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Eisha Verma
Research Scholar, Department of Educational Studies, Central University of Jammu, Jammu, Jammu and Kashmir, India

Self- confidence among university students: An empirical study

Eisha Verma

Abstract

Confidence is the growth hormone for an individual's personality development. Without confidence, a person's growth in his life; personal, professional and social remains stunted. Self-confidence is considered one of the most influential motivators and regulators of behavior in people's everyday lives. Self confidence is a positive attitude of oneself towards one's self-concept. So the main concern of this paper was to study the self confidence among university students in relation to their gender, locality and stream. The investigator tried to see difference in self confidence of university students in relation to their gender, locality and stream and interactional effect in self confidence among students in relation to their gender and locality. For the present study standardized tool of self confidence by M. Basavana was used. The data were collected from University of Jammu by using simple random sampling technique. The statistical techniques used for data analysis was one-way and two-way ANOVA. The findings of the study revealed that there was significant difference in self confidence of university students in relation to their streams.

Keywords: Self confidence, gender, locality and stream

Introduction

Self Confidence is one of the personality trait which is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his view of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Glenda & Anstey (1990) [10] explained that many researchers used the terms self-confidence, self evaluation, self worth, self appraisal, and self satisfaction interchangeably. Basically, it is a psychological and social phenomenon in which an individual evaluates him/ herself according to some values which may result in different emotional states, and which become developmentally stable, but are still open to variation depending on personal circumstances Self confidence is a positive attitude of oneself towards one's self-concept. It is an attribute of perceived self. Self Confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. A self confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving, fairly assertive and having leadership qualities.

In their study explored self confidence of adolescents in relation to their academic achievement revealed that there is no significant correlation between academic achievement and self confidence. However, significant differences were observed in the academic achievement to the high and low self confidence groups. Nazir (1995) [13] revealed that there are significant differences in self - confidence among high and low achievers. The high achievers possess higher level of self – confidence in comparison to the low achievers. Goel and Aggarwal (2012) [11] conducted a comparative study of self confidence of single child and child with siblings revealed that the children with sibling are more self-confident than single children. The results of the study showed that there is significant negative relationship between sense of alienation and lack of self-confidence which means if the sense of alienation is high; the level of self-confidence is low. Sharma and Sahu (2013) [18] investigated the effect of social networking sites on self confidence. After the investigation they conclude that self confidence decreases by using social networking sites. Fatma (2015) [8] conducted a study on self-confidence of adolescents in relation to their gender, locality and academic achievement and revealed that there are significant differences in self-confidence

Correspondence
Eisha Verma
Research Scholar, Department of Educational Studies, Central University of Jammu, Jammu, Jammu and Kashmir, India

among adolescents in relation to their gender and locality and a positive correlation was found between self-confidence and academic achievement of adolescents. Thus from the findings of the study it was clear that the concept of self confidence enjoys important position in the theories of human behavior and personality and is regarded as a basic condition of human existence in modern society.

Significance of the study
Self-confidence is an individual feature, the core of which is the positive assessment of the individual's own skills and abilities, as sufficient for him to achieve significant goals and meet its needs. Self-confidence is considered one of the most influential motivators and regulators of behavior in people's everyday lives (Bandura, 1986). A growing body of evidence suggests that one's perception of ability or self-confidence is the central mediating construct of achievement strivings. Without confidence, a person perceives their world as dangerous. They fear that they cannot handle a situation or they are being judged negatively in some way. When a person feels threatened, their internal alarm system is activated. Confidence can deactivate those unnecessary alarms. Self-confidence is something that cannot be taught. It is up to the individual to decide how much belief that they possess inside of themselves. They can enhance their self-confidence. Self confidence is an attitude which allows individuals to have positive yet realistic views of themselves and their situations. Self confident people trust their own abilities, have a general sense of control in their lives, and believe that, within reason, they will be able to do what they wish, plan, and expect. Hence keeping in view the above stated facts the investigator selected self confidence as a variable of study among university students.

Objectives of the study
The following were the objectives of the study:
1. To find gender differences in self-confidence among university students.
2. To find locality differences in self-confidence among university students.
3. To find interactional differences of gender and locality on self-confidence among university students.
4. To find differences in self confidence among university students belonging to different streams (arts, science and commerce).
5. To suggest some educational implications based on the finding.

