



Study of Self-Confidence Among Adolescents

Dr. Dumnar P. T.

Associate Professor

Department of Psychology

Dagdogirao Deshmukh College,

Bajaj Nagar, Walij, Chhatrapati Sambhajanagar

Abstract

Present study investigates to the study of Self-confidence among male and female Adolescents. By employing a sample of 100 subjects in which 50 male (25 were from rural area and 25 were selected from urban area) and 50 female Adolescents are included. All subjects included in the study from Chhatrapati Sambhajanagar district. Self-confidence was measured by Self Confidence Inventory (SCI) developed by Rekha Gupta. The findings indicate a significant difference in self-confidence levels between male and female adolescents, as well as between rural and urban adolescents. However, there was no significant interaction effect between gender and area of residence on the self-confidence of male and female adolescents.

Introduction:

Self-confidence refers to the belief in one's own abilities, judgment, and worth. It is an essential aspect of personal development that influences how individuals approach challenges, handle setbacks, and interact with others. Self-confidence is the positive attitude one has toward oneself, reflecting trust in one's skills and qualities. It is a psychological trait that can fluctuate based on experiences, achievements, and self-perception. Self-confidence is rooted in a realistic understanding of one's strengths and weaknesses and is cultivated through success, resilience, and self-awareness.

Self-confidence is generally perceived as the willingness to try something new, the willingness to go against what others are thinking or doing, the ability to comfortably do something one thought he could not do and / or the willingness to explore what has not been explored. Self-confidence is considered as 'one of the motivators and regulators of behaviors in an individual's everyday life. Adolescence is a crucial stage in human development, marked by significant changes as individual's transition from childhood. During this period, adolescents must adapt their childhood habits in various



settings, including home, school, and society. As a result, they require guidance to foster healthy social relationships. Schools serve as ideal environments for organizing activities that promote self-confidence among students. With this in mind, the present study was conducted.

Self-confidence among adolescents is a critical aspect of their psychological development and well-being. During adolescence, individuals experience significant physical, emotional, and social changes, which can influence their self-perception and confidence levels. Adolescents with high self-confidence tend to exhibit positive social interactions, resilience, and a proactive attitude toward challenges. Conversely, low self-confidence can lead to issues such as social withdrawal, anxiety, and poor academic performance (Harter, 1999). Developing healthy self-confidence during this stage is essential for fostering independence and effective coping skills.

Self-confidence is not inherited; it can be learned and developed. It is a concept of psychology which has lifelong importance. Self-confidence is extremely important aspect of one's life. Self-confidence and success is positively correlated. 9 Many factors effects on the development of confidence i.e. parents attitude, friends, peers, society, culture, education, socio-economic status and gender also. There is a gender difference in self-confidence. Women have lower status in society, so they tend to less confidence. In contrast, in male dominated society men have more confidence. Research on self-confidence in adolescents frequently examines its connections to gender, academic performance, and social influences. Results suggest that self-confidence levels can differ by gender, with some studies highlighting variations between males and females. Additionally, self-confidence tends to be positively linked to academic success and is shaped by social factors such as peer relationships and family dynamics.

Objectives:

1. To examine the level of self-confidence among male and female Adolescents.
2. To examine the level of self-confidence among rural and urban Adolescents.

Hypothesis:

1. There will be significant difference of self-confidence among male and female Adolescents.
2. There will be significant difference of self-confidence among rural and urban Adolescents.



Sample:

The Participants will be drawn from the population of Adolescents taking from Chhatrapati Sambhajnagar district. Total participants consist of 100 Adolescents. It will be chosen randomly from the Adolescents of male and female. Total 100 subjects included 50 male Adolescents (25 rural and 25 urban) and 50 female Adolescents (25 rural and 25 urban).

Research design:

2X2 Factorial design will be used which depicted as follow:

Variables		Gender (A)	
		Male (A1)	Female (A2)
Area of residence (B)	Rural (B1)	A1B1	A2B1
	Urban (B2)	A1B2	A2B2

Variable:

The variables in this study are as follows:

1. Independent Variables

- Gender (Male and female)
- Area of residence (Rural and Urban)

2. Dependent Variables

- Self-confidence

Tools:

Self-confidence Inventory:

The SCI has been designed in Hindi to assess the level of Self-confidence among adolescents and adults. The abbreviated name has been used so that the respondent may not decipher the real purpose of the test and take good. Self-confidence Inventory developed by the Dr. Rekha Gupta. In this inventory total 56 items are included.

The reliability measures by the methods of split-half, K-R formula and test retest methods. In item-analysis validity coefficients were determined for each item by bi-

serial correlation method and only those items were retained which yielded 0.25 or above bi-serial correlation with the total score. The inventory was also validated by correlating the scores obtained on this inventory with the scores obtained by the subject on Basavannas Self-confidence inventory. The validity coefficient obtained is 0.82 which is significant beyond 0.01 levels.

