

A STUDY ON THE RELATIONSHIP BETWEEN SELF-CONCEPT AND SELF-CONFIDENCE LEVEL OF ADOLESCENT STUDENTS

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ABSTRACT :Self-concept and self-confidence are two most important aspect of our behaviour and personality. One's self-concept is the collection of beliefs about one's own self and self-confidence means having faith in our own abilities to accomplish a work. This paper made an attempt to study the self-concept and self-confidence level of late adolescent students. For this purpose 50 adolescent students studying in class x selected randomly from Sonitpur District of Assam. The study found that most of the students have high self- concept level. The self-confidence are found as above average level. The study also found a significant correlation between self-concept and self-confidence level of late adolescent students. The coefficient of correlation between these two variable is .67.

KEYWORDS :SELF-CONCEPT, SELF-CONFIDENCE, ADOLESCENT, STUDENTS.

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INTRODUCTION :Adolescent is the period of rapid growth and development. In this period individual undergoes revolutionary changes in all aspects including physical, mental, social, intellectual etc. Adolescent is the period of heighten sensitivity for rapid learning and critical acquisitions which determine the general style of adult life. It is very important to study the adolescent period because it can provide the knowledge of needs and nature of their development. By understanding their needs the teacher, administrator can frame appropriate curriculum, school policies and methodology of teaching them.

This paper studies the self-concept and self-confidence level of adolescent students. Because both concepts are very important aspect of one's personality and general life.

SELF-CONCEPT :One's self-concept is the collection of beliefs about oneself. Self-concept is a cognitive or descriptive component of one's self. Self- concept includes every aspect related to our self. Our physical attributes, personality traits, mental characteristics all are included in self-concept. Psychologist Carl Rogers and Abraham Maslow influenced in popularizing the concept. Self- concept in not innate but it is developed by the individual through interaction with the environment. Self- concept is defined as the value that an individual places on his or her own characteristics, qualities and actions (Woolfolk, 2011).

SELF- CONFIDENCE :Self- confidence means having faith in our own abilities or skills to accomplish a work. It means accepting and trusting our own self. It helps an individual to maintain a positive and realistic views about themselves. Self confident people can communicate assertively and can handle criticism. Our perception about our self always influences our self- confidence level.

This paper attempts to study the relationship between self-concept and self-confidence level of adolescent students.

OBJECTIVES OF THE STUDY :

1. To study the self-concept level of adolescent students.
2. To study the self-confidence level of adolescent students.
3. To study the relationship between self-concept and self-confidence level of adolescent students.

REVIEW OF RELATED LITERATURE :Many studies have prove the importance of self-concept and self-confidence in one's life. Bharathi and Sreedevi (2015) made an investigation on adolescent students on their self-concept level. Study assessed the students self-concept level on the ground of temperamental, intellectual, physical and social and the study found that most of the students have higher level of self-concept. March and Craven (1997) describe self-concept as vital in one's life which impacts on variety of aspects of

life including academic achievement. In 1955 another study was carried out by Jourard which indicated that self-concept is affected by our physical attribute too. An individual with a positive attitude about physicality, and self-confidence generally have high self-concept. Herrera, Mohamed and 2 others in 2020 studied about self-concept its relationship with emotional intelligence, academic achievement and emotional intelligence which points out a significant correlation between these concepts. Rath, Sangeeta, Nanda and Sumitra (2012) found that academically competent student have higher level self-concept.

Greenacre, Tung and Chapman (2014) studied the influence of low social self-confidence on interpersonal relationship. The study was conducted in United States found that high self-confidence have greater impact on interpersonal relationship. Berndt (2002) stated self-confident people are more capable of dealing with challenges, difficult situation and social setting. Malik (2104) conducted a study on the effect of self-confidence on academic achievement among senior secondary school students. It was found from the study that self-confidence have significant impact on academic achievement of the students and girls and boys do not differ in their self-confidence level.

METHODOLOGY :For this study Descriptive survey method is used. Because it studies the present condition of the phenomena.

Sample and Sampling Technique :Simple random sampling is used to draw the sample from the population. 50 adolescent students studying in class x of Sonitpur District were selected for the study.

Tools used :

Self- Concept Scale :Children's self-concept scale was constructed and developed by Dr. S. P. Ahluwalia. This scales cover 12 to 18 years boys and girls. It has 80 items and measures 6 areas-behaviour, intellectual and school status, physical appearance and attribute, anxiety, popularity and happiness.

Reliability : The reliability coefficient of the scale is .88 which indicates it is quite reliable.

Validity : Validity was measured by two experts Dr. Ellen V. Piers and Dr. S. P. Ahluwalia. It has higher order of face and content validity.

Self- Confidence Scale : This scale was developed by Madhu Gupta and Bindiya Lakhani (2018). This scale be administered on secondary and senior secondary students. It contains 48 items under five dimensions- decisiveness, self-concept, self-

control, inter personal relationship and parental support.

Reliability : Reliability of the scale was .48.

Validity : Validity of the scale was ranges from .264 to .439.

Statistical Techniques used :The researcher computed the Mean of the obtained data. To find out correlation between self-concept and self-confidence Pearson's coefficient of correlation Method is used.

DELIMITATIONS OF THE STUDY :

1. The study is limited only to the study of self-concept and self-confidence level of adolescent students.
2. The study is restricted only to the relationship between self-concept and self-confidence level of adolescent students.
3. The study included adolescent students who are studying in class x only.
4. The study is limited only to Sonitpur District of Assam.

RESULT :The first objective of this research is to find out the self-concept level of adolescent students. From the study it was found that out of 50 students 37 student have high (Grade B) self-concept level. Adolescent girls have better self-concept in the areas like behaviour, intellectual and school status. It was also found from the study that most of the students are concerned with their physical appearance and attribute. There is no significant difference between boys and girls regarding their self-concept level.

The second objective of the study is to find out the self-confidence level of adolescent students. The criteria of self-confidence level ranges from extremely high, high, above average, average, below average, low and extremely low according to the booklet. Out of 50 students 34 students have above average level of self-confidence level and 16 students have average level of self-confidence level. Girls are more confident in interpersonal relationship than boys. Otherwise there is no significant difference between boys and girls regarding their self-confidence level.

The third objective of the study is to find out the relationship between self-confidence and self-concept level of adolescent students. From the obtained data the correlation between self-concept and self-confidence as .64 which indicates moderate level relation between these two variable.

RESULT IS SHOWN IN THE TABLE :

Mean of Self-Concept	117.5
Mean of Self- Confidence	121.8
Coefficient of Correlation	.64
Total No Students	50

CONCLUSION : The study found a moderate level of correlation between self- concept and self-confidence. The study also indicated that there is no significant difference between boys and girls regarding their self-concept and self-confidence level. The two variables are most influencing element of one's personality and behaviour. But there are very few studies aee conducted on self-confidence and most of the studies are related to self-confidence on sports area. So teacher should carry out some research in these areas to understand the students more. The present study will be helpful for the teachers to understand that there is no significant difference between boys and girls in their self-concept and self-confidence level. It will help the teacher to equally treat every child. Greater self-confidence level help an individual to manage their life situation more effectively and it is also proved from various researches that self-confidence form an integral part of one's self-concept. Therefore steps should be taken to develop self-concept and healthy sense of self-confidence in students.

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