



“A Study of Self Confidence among High School Students”

Kamdar Jyoti Bhagwandas

Research Student

M.A. Psychology

Vivekanand Arts, SardarDalipsingh Commerce & Science College,
Samarthnagar, Aurangabad

Abstract

Objectives To investigate the comparison, self confidence between girls and boys. Hypothesis There will be significant difference between girls and boys on dimension self confidence. Sample 20 students of class 10th were selected for the present research . among them 10 were girls and 10 were boys . Age range of both was 15-16 years . Tools Self Confidence Test. concluded that no difference found between boys and girls on dimension self confidence.

Keywords: Self Confidence, High School Students

Introduction

Confidence in students is imperative for their prosperity. The measure of self-confidence a kid has will influence their instructive objectives. On the off chance that a kid loses confidence in school, their evaluations will at last be influenced. At the point when an understudy's self-confidence endures, a kid may abandon their expectations, dreams and plans. They may feel that they are dishonourable of getting their objectives or it is difficult to accomplish them. Building confidence in students can help anticipate understudy dropout rates, guarantee that children keep up their affection for learning and assist them with accomplishing their fantasies and objectives. There is no denying to the way that the connection between an understudy's confidence and instructive achievement is interwoven. Self-confidence is one's capacity to pass judgment on his own social and individual remaining concerning his condition. Self-confidence is something that

is affected by factors like childhood, workplace and the degree of devotion. High self-confidence is a significant factor in improving business ties and adjusting individual life.

Probably the most ideal approaches to improve confidence is to draw in kids in different self-regard exercises for students. By boosting self-regard in students, kids who may originate from a not exactly attractive home setting can learn abilities that cultivate a feeling of network and regard. By guaranteeing that an understudy's self-regard is sound, the earth for learning becomes one where training and learning flourishes. Self-regard exercises for students are an incredible method to help support a kid's confidence and increment learning. Aakash organization conducts inspirational classes every once in a while to motivate students to make them a victor. Our fair Chairman, Mr. J.C. Chaudhry himself leads such sessions and ensures that every understudy gets roused to confront aggressive tests unquestionably.

1. Practice Self-acknowledgment

One of the most significant ways is to turn out to be all the more tolerating of ourselves. Take a gander at your qualities and accomplishments and set up an arrangement to address your shortcomings. We have to rehearse self-acknowledgment, feeling okay about ourselves as well as other people paying little mind to the current conditions. Along these lines, we may now and then believe it to be sensible to be incredulous of our conduct and attempt to transform it however without being reproachful of ourselves. This mentality helps in keeping up a sound degree of self-confidence.

2. Concentrate on your Achievements

On the off chance that you set aside out effort to figure you will understand that you have accomplished a great deal throughout everyday life. It doesn't make a difference what these accomplishments are; the main thing is that they are extremely significant for you. Consider these accomplishments and see what they are intended for you. Set up a rundown and to it include every one of the things that you are glad for. The way that you are concentrating on positives will likewise assist you with increasing your degree of self-confidence.

3. Rolling out Personal Improvements

In the event that because of checking your self-regard and confidence, you conclude that you need to transform, it is ideal to distinguish some particular objectives. What is what you can change which will make you rest easy thinking about yourself. There are two sorts of changes that you may want. The first is the adjustments throughout your life and how you live it. Ask

yourself inquiries, for example, would you say you are upbeat in your activity? Is there something different that you'll do? Shouldn't something be said about your connections or public activity?

Having done this, it is important to ensure that they are reasonable and separate into little advances. For instance, so as to have the option to make some noise in courses, it might be simpler to start by communicating conclusions all the more frequently with companions. Getting settled with this can make the subsequent stage, that is contributing in a course, a lot simpler.

4. Looking for Positive Experience and People

We can give ourselves positive encounters as a method for expanding our self-confidence. Likewise, investing energy with individuals who like us for what we are is useful. Encircle yourself with positive impacts and maintain a strategic distance from the individuals who are always negative. Being around basic individuals can detrimentally affect how we feel about ourselves and our self-confidence.

5. Rewards and Support

Give yourself awards as you work on building your self-regard. It doesn't generally make a difference what the prize is the length of it is something that you truly esteem.

Along these lines, on a finishing up note, it is appropriately stated, self-confidence is only a little term for a ton of things. Enthusiastic imperative, sympathy, flexibility all go into making the character that radiates self-confidence. A self-sure individual would realize how to make statements that are straightforward with harming the assumptions of others. A self-certain individual would realize how to make statements that are straightforward without harming the estimations of others. A self-sure individual additionally realizes that how will generally be heard with complete nobility, when there is a distinction of assessment. What this truly takes is practice, however the most significant thing is your own conviction that you can improve.

