



Psychology

Explore—Journal of Research for UG and PG Students

ISSN 2278 – 0297 (Print)

ISSN 2278 – 6414 (Online)

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<http://www.patnawomenscollege.in/journal>

A Comparative Study of the Level of Self Confidence Among Adolescent Boys and Girls

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Received : November 2011
Accepted : March 2012
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Abstract : *In the past girls were suppressed and kept within the four walls whereas boys were given absolute freedom which has always encouraged their level of self confidence. But now the times have changed. Today boys and girls are treated equally and provided with same opportunities. Hence, the objective of the present research was to make "A Comparative Study of the Level of Self Confidence Among Adolescent Boys and Girls". Three hypotheses were formulated- (1) Boys will have high level of self-confidence than the girls. (2) The students opting for professional courses will have high level of self-confidence than the students opting for general courses. (3). Socio-economic*

status affects the level of self-confidence. A sample of 160 students (80 boys and 80 girls) was selected through Incidental-Cum-Purposive Sampling Method. The data were collected from A.N. College, Patna Women's College, Brainware Software Institute and Chronicles IAS Coaching Centre. Agnihotri's Self-Confidence Inventory was used to measure the level of Self-Confidence. Annual Income of the parents was asked in the 'personal data blank' of Agnihotri's Self-Confidence Inventory to see the Socio-Economic Status of the sample. The mean, SD, t-ratio, Co-efficient of Correlation were computed to assess the level of Self-Confidence. The obtained results revealed that boys and girls have almost equal level of Self-Confidence ($t= 0.73, P<0.05$) in this changing scenario. Secondly, there was no significant difference ($t= 1.66, P<0.05$) in the level of Self-Confidence among the students who opted for Professional Courses and General Courses. Thirdly, there was a positive co-efficient of correlation ($r= 0.32, P>0.01$) between Socio-Economic Status and Self-Confidence. Thus one hypothesis got support and two hypotheses were rejected.

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Key words: *Adolescence, Self-Confidence, Professional Course, General Course, Socio Economic Status.*

Introduction :

The term **Adolescence** comes from the Latin word 'adolescere' meaning "to grow up" or 'maturity', it is considered to be a process of achieving the attitudes and beliefs, needed for effective participation in society. The term adolescence is widely used today, thus it has a broader meaning. It includes mental, emotional, social as well as physical maturity. It is a transitional stage of development between childhood and adulthood which represents the period of time during which a person experiences a variety of biological changes and encounters a number of emotional issues. It is a more difficult period of development for both adolescents and their parents. According to World Health Organization, adolescence covers the period of life between 10 to 20 years. **Self- Confidence** is the confidence one has in oneself, one's knowledge and one's abilities. It is an attitude, which allows individuals to have positive and realistic views of themselves, and their situations. It is the forerunner of achievements. Self- Confidence integrates power of mind and body which helps the adolescents focus on the goal. Self- Confidence is the first requisite to great undertakings.

Purpose :

The purpose of the present study was:

1. to make a comparative study of the level of self-confidence in adolescent boys and girls.
2. to throw light on the effect of socio-economic status on the level of self-confidence in adolescents.

Hypothesis :

1. Boys will have high level of self-confidence than the girls.

2. Students opting for professional courses will have high level of self-confidence than the students opting for general courses.
3. Socio-economic status affects the level of self-confidence.

Methodology :

Sample : A sample of 160 students their age ranging from 18-20 years was selected from Patna Women's College (70 female), A.N. College (50 male, 10 female), Brainware Software Institute (10 male, 10 female), Chronicles IAS Coaching Centre (5 male, 5 female) by Incidental Cum Purposive Sampling Method.

Research Tools : The following research tools were used for data collection:

1. Agnihotri's Self-Confidence Inventory (ASCI)
2. Annual Income of the parents.

Agnihotri's Self-Confidence Inventory is a self-administrative test designed in Hindi to assess the level of Self-Confidence among adolescents and adults. Annual Income of the parents was included in the personal data of Agnihotri's Self-Confidence Inventory as per the requirement of Hypothesis no.3 which states that Socio-economic status affects the level of self-confidence.

Procedure of Data Collection: Data were collected in one session between 10 am to 2 pm. In each session data were collected from ten to fifteen respondents from A.N. College, Patna Women's College, Brainware Software Institute and Chronicles IAS Coaching Centre.

Result and Interpretation : The mean, SD, t-ratio, Co-efficient of correlation were computed and graphic representation was also done for analysis of data.

