and courage within ourselves to be successful. A self-confident and courageous essentially will be

successful. Moreover, after seeing the search literature it has been found that very little work has been done in this field and therefore and there is sample scope to explore this field further.

STATEMENT OF THE PROBLEM

SELF CONFIDENCE AMONG ADOLESCENTS IN DOABA REGION OF PUNJAB (INDIA)

OBJECTIVES OF THE STUDY

1. To study the self-confidence between unreserved and reserved among adolescents.
2. To study the self-confidence between rural and urban among adolescents.
3. To study the self-confidence between male and female among adolescents.

HYPOTHESES OF THE STUDY

1. There exists no significant difference in self-confidence between government and private adolescents.
2. There exists no significant difference in self-confidence between rural and urban adolescents.
3. There exists no significant difference in self-confidence between male and female adolescents.

LIMITATIONS OF THE STUDY

1.The study was delimited to two hundred adolescents of Hoshiarpur, Rupnagar Jalandhar, Kapurthala and Nawanshahr districts of Doaba region of Punjab
2-The Study was delimited to Unreserved and reserved category adolescents
3- The study was delimited to hundred urban and rural adolescents
3. The study was delimited to hundred male and hundred female adolescents

SAMPLE OF THE STUDY

The sample of present study was consisted 200 adolescents belonging to Hoshiarpur, Rupnagar Jalandhar, Kapurthala and Nawanshahr districts of Doaba region of Punjab which was taken through random sampling technique

TOOLS USED

Agnihotri's Self-Confidence Inventory (ASCI) by Gupta (1985).

STATISTICAL TECHNIQUES USED

Mean, Standard Deviation, t-test.

HYPOTHESIS 1

There exists no significant difference between Unreserved and reserved category adolescents.

Table 1

The comparative view of self-confidence of Unreserved and reserved category adolescents

Type Category of adolescents	N	Mean	SD	t-value
Unreserved	100	268.2	8.8	8.23 Significant at 0.01 Level
Reserved	100	251.4	7.9	

Table 1 shows that there is significant difference in the mean scores of adolescents. The mean score of Unreserved adolescents is 268.2 and reserved adolescents 251.4. The S.D. of both groups is 7.68 and 8.62 respectively. The calculated t-value is 8.23, the tabulated t-value at 0.01 level and 0.05 level are 2.58 and 1.98 respectively. Since the calculated value is very higher at 0.01 level than tabulated value. This indicates that there is significant mean difference in self-confidence between

unreserved and reserved category adolescents. Therefore, the hypothesis no.1 "There exists no significant difference in self-confidence between unreserved and reserved category adolescents." is **rejected.**

HYPOTHESIS 2

There exists no significant difference in self-confidence between rural and urban adolescents.

Table 2

The comparative view of self-confidence between rural and urban adolescents

Locality /Residence of Adolescents	N	Mean	SD	t-value
		Diff(d)		
Rural	100	26.25	9.02	0.563 Insignificant at 0.01 level
Urban	100	226.03	6.65	

Table 2 shows the mean score of rural adolescents is 26.25 and urban adolescents are 26.03. The S.D. of both groups is 9.02 and 6.65 respectively. The calculated t-value is 0.563, the tabulated t-value at 0.01 level and 0.05 level are 2.58 and 1.98 respectively. Since the calculated value is lower than at 0.01 level than tabulated value. This indicates that there is insignificant mean difference in self-confidence between rural and urban adolescents. Therefore, the hypothesis no.2 "There exists no significant difference in self-confidence between rural and urban adolescents" is **accepted.**

HYPOTHESIS 3

There exists no significant difference in self-confidence between male and female Adolescents.

Table 3

The comparative view of difference in self-confidence between male and female Adolescents

Gender	N	Mean Diff(d)	SD	t-value
Male	100	110	35.40	2.83 Significant at 0.01 level
Female	100	96	33.20	

The mean score of male adolescents is 110 and female adolescents are 96 The S.D. of both groups is 35.40 and 33.20 respectively. The calculated t-value is 2.83, the tabulated t-value at 0.01 level and 0.05 level are 2.58 and 1.98 respectively. Since the calculated value is higher than at 0.01 level than tabulated value. This indicates that there is significant mean difference in self-confidence between male and female. Therefore, the hypothesis no.3 "There exists no significant difference in self-confidence between male and female adolescents" is **rejected.**

MAJOR FINDINGS OF THE STUDY

The following conclusions have been derived from the present investigations:-

1. There is significant difference in self-confidence between adolescents. So, 1 hypothesis is rejected.
2. There is no significant difference in self-confidence between rural and urban adolescents. So, 2 hypothesis is accepted.
3. There is significant difference in self-confidence between male and female adolescents. So, 3 hypothesis is rejected.

CONCLUSION

Although, some ground has been explored but the vast ocean in the field remains unexplored which will serve the purpose of an incentive to the coming researcher to go ahead with the project from where it has been left.

EDUCATIONAL IMPLICATIONS OF THE STUDY

1. The present study will help the teacher and parents to understand the self confidence among adolescents
2. The findings of investigation helps the parents to help their children to channels their every useful and productive areas. The study also helps the parents to inculcate moral ethical, self confidence among their own children for better life in every sphere of life.
3. The present study also helps the teachers in knowing and evaluating the behavior of their children in the light of their self-confidence.
4. It also encourages the teachers to become a role model before their students and inculcating good self confidence among them for their better life.

SUGGESTIONS OF THE STUDY

1. Similar study with a large sample and at different age level can be conducted to make findings more reliable.

2. The study of same nature can be undertaken for different district.

3. The study may be conducted on students other than adolescents.

REFERENCES

Agnihotri, R. (1986). Alienation in relation to Self-confidence, scholastic attainment and level of aspiration. *Advances in Psychology.22-26*

Agnihotri, R. & Gupta, R. (1985). Self-Confidence as a function of perceived material child rearing behaviour. *Praachi Journal of Pyscho-Cultural Dimension, 1(2), 30-33.*

Allport (1960).A study of values self is something of which we are immediately aware. *Boston: Houghton Mifflin.*

Basavanna (1975). Manual for Self-Confidence inventory, Varanasi, *Rupa Psychological Centre.*

Shah, D & Manivannan, M , (2003). A study of the Self-Confidence of Visually Impaired Children in Integrated and Special Schools in Tamil Nadu. *Journal of Educational Research & Extension.* 40(1).

Gill, M. (2005). A study of Self Confidence among scheduled caste and non- scheduled caste adolescents in relation to Personality traits. *Unpublished M.Ed. Dissertation , Panjab University Chandigarh.*

Sagar, S. (2004). Effects of organizational climate on self-confidence of high school students. *Unpublished M.Ed. Dissertation, Panjab University, Chandigarh.*