Research Method

Statement of problem

To study self confidence among girls and boys students.

Objectives

To investigate the comparison, self confidence between girls and boys

Hypothesis

1. There will be significant difference between girls and boys on dimension self confidence.

Sample

20 students of class 10th were selected for the present research, among them 10 were girls and 10 were boys. Age range of both was 15-16 years.

Variable

a) Independent Variable

Gender

1. Girls

2. Boys

b) Dependent Variable

1. Self confidence

Tools**Self Confidence Test****Procedure of data collection**

20 students were taken as the research participants in which 10 were girls and 10 were boys . When they were attending coaching class, verbal consent was taken from the participants and they were given brief description about the purpose of data collection and were assured that the data collected from them will be only used for research purpose and will be kept confidential .

Statistics

t – test was used for the statistical analysis of data .

Statistical data Analysis

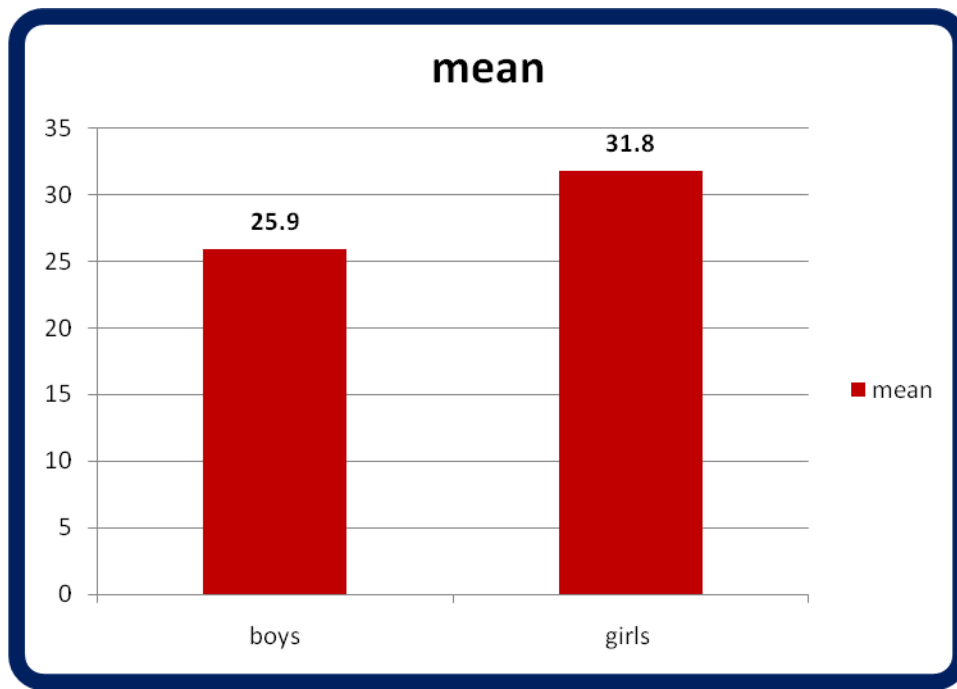
Data collected

Sr.no	Boys	Girls
1	30	33
2	23	33
3	21	31
4	35	30
5	24	31
6	30	31
7	20	32
8	26	30
9	18	33
10	32	34

“ t “ showing the significance of difference between girls and boys in respect to Self –confidence .

Self Confidence among High School Students

Gender	mean	SD	N	Df	t	Sig
boys	25.90	5.65	10	18	0.249	NS
girls	31.80	1.40	10			



Conclusion: it concluded that no difference found between boys and girls on dimension self confidence.

References

Bandura, A. 1977. Self-efficacy: Toward a unifying theory of behavioral change. Psychological Review 84(2): 191-

Bandura, A. 1988. Organisational Applications of Social Cognitive Theory. Australian Journal of Management

Bearden, W. O., Netemeyer, R. G., Teel, J. E. 1989. Measurement of Consumer Susceptibility to Interpersonal

Bandura, A. 1990. Perceived self-efficacy in the exercise of personal agency. Journal of Applied Sport Psychology

Bandura, A. 1993. Perceived Self-Efficacy in Cognitive Development and Functioning. Educational Psychologist

Berndt, T.J. 2002. Friendship Quality and Social Development. Current Directions in Psychological Science 11(1):

Beefink, F., Van Eerde, W., Rutte, C.G., Bertrand, J.W. 2012. Being Successful in a Creative Profession: The Role