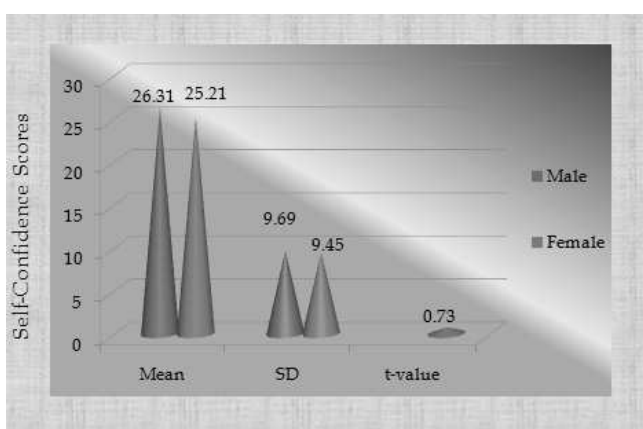
Hypothesis-1: Boys will have high level of self-confidence than the girls.

Table-1 : Table showing mean, SD and the t-value of Self-Confidence scores of male and female students (N=160)

Gender	N	Scores	Mean	SD	t-value	df	Level of significance
Male	80	2105	26.31	9.69	0.73	158	P < 0.05
Female	80	2017	25.21	9.45			

Not significant at .05 level (1.97)

Graphic Representation of Mean, SD & t-ratio of Self-Confidence Scores of Male and Female students (N=160)



The mean on self-confidence scores of male students is 26.31 and female students is 25.21 respectively (mean difference of 1.1). SD of boys is 9.69 and of girls is 9.45 with a difference of 0.24. The SD is quite low to their means hence it can be said that there is less variability in respondent's response. Critical ratio is 0.73 which is not significant at 0.05 level. The findings reveal that hypothesis no.1 is not proved as there is no significant difference among adolescent boys and girls on the level of Self-Confidence. It may be due to the fact that at present no distinction is being made between male and female child in the family.

Hypothesis-2: Students opting for professional courses will have high level of Self-Confidence than the students opting for general courses.

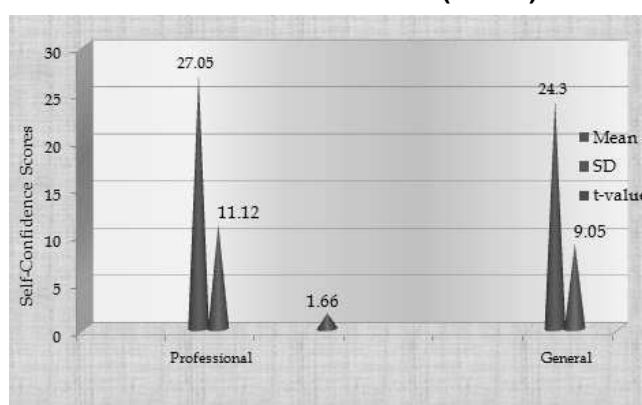
Table-2

Table showing mean, SD, t- value of Self – Confidence scores of Professional and General Course students (N=160)

Gender	N	Scores	Mean	SD	t-value	df	Level of significance
Professional	80	2183	27.05	11.12	1.66	158	P < .05
General	80	1939	24.3	9.05			

Not significant at .05 level (1.97).

Graphic Representation of Mean, SD t- ratio of Self –Confidence scores of Professional and General Course students (N=160)



The mean of professional course students and general course students is 27.05 and 24.30 respectively. There is difference of 2.75. The mean of professional course students is higher than that of the general course students. The SD of professional course students and general course students is 11.12 and 9.05 respectively which is less to the mean. So it can be said that there is internal consistency in the responses of the sample. The t- ratio is 1.66 which is not significant at 0.01 level and 0.05 level. Hence it can be said that the difference between the two means is due to the chance factor. Hence Hypothesis no.2 is also not getting support.

Hypothesis-3: Socio-economic status affects the level of Self-Confidence.

Table-3

Table showing Co-efficient of correlation between Socio-economic status and Self-Confidence score.

Variables	Scores	N	r	df	Level of significance
Socio-Economic Status	39140000	160	0.32	158	P<0.01
Self-Confidence	4122				

Significant at 0.01 level (0.18)

In the obtained result, the r value between the two variables is 0.32 which is significant at 0.01 level showing high degree of positive correlation between Socio-economic status and Self-Confidence. It can be concluded that Socio-economic status has positively affected the level of Self-Confidence. Hence, Socio-economic status is an important factor within an individual which influence their level of Self- Confidence. Thus this result supports the framed hypothesis no.3. Hence, it is very clear that the Socio-economic status does affect the level of Self-Confidence of both boys and girls in general. The obtained result supports the framed hypothesis.

Conclusion:

On the basis of the sample studied following conclusions were drawn:

- Both boys and girls had almost equal level of Self- Confidence, hence hypothesis no.1 was not proved.
- There is internal consistency in the responses of the boys and girls as SD was quite less to their means.
- Professional Course and General Course students had almost equal level of self-confidence, hence hypothesis no.2 was not proved.
- A positive co-efficient of correlation was found between the scores of Socio-Economic status and Self-Confidence.

Suggestions:

The researchers suggested the following points to improve One's Self- Confidence:

- Improve one's self-esteem
- Think and act positively
- As-if technique
- Helping others
- Be happy
- Be active

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