

# Periodic Research

## A Comparative Study of Self-confidence among Adolescents in Relation to Gender and Locale of Ludhiana District



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### Abstract

Self-confidence grows with success that means it is desirable to develop those qualities with in oneself that makes for success. Children with overall high self-confidence are confident about their abilities to accomplish their goals, academic competence and relationship with parents and peers and with low self-confidence tend to be apprehensive about voicing unpopular or unusual ideas and avoid attractive attention. The adolescents which are brought up in appropriate environment are able to face all kind of problems in their life. The present study an attempt to study the self-confidence among adolescents in relation to gender and locale of Ludhiana district by using PSCI of Dr. D.D. Pandey and find that there are no significant difference between self-condense of male and female adolescents and also rural and urban adolescents.

**Keywords:** Self-Confidence, Adolescents, Rural and Urban

### Introduction

Education is a process by which students adopts himself gradually in various ways of his physical. social and spiritual environment. Education is a satisfying item for consumption, its rewards are never ending. Through education individual develops his thinking, reasoning. Creativity and self-confidence. Education is purposefully designed process aiming at fostering the harmonious and healthy development of individuals as productive, successful and well adjusted persons in society. The major outcome is self confidence which allows individual to have positive and realistic view of themselves which is very essential. Self confidence has become a part and parcel of our life. Every individual has his own capacities, abilities and interests. Some times and an individual are capable of doing something but due to lack of self confidence he may not able to achieve his goal. If the individual has self confidence he can be successful in his life. Self confidence is a desired positive personality characteristic which provides inner strength and effective adjustment even in uncertain circumstances. Children with over all high self confidence are confident about their abilities to accomplish their goals, academic competence and relationship with parents and peers. Children with low self confidence tend to be apprehensive about voicing unpopular or unusual ideas and avoid attractive attention. Adolescence period is a most important phase of child's growth and development. It is characterized by innumerable and unique problems like stress, lack of self confidence and adjustment. Development of self confidence is an important phase of adolescence stage. Therefore, guidance at this crucial phase of life is all the more important for enhancing their positive self confidence.

### Self -Confidence

Self confidence has a central role to play in personality organization self confidence is the conviction that one is generally capable of producing desired results. The word self confidence consists of two words 'self and 'confidence'. The faith or believe in one's own strength and ability is self confidence. Self confidence as a competitive of person thoughts and feelings fears and fantasies his view of what he is, what he has been, what he might become and his attitudes pertaining to his worth. Self confidence refers to a person's perceived ability to tackle situation successfully without learning on others. Self confidence has been defined as confidence is one's own abilities and judgment and also describes as the traits or quality as cumulative results of experience where positive experiences, where positive experiences build our confidence and negative

one's makes worry to respect them often. A self confident person perceives himself to be socially competent and emotionally mature.

#### **Definitions**

Longman (1984), describes "Self-confidence can be defined as confidence in oneself and in one's power and abilities."

James (1989), describes "Self-confidence is the faith in one's own ability."

#### **Factors Effecting Self Confidence**

1. Negative view of Life
2. Perfectionist Attitude
3. Dare of Taking Risks
4. Dependence
5. Blaming Behaviour
6. Mistrusting others
7. Unrealistic Expectations

#### **Adolescence**

Period of adolescence is the most crucial period in the life of human beings. Adolescence is the time when the surge of life reaches its highest peak. Adolescence is a time of 'storm and stress'. During which individual was thrown out by opposite such as action versus inaction, excitement versus calm, elation versus depression, self confidence versus doubts about self esteem. The adolescence tries to have freedom to think and set of his own goals and discover means to achieve them. Adolescence is a time of great tension. It is necessary for the young person to behave in a right manner and establish himself and obey the rules at home and outside. This period of life is full of opportunity to enter into new relationship to feel resources of inner strength and ability. After a long period of stability, the child becomes unbalanced. Unpredictable and unstable as he emerges into adolescence.

#### **Need of the Study**

One of the purposes of education is to develop all round personality of the child. Education is considered as key for all round development whatever an individual learns during his life. Self confidence directly influences the education. Self confidence moulds the character of the individuals. Adolescence is the most crucial time of students development with which the teacher has to deal because most of the pupils in higher secondary school are between ages of 13 to 15. At this stage of the development the adolescents are more in need of security and guidance. Therefore there is a need for making a special study of this stage Self confidence allows individual to have positive and realistic view about them which is very essential. Like various other aspects of personality self confidence plays a vital role in the manifestation of individual's behavior. There is hardly any sphere of life in which self confidence does not play any role. It is an important aspect of individual's life but some students have more confidence and some have less confidence. The adolescents which are brought up in appropriate environment are able to face all kind of problems in their life. The present study an attempt to study the self confidence among adolescents.

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#### **Statement of the Study**

A comparative study of self confidence among adolescents in relation to gender and locale of Ludhiana district

#### **Objectives of the Study**

The following specific objectives are considered in the study:

1. To study the self confidence of adolescents.
2. To find out the difference between self confidence of male and female adolescents.
3. To find out the difference between self confidence of urban and rural adolescents.
4. To find out the difference between self confidence of urban and rural male adolescents.
5. To find out the difference between self confidence of urban and rural female adolescents.

#### **Hypotheses of the Study**

The following is designed to the following hypothesis:

1. There exists no significant difference between self confidence of male and female adolescents.
2. There exists no significant difference between self confidence of urban and rural adolescents.
3. There exists no significant difference between self confidence of urban and rural male adolescents.
4. There exists no significant difference between self confidence of urban and rural female adolescents.