The inventory scored by the hand. A score of one is awarded for a response indicating lack of self-confidence, i.e. making cross to wrong response to item nos. 2, 7, 23, 31, 40, 41, 43, 44, 45, 53, 54, 55 and for making cross to right response to the rest of items. Hence, the lower the score, the higher would be the level of self-confidence.

Results and discussion:

The mean (with graphical representation) and standard deviation for gender and Area of residence on self-confidence is analyzed. The objectives of the present investigation analysis of collected data done by employed 2X2 ANOVA in order to study the effect of independent variable namely gender and Area of residence groups on self-confidence.

Table No. 1 - Mean and SD on Self-confidence

Variable		N	Mean	SD
Gender	Male	50	28.50	6.72
	Female	50	23.74	7.18
Area of residence	Rural	50	27.86	6.94
	Urban	50	24.38	7.35

Table No. 2 - Summary of two ways ANOVA on Self-confidence

Source	Type III Sum Of Squares	df	Mean Square	f	Sig.
Gender	566.44	1	566.44	12.26	0.01
Aria	302.76	1	302.76	6.55	0.01
Gender x Aria	5.76	1	5.76	0.13	N.S.
Error	4435.60	96	46.20		
Total	73536.00	100			
Corrected Total	5310.56	99			



In this study gender and area of residence are the independent variables. Table 1 and table no 2 shows that the Mean, Standard deviation and F values for the self-confidence of male and female Adolescents. The male subjects mean score ($M=28.50$ & $SD= 6.72$) is large than the female subjects mean score ($M= 23.74$ & $SD=6.18$). It can be observed from the table no. 1 that the scores of those male Adolescents had more score on self-confidence than the female Adolescents. The F ratio found with respect of gender on dependent variable self-confidence $F = 12.26$ ($df = 1$ and $99 < 0.01$) which is significant at the level of 0.01. Hence the gender significantly influence on self-confidence of Adolescents. Female Adolescents level of self-confidence is high than the male Adolescents. Hence, Hypothesis No. 1, “There will be significant difference of self-confidence among male and female Adolescents.” is accepted.

Second independent variable in this study is an area of residence. Table 1 and table no 2 shows that the Mean, Standard deviation and F values for the self-confidence of rural and urban Adolescents. The rural Adolescents mean score ($M=27.86$ & $SD= 6.94$) is large than the urban Adolescents mean score ($M= 24.38$ & $SD= 7.35$). The F ratio found with respect of area of residence on dependent variable self-confidence $F = 6.55$ ($df = 1$ and $99 < 0.01$) which is significant. The area significantly influence on self-confidence of Adolescents. Urban Adolescents level of self-confidence is high than the rural Adolescents. Hence, Hypothesis No. 2, “There will be significant difference of self-confidence among rural and urban Adolescents.” is accepted. The result of the interaction effect of independent variable gender and area of residence status on self-confidence F value is found ($F = 0.13$ $df = 1$ and $99, P > 0.05$). Thus an f value is no significant both the level of the confidence. Gender and area of residence has not separate influence on self-confidence of male and female Adolescents. The result revealed that there is no significant interaction effect of independent variable gender and area of residence on self-confidence of male and female Adolescents.

Previous research has indicated that both adolescent boys and girls exhibit moderate levels of general self-confidence, suggesting that gender does not significantly influence the expression of self-confidence among adolescents. The moderate self-confidence scores among participants highlight the need for initiatives aimed at boosting confidence levels. Since the participants are high school students,



implementing quality workshops and programs focused on enhancing self-confidence and its benefits could effectively support their growth in this area. Research conducted by Fareen Fatma (2015) found a significant difference in self-confidence levels between male and female adolescents, although no notable difference was observed in their academic achievement. Additionally, the study revealed a significant disparity in self-confidence between urban and rural adolescents, as well as a significant difference in academic achievement between these two groups. Furthermore, a positive correlation was identified between self-confidence and academic achievement among adolescents.

Conclusion:

There is significant difference of self-confidence among male and female Adolescents. There is significant difference of self-confidence among rural and urban Adolescents. There is no significant interaction effect of independent variable gender and area of residence on self-confidence of male and female Adolescents.

Reference:

- Ambika A. & Panwar N. (2021). Self-Confidence: A Comparative Study on Young Adolescents. *International Journal of Indian Psychology*, 9(4), 2341-2347. DIP:18.01.220.20210904, DOI:10.25215/0904.220.
- Harter, S. (1999). *The Construction of the Self: A Developmental Perspective*. Guilford Press.
- Pankaj Lata and Lal Shankar (2018). A Comparative Study of Self-confidence among Adolescents in Relation to Gender and Locale of Ludhiana District. *Periodic Research*, Vol. 6, Issue 4, pp. 41-44.
- Vyas T, & Gunthey R (2017). Emotional Maturity and Self Confidence among Adolescent Students. *International Journal of Indian Psychology*, Vol. 5, (1), DIP: 18.01.069/20170501, DOI: 10.25215/0501.069