



Study of Self-Confidence Among College Students

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Abstract

Present study investigates to the study of Self-confidence among male and female college students. 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 college students are included. All subjects included in the study from Jalna district. Self-confidence was measured by Self Confidence Inventory (SCI) developed by Rekha Gupta. There is significant difference of self-confidence among male and female college students. There is no significant difference of self-confidence among rural and urban college students. There is no significant interaction effect of independent variable gender and area of residence on self-confidence of male and female college students.

Introduction:

Self Confidence is more important in every aspect of human life. This is an attitude in which person have positive and realistic views of himself and his situations. Self Confidence is much more important thing than other abilities. Self Confidence is the first step to achievement, development, progress and success. Self Confidence is the personality pattern in which the concept of self is the center or core of gravity (Breckenridge and Vincent, 1965). Self Confidence is not inherited, it is learned. If one has a lot of abilities and knowledge but less confidence then one cannot be a success. But other hand, if one has average abilities and knowledge but more and true self confidence then chances of success are increased. Self Confidence makes a positive and realistic self-image. One who is self-confident perceives himself to be independent, self-reliant, optimistic, self-assured, satisfied, successful, forward moving, intellectually adequate, assertive, emotionally mature and socially competent. People



who trust their abilities, have a sense of control in their lives and be able to do whatever they wish, plan and expect called confident.

Raj Persaud (2008) stated that true self-confidence comes from an attitude where you promise yourself, no matter how difficult the problem life throws at you. 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 ‘a positive attitude of oneself towards one’s self-concept’. In the words of Basavanna (1975) self-confidence refers to “an individual’s perceived ability to act effectively in a situation to overcome obstacles and to get things goes alright”.

The self 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. Self-confidence is an attribute of perceived self. It 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, forwards- moving, family assertive and having leadership qualities.

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. By childhood boys get education of self-reliant and competent, so they become more confident. But on other hand girls get education of dependence, so they become less confident. Till today women does not get permission in some workplaces. So in that work women shows low level of confidence. In India, women do not get sufficient education, social status, human rights etc. so they tend to show less confidence. Many researches shows gender difference related to self-confidence.



Objectives:

1. To search the status of self-confidence among male and female college students.
2. To search the status of self-confidence among rural and urban college students.

Hypothesis:

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

Sample:

The Participants will be drawn from the population of college students taking from Jalna district. Total participants consist of 100 college students. It will be chosen randomly from the college students of male and female. Total 100 subjects included 50 male college students (25 rural and 25 urban) and 50 female college students (25 rural and 25 urban). All students included in this study are the graduate students. Students selected from the different degree college in Jalna district.

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:

Self Confidence Inventory (SCI) by Rekha Gupta was adopted for collecting the necessary data to study the level of self-confidence of the undergraduate and postgraduate students of Dibrugarh University. Self Confidence Inventory comprised of 56 true-false type items for the assessment of self-confidence. The inventory can be scored by hand. A score of one is awarded for a response indicative of lack of Self-Confidence, i.e. for making cross 'x' to wrong response to item no's 2,7,23,31,40,41,43,44,45,53,54,55 and for making cross 'x' to right response to the rest of the items. Hence, the lower the score, the higher would be the level of Self-Confidence and vice –versa. The Split-half reliability of the SCI is .91. The level of validity of the inventory with scores of Basavanna's (1975) Self-Confidence Inventory is .82. Following are given the norms for the interpretation of raw scores in terms of Z-Score as given in the Self Confidence Inventory.

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	23.32	8.92
	Female	50	19.24	7.64
Area of residence	Rural	50	20.29	7.34
	Urban	50	21.20	6.98

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

Source	Type III Sum Of Squares	df	Mean Square	F	Sig.
Gender	416.16	1	416.16	7.66	0.01
Area of residence	96.04	1	96.04	1.76	NS
Gender * Area of residence	158.76	1	158.76	2.92	NS
Error	5211.20	96	54.28		
Corrected Total	5882.16	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 college students. The male subjects mean score ($M=23.32$ & $SD= 8.92$) is large than the female subjects mean score ($M= 19.24$ & $SD=7.64$). It can be observed from the table no. 1 that the scores of those male college students had more score on self-confidence than the female college students. The F ratio found with respect of gender on dependent variable self-confidence $F = 7.66$ ($df = 1$ and $99 > 0.01$) which is significant at the level of 0.01. Hence the gender significantly influence on self-confidence of college students. Female college students level of self-confidence is high than the male college students. Hence, Hypothesis No. 1, "There will be significant difference of self-confidence among male and female college students." is accepted.

Second independent variable in this study is a 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 college students. The rural college students mean score ($M=20.29$ & $SD= 7.34$) is small than the urban college students mean score ($M= 21.20$ & $SD= 6.98$). The F ratio found with respect of area of residence on dependent variable self-confidence $F = 1.76$ ($df = 1$ and $99 < 0.05$) which is not significant. Hence, Hypothesis No. 2, "There will be significant difference of self-confidence among rural and urban college students." is rejected.

The result of the interaction effect of independent variable gender and area of residence status on self-confidence F value is found ($F = 2.92$ $df = 1$ and 99 , $P < 0.05$). Thus an f value is no significant at the 0.05 level of the confidence. Gender and area of residence has not separate influence on self-confidence of male and female college students. 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 college students.

Conclusion:

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

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