

## Analyzing the Level of Self Confidence of the Post Graduate Students in Relation to Certain Variables

**Gitali Kalita**

**Pub Kamrup College, Assam, India**

### ABSTRACT

Self-confidence implies a person's professed capability to tackle situations efficaciously on his own without leaning on others and to have a constructive self-evaluation. The objectives of the present study was to study and analyze the level of self-confidence among the postgraduate students in relation to certain variables. The population of the study comprised of all the post graduate students of Dibrugarh University. As a sample, 300 students took part in. In order to collect the required data for the study, descriptive survey method was adopted. The samples for the study were selected by using both simple random and incidental sampling technique. The data were collected via Self Confidence Inventory (SCI) by Rekha Gupta. The results of the study revealed no significant difference on self confidence among the postgraduate students in terms of gender and stream of study.

### Key Words

**Self Confidence, Postgraduate students. Gender, Stream of Study.**

### Introduction

Self-confidence is one of some personality traits. The self is made up of multiple components like, person's judgments and mental state, strivings and expectations, fear and imaginations, his understanding of what he is, what he has been, what he might become, and his outlook concerning to his value. Self-confidence is a optimistic outlook towards one's self-concept. Simply, it is the belief that one is by and large proficient in producing anticipated consequences. It is a feeling of trust in one's abilities, qualities and judgment. In general "self-confidence refers to an individual's ability to act effectively in a situation to overcome obstacles and to get things to go alright" (Basavanna 1975). A person having self-confidence recognizes himself to be socially skilled, passionately complete, mentally adequate, efficacious, pleased, pivotal, cheerful, self-governing, self-assured, self-assured, forward

moving, honestly firm and having control qualities. So the concept of Self-confidence adores imperative place in the theories of human behavior and personality and is held as a basic condition of human existence in contemporary day world by numerous thinkers. University life has been assumed to play a significant role in evolving self-

confidence. While studying at University, students must converse more effectually with a larger community, start new initiatives, and be efficacious in academic life and to take their peculiar accountabilities. Therefore, studying and analyzing self confidence among the postgraduate students bears immense significance.

### Objective

The present study aims at analyzing the level of self-confidence of the post graduate students in terms of Gender (viz., boys and girls) and

Stream of Study (viz., arts, science and commerce).

### Hypotheses

H01: There is no significant difference on self confidence among the postgraduate students in relation to gender, viz., boys and girls.

H02: There is no significant difference on self confidence among the postgraduate students in relation to stream of study viz., arts, science and commerce.

### Method

### Findings

The latitude of the study conducted by descriptive survey method was 300 postgraduate students at Dibrugarh University. Self Confidence Inventory (SCI) by Rekha Gupta was used for collecting the required data. Lower score on the scale indicates higher level of Self-Confidence and vice-versa. The Split-half reliability index of the scale was .95, Test-Retest reliability index was .94, and reliability estimated by using Kuder-Richardson formula was found to be .88. The validity of the scale was .82, which was obtained by correlating the scores with that of Basavanna's (1975) Self-Confidence Inventory. 't-test' and one ANOVA was used as statistical techniques to analyze the data.

**Table 1:** Postgraduate Students' Level of Self Confidence in Relation to Gender

Gender	N	Mean	SD	SEM	SED	Df	't' value	Significance
Male	96	107.07	25.29	2.58	3.12	298	0.10	Not significant at .05 level
Female	204	106.75	20.79	1.46				

The 't' value came out from the above two groups, viz., male and female is 1.75, i.e., smaller than the table value 1.97 (at 0.05 level). Thus the null hypothesis "There is no significant difference on self-confidence between the Post Graduate students with

referenceto their gender, viz., male and female" is accepted at 0.05 level of significance. Therefore, it can be established that there is no significant difference between the male and female Post Graduate students as far as their self-confidence is concerned.

**Table 2:** Postgraduate Students' Level of Self Confidence in Relation to Stream of Study

Category	Sums of squares	Df	Mean Squares	F	Significance
Among Groups	407.16	2	203.58	2.54	Not significant at .05 level
Within Groups	23821.69	297	80.21		

The F value 2.54 is smaller than the table value

3.03 (at 0.05 level). Thus the null hypothesis "There is no significant difference on self-

confidence between the Post Graduate students with referenceto their stream of study, viz., Arts, Science, and Commerce” is accepted. Therefore, it can be established that the Arts, Science and Commerce Post Graduate students does not differ significantly as far as their level of self-confidence is concerned.

### Conclusion and Discussion

The present study revealed no significant difference between the Post Graduate students self-confidence with respect to their (i) gender, viz., male and female (ii) Stream of study, viz., Arts, Science and Commerce. Rani, Kamboj, Malik, Kohil (2015); reported that there exist no significant difference on self confidence in terms of their gender. In the present study also, it has been proved that gender differences does not exist as far the level of self-confidence is concerned. Whereas, Mandava (2011), Bharatiya (2012) concluded that there is a significant difference between male and female students as far as their level of self-confidence is concerned. Contrary to this, Vyas, Gunthey (2017) found no noteworthy variance between the male and female adolescents on the level of self-confidence. Therefore, the forgoing discussion has shown that the findings of the present study is very significant as it is matched with most of the previous findings yielded by different researchers in the area of self-confidence, particularly in India. But, it is undeniable that some of the findings present study have some dissimilarity too with the findings of the previous studies related to self-confidence. The reason behind the fact may be the variation in geographical area of the study, age level of the students, their socio-economic background, etc.

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