Hypotheses of the study
To achieve the above mentioned objectives, the following hypotheses were framed
1. There will be no significant gender differences in self-confidence among university students.
2. There will be no significant differences in self-confidence among university students belonging to different localities i.e. rural and urban.
3. There will be no significant interactional differences of gender and locality on self-confidence among university students.
4. There will be no significant differences in self confidence among university students belonging to different streams (arts, science and commerce).

Delimitations of the study
The present study was confined to the following areas:
1. The study was delimited to 200 university students only i.e. 100 boys and 100 girls.
2. The study was delimited to the students of arts and science streams only.
3. The study was delimited only to the seven departments of university of Jammu.

Population and Sample
The population of the present study was the students of the different departments of the University of Jammu. In the present study, a sample of 200 students studying in the different departments was selected by using simple random sampling technique.

Tool Used
To collect the requisite data the researcher used a self-confidence inventory by M. Basavana.

Statistical Techniques Used
For the analysis of data analysis of variance was used.

Analysis and Interpretation of Data

Table (a): Summary table for two way ANOVA (2x2 factorial design) for self confidence in relation to their gender and locality

Sources of variance	SS	df	MS	F	Significance
A (gender)	122.5	1	122.5	0.70	Not significant
B (locality)	211.6	1	211.6	1.22	Not significant
A x B	22.1	1	22.1	0.12	Not significant
Within	6274.2	36	174.28		
Total		40			

For the interpretation of F-value we need to refer the table value for respective degrees of freedom and accordingly we can test the level of significance for all F ratios calculated. The detailed interpretation and discussion of result are given as under:

From the above table it can be interpreted that the F- ratio for the significant gender differences in self-confidence among university students was 0.70 for degree of freedom 1and 36 which was not significant. So, the hypothesis 1 stating, *"There will be no significant gender differences in self-confidence among university students"* was accepted. Hence it can be concluded that there were no gender differences in self-confidence among university students.

The above table further revealed that the F- ratio for the significant locality differences in self-confidence among university students was 1.22 for degree of freedom 1and 36 which was not significant. So, the hypothesis 3 stating, *"There will be no significant locality differences in self-confidence among university students"* was accepted. Therefore it can be concluded that there were no locality differences in self-confidence among university students. The results are in agreement with the study carried earlier in the field by.

The above table showed that the F- ratio for the significant interactional differences of gender and locality on the self-confidence among university students was 0.12 for degree of freedom 1and 36 which was not significant. So, the hypothesis 3 stating, *"There will be no significant interactional differences of gender and locality on the self-*

confidence among university students" was accepted. Hence it can be concluded that there were no significant interactional differences of gender and locality on the self-confidence among university students.

Table (b): Summary table for one way ANOVA for self confidence in relation to their stream

Sources of variance	SS	df	MS	F	Significance
Between	162.6	2	813	4.10	Significant
Within	5352.1	27	138.97		
Total		30			

From the above table it can be interpreted that the F- ratio for the students belonging to different streams (arts, science and commerce) came out to be 4.10 for degree of freedom 2 and 27 which was significant at 0.05 level of significance. So, the hypothesis stating, *"There will be no significant differences in self-confidence among university students belonging to different streams (arts, science and commerce)"* was rejected. Hence it can be concluded that there were significant differences in self-confidence among university students belonging to different streams.

Conclusion
The study revealed that there were no differences in self-confidence among university students in relation to their gender and locality and also there were no interactional differences of gender and locality on the self-confidence among university students. It further indicated that there were significant differences in self-confidence among university students belonging to different streams. Hence the study implicated that self-confidence is an attitude which allows individuals to have positive yet realistic views of themselves and their situations. So, teachers as well as parents should help the students to take initiative to participate voluntary in the different activities organized by the institution and never think about the failure and should see that students feel confident about themselves and perform better in their life. Therefore, from the above discussion it was clear that the concept of self confidence enjoys important position in the theories of human behavior and personality and is regarded as a basic condition of human existence in modern society.

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