#### **Delimitations of the Study**

Due to paucity of time and resources, the investigator has planned to delimit the present study.

1. The study exists drawn from the 10th class C.B.S.E. schools of Ludhiana District.
2. The Study exists delimited to 60 adolescent students only.

#### **Sample**

The sample of the study consists of 60 students of class 10<sup>th</sup> of C.B.S.E. schools from Ludhiana District. Stratified Random Sampling Technique was used to collect the data.

#### **Method**

Method of the study was a way that the researcher selects before proceeding. So as draw the meaningful conclusion in the present study descriptive survey method was used.

#### **Research Tool Used**

The following tool used for the collect the data:

1. Pandey Self Confidence Inventory (PSCI) by Dr. D.D. Pandey.

#### **Review of Related Literature**

Sidhu (2012) conducted a study on self confidence in relation to mental health of adolescents and found that there is no significant relationship between self confidence and mental health among adolescence w.r.t. locals as well as sex.

Dhall (2013) conducted a comparative study of self confidence among the student of rural and urban area and found that significant difference exists between the self confidence of children of rural and urban.

Dixit and Sharma (2013) made a study on impact of nature of school on self confidence and revealed that there is no significant impact of nature of school on self confidence of the boy and girl.

Sharma and Sahu (2013) studied effect of social networking sites on self confidence and concluded that self confidence is decrease by using social networking sites more than 5 hours.

Lal (2014) conducted a study on emotional maturity, self confidence and academic achievement of adolescents in relation to their gender and urban rural background and revealed that male adolescents are differ on emotional maturity as compared to female adolescents. Female adolescents are higher on self confidence in comparison to male adolescents. The urban and rural adolescents show similarity on emotional maturity but is difference in self confidence, the rural adolescents showing higher self confidence.

### Conclusions of the Study

**Table 1 : Difference in Self Confidence of Male and Female Adolescents**

S. No.	Group	N	Mean	S.D.	SE <sub>D</sub>	t-value
1	Male	30	26.64	5.97	1.68	1.48
2	Female	30	29.14	7.65		

### Interpretation

Table 1 shows the difference in self confidence of male and female adolescents. The mean score of male and female adolescents are 26.64 and 29.14 respectively. S.D. of male and female adolescents are 5.97 and 7.65 respectively. The t-value is 1.48, which is not significant at the both level. It shows that there is no significant difference in self confidence of male and female adolescents as observed value of 't' is less than table value.

So our first hypothesis that there is no significant difference in self confidence of male and female adolescents.

**Table 2: Difference in Self Confidence of Urban and Rural Adolescents**

S.No.	Group	N	Mean	S.D.	SE <sub>D</sub>	t-value
1	Urban	30	27.87	5.63	1.54	0.01
2	Rural	30	27.9	6.93		

### Interpretation

Table 2 shows the difference in self confidence of urban and rural adolescents. The mean score of urban and rural adolescents are 27.87 and 27.9 respectively. S.D. of urban and rural adolescents are 5.63 and 6.93 respectively. The t-value is 0.01, which is not significant at the both level. It shows that there is no significant difference in self confidence of urban and rural adolescents as observed value of 't' is less than table value.

So our second hypothesis that there is no significant difference in self confidence of urban and rural adolescents.

**Table 3: Difference in Self Confidence of Urban and Rural Male Adolescents**

S.No.	Group	N	Mean	S.D.	SE <sub>D</sub>	t-value
1	Urban Males	15	27.06	6.62	2.56	0.33
2	Rural Males	15	26.20	7.10		

### Interpretation

Table 3 shows the difference in self confidence of urban and rural adolescents. The mean score of urban and rural adolescents are 27.06 and 26.20 respectively. S.D. of urban and rural adolescents are 6.62 and 7.10 respectively. The t-value is 0.33, which is not significant at the both level. It shows that there is no significant difference in self confidence of urban and rural adolescents as observed value of 't' is less than table value.

So our third hypothesis that there is no significant difference in self confidence of urban and rural male adolescents.

### Implications of The Present Study

The most outstanding characteristics of research are that it may contribute something new to the development of the concerned. The present piece of research has its implication for teachers, educational administrations, curriculum framers and presents. Following educational implications are:

1. It is useful for providing guidance to the students to develop a high self confidence.
2. The present study will help in developing a conducive environment at school and home.
3. The findings of the study will help the teachers and parents to understand various factors which affect self confidence of the adolescents.
4. Equal attention should be paid to boys and girls for development of their self confidence.
5. The study is also important and helpful to the school principles and administration to understand the self confidence of adolescents.
6. This study exists very helpful for guidance purpose as it will help the guidance worker to understand the causes of low self confidence.

### Suggestions for Further Research

For understanding and modifying the behaviour of students, intensive research in education is needed no various aspects of student's behaviour like self-confidence due to home environment. No single study can explore it. There is a wide scope for further research can be enlisted below:

1. Present study was confined to only Ludhiana District. Similarly study can be undertaken in other districts of Punjab State.
2. The present topic of investigation can be repeated with large sample to get more valid and reliable results.
3. This study was confined to C.B.S.E Board only. It can cover Punjab Scholl Education Board and I.C.S.E. Board also.
4. A similar study can be conducted on the college students.
5. More studies can be conducted with other variables.

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