



## Study of Religious Attitude and Self-Confidence Among Senior College Students

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### Abstract

*Present study to study the religious attitude and self-confidence between male and female senior college students. For the data collection used Religious attitude scale and self-confidence inventory. In this study all one hundred senior college students selected from random sampling method. Data were analyzed by descriptive statistics mean, S.D. and t - test. Following results were obtained from this study. There is significant difference between male and female senior college students on religious attitude. There is no significant difference between male and senior female college students on self-confidence.*

### Introduction:

The birth of psychology of religion arose out of a particular intellectual climate in which scientific method and study of religion had matured to the point that they were bound to rub against one another again and again as both approached different questions. The nineteenth century, was witness to the first great flowering of nonsectarian and disciplined approaches to the study of religious phenomena in the West. Psychology of Religion is the psychological study of religious experiences, beliefs and activities. It aims to inform understanding of religion through science. In past couple decades, scholars have conceptualized religion as a way of living, rather than merely a belief system or institution. Psychologically, an attitude informed by the careful observation of, and respect for, invisible forces and personal experience. We might say that the term "religion" designates the attitude peculiar to a consciousness which has been changed by experience of the numinous. Religion is an instinctive attitude peculiar to man, and its manifestations can be followed all through human history.

The religious attitude is quite different from faith associated with a specific creed. The latter, as a codified and dogmatized form of an original religious experience, simply gives expression to a particular collective belief. True religion involves a subjective relationship to certain metaphysical, extramundane factors.

The study of religious attitude it is also important to say something about attitude directly. Enough has been said about religious aspect, but religion and attitude should be related. There



were six related areas (Nature, God, Prayer and worship, Formal religion, Priests, Future life and Spiritual and spirits world) discussed here. All these may be functioning through the individual's attitude. Whether one is highly religious or moderately religious or anti-religious, he expressed it through his attitude and action. There are about seventy different definitions of attitudes, available in psychology literature. Therefore, we cannot say which is most suitable and which is not. We can quote one standard definition given by Allport. He stated that an attitude is a mental and neural state of readiness organized through experience exerting a direct and dynamic influence upon the individual's response to all objective and situation with which he is related. After carefully examining the central point in attitude, a definition of religious attitude is formulated here. A religious attitude is a positive or negative responsive tendency towards various aspects of religion.

Self-confidence is a vital aspect of personal growth and success. It is the belief in oneself and one's abilities, providing the courage to face challenges, overcome obstacles, and achieve goals. Developing self-confidence is a lifelong journey that requires dedication, practice, and self-reflection. In this article, we will explore the concept of self-confidence and its significance in different aspects of life. Self-confidence empowers individuals to take risks, embrace opportunities, and strive for excellence. It acts as a driving force behind personal and professional accomplishments. With self-confidence, individuals are more likely to set ambitious goals, persist in the face of adversity, and bounce back from failures. It enables them to trust their judgment, make informed decisions, and take charge of their lives.

Positive thinking plays a crucial role in developing self-confidence. By focusing on the bright side of situations, individuals can reframe challenges as opportunities for growth. This mindset shift cultivates resilience, optimism, and a belief in one's ability to overcome obstacles. Surrounding oneself with positive influences, practicing gratitude, and visualizing success are effective techniques to foster a positive mindset.

Self-confidence is a crucial concept for students as it plays a significant role in their overall development. It empowers them to face challenges, believe in their abilities, and strive for success. In this article, we will explore the importance of self-confidence in students and how it can be nurtured to unlock their true potential.

#### **Objectives of the study:**

1. To examine the gender difference of senior college students on religious attitude.
2. To examine the gender difference of senior college students on self-confidence.

**Hypothesis of the study:**

1. There will be significant different between male and female senior college students on religious attitude.
2. There will be significant different between male and female senior college students on self-confidence.

**Sample:**

The sample of the present study was consisting of 100 senior college students from different colleges in Jalgaon district with the age group between 14 to 20 years. Here are 50 male senior college students and 50 female senior college students included. The random sampling techniques were used for selection of the sample. All sample included in this study collected from the different degree colleges.

**Variables**

Various independent and dependent variables which is taken into consideration in the present investigation is described in Following Table;

**List of Independent variable**

NO	Name of Variable	No. Of level	Name of Level
1	Gender (A)	2	Male and Female

**List of Dependent variables**

NO	Name of Variable
1	Religious Attitude
2	Self-confidence

**Tools for Data Collection:**

**1. Personal Data Sheet:**

The personal data sheet was prepared for collecting information regarding the two independent variables area of residence and sex and personal information such as participants age, socio-economic status etc.

**2. Religious attitude Scale:**

Religious attitude scale was designed and prepared by Dr. M. Rajamanickam (1989). This religious attitude scale consists of 60 items or statements having ten groups and six statements in each group. Reliability - Split half (odd-even) reliability coefficient by using Gutman formula was found to be 0.78 significant at 0.01 level and Criterion validity coefficient was found to be 0.86 significant at 0.001 level of this scale.

Every statement is given weightage for responses. For example, the first statement of the test is given the weightage as if the response is strongly agree, the weightage is – 1, for agree the weightage is – 2, for unable to decide – 3, for disagree – 4, and for strongly disagree the weightage is – 5. Lower score on each scale indicates more acceptances (favorable attitude) of the traditional religious beliefs.

### 3. 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 is developed by the Dr. Rekha Gupta. In this inventory total 56 items are included.

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 Basavanna's Self-confidence inventory. The validity coefficient obtained is 0.82 which is significant beyond 0.01 level.

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 Analysis:

Table No.1

Gender differences in senior college students on religious attitude

Variable	Gender	N	Mean	SD	' t '	Sign.
Religious attitude	Male	50	110.44	17.14	5.31	0.01
	Female	50	130.42	20.34		

First dependent variable in this study is religious attitude. Above table shows that the mean difference between male and female senior college students on the dependent variable religious attitude. The result shows that the religious attitude means and SD score of the male senior college students (Mean = 110.44) and (SD = 17.14). Female senior college students mean and SD score respectively is (Mean = 130.42) and (SD = 20.34). Mean differences of male and female senior college students on religious attitude t value is (T = 5.31, for df=98). The difference between two Mean is highly significant at the level of 0.01 ('t' = 5.31, df= 98)

that's means Hypothesis No. 1. 'There will be significant difference between male and female college studentson religious attitude,' is accepted. According to mean score and t value female senior college students religious attitude are more favorable than the male senior college students.

**Table No.2**  
**Gender differences in senior college students on Self-confidence**

Variable	Gender	N	Mean	SD	' t '	Sign.
Religious attitude	Male	50	22.38	7.63	1.72	NS
	Female	50	25.14	8.38		

Second dependent variable in this study is self-confidence. Above table shows that the mean difference between male and female senior college studentsonthe dependent variable self-confidence. The result shows that the self-confidence means and SD score of the male senior college students (Mean = 22.38) and (SD = 7.63). Female senior college students mean and SD core respectively is (Mean = 25.14) and (SD = 8.38). Mean differences of male and female senior college students on self-confidence t value is (T = 1.72, for df 98). The difference between two Mean is no significant at the both the level of confidence ('t'= 1.72, df= 98) that's means Hypothesis No. 2. 'There will be significant difference between male and female college studentson self-confidence,' is rejected. Previous study conducted by the difference research shows that the significant gender differences on self-confidence of college students. Study conducted by the Sakthivel K. (2021) found that the male students had higher self-confidence compared to female students.Mohammed Jameel, Sukhjot Nancy (2019) studies are not found significant difference between male and female adolescents on self-confidence.

**Conclusion:**

There is significant different between male and female senior college students on religious attitude. Female senior college students religious attitude are more favorable than the male senior college students. There is no significant different between male and female senior college students on self-confidence.



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