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A Study of Self Concept In Relation To Self Confidence among Adolescent Students

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ABSTRACT

The present study was carried out to study the impact of self-concept in relation to self confidence among adolescent students. Self-concept and self-confidence are two most important aspects 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 adolescent students. For this purpose 50 adolescent students studying in class x selected randomly from Sonipat District of Haryana. The study found that most of the students have high self- concept level. The self-confidence was found above average level. The study also found a significant correlation between self-concept and self-confidence level of adolescent students.

INTRODUCTION

Adolescence is the most precious period of life, during this period one develops different qualities. Adolescence is the developmental period of transition between childhood and adulthood; it involves biological, cognitive and socio-emotional changes. These changes transform the young person's vision of the self into more complexes, well-organized and consistent picture. Adolescents are more likely to employ complex, abstract and psychological self-characterization. Self confidence, the evaluative side of self-concept is also modified during these years. Adolescent's well organized self concept and expanded sense of self-confidence, provide the cognitive foundation for constructing an identity.

SELF CONCEPT: Self-concept is our perception or image of our abilities and our uniqueness. At first one's self-concept is very general and changeable and as we grow these self-perceptions become much more organized, detailed, and specific."

Definition:-"A self-concept is a collection of beliefs about one's own nature, unique qualities, and typical behaviour so we say self concept is our mental picture of our self. It is a collection of self-perceptions. For example, a self-concept includes such beliefs as. „I am pretty" or „I am hard working. „Such belief is called self-concept."

SELF CONCEPT IS OF THREE TYPES

1. The individual self: It consists of attributes and personality traits that differentiate us from other individuals. For example e.g., introvert person.

2. The rational self: It is defined by our relationships with others e.g. sister, brother, uncle etc.

3. The collective self: It reflects our membership in social Group's e.g. British, Indian and Chinese etc.

Components of Self-Concept

1. Self-concept is composed of two parts: personal identity and social identity.
2. Personal identity-It includes personality traits and other characteristics that make each person unique.
3. Social identity- It includes the groups we belong to including our community, religion, college, and other groups.

SELF CONCEPT

Self-concept is defined as the value that an individual places on his or her own characteristics, qualities, abilities, and actions (Wool folk 2001).Self-concept is not innate, but is developed or constructed by the individual through interaction with the environment and reflecting on that interaction.

SELF CONFIDENCE

Self-confidence as an individual's trust in his or her own abilities, capacities, and judgments, or belief that he or she can successfully face day to day challenges and demands. An adolescent who has an adequate self-concept is likely to follow the problem solving approach and tends to be spontaneous, creative, and original and have high self confidence. He trusts himself and has good academic achievement motivation and is free to accept others without any negative feelings.

REVIEW OF RELATED LITERATURE

1) Bharathi and Sree Devi (2016) conducted a study on the self concept of adolescence. The result of the study shows that the adolescence overall self concept was found as 27.5/ in high and 72.5/ have above average. Hence, the study may help the teachers and parents to maintain the optimum level of self concept of adolescence.

2) Pegolajar Palomino (2017) conducted a study on analysis of self concept in students with compensatory education needs for developing mindfulness based psycho educational programme. The result of the study shows positive level of self concept in peer relations, Physical appearance and physical ability, and academic self concept in mathematics.

3) A study conducted by Dr. Monika, Meenakshi, Priyanka in 2022 found that boys of secondary school have higher self-concept compared to girls of secondary school. It was also found that girls of secondary school possess more social skills as compared to boys of secondary school.

4) Green acre, 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.

JUSTIFICATION OF THE STUDY

Justification of the study is very important in all research works. The justification of the study also known as the rationally of the study, it's important to convey to the reader why the research work was important. Self concept is how we view our actions skills and distinctive qualities. Different studies have been conducted in both yearly education and high year education that like one's self concept in relation to one's self confidence in school or academics. Recent studies have examined the connection of self-concept related to adolescent students. The positive impact of self-confidence in adolescent students. Students during their secondary education period had to face several problems, because of this their self concept keeps on changing so it become important for all the parents, teachers and others educated to develop a better self -concept among learners. So, I Want to study this topic thoroughly and want to do some improvements and work for betterment of adolescent students.

OBJECTIVE OF THE STUDY

- To look deeper into the relationship between self concept and self confidence of adolescents.
- To study the self-concept of adolescents in sonipat city of Haryana.
- To study the self-confidence level of adolescent students.

HYPOTHESIS

- Relationship in self concept and self confidence among adolescents will be highly important.
- There is no significant difference of self -concept among adolescent students.
- There is no significant relation of self -perception among adolescent students.

STATEMENT OF THE PROBLEM

A STUDY OF SELF CONCEPT IN RELATION TO SELF CONFIDENCE AMONG ADOLESCENT STUDENTS

METHODOLOGY

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

SAMPLE OF THE STUDY

Simple random sampling is used to draw the sample from the population 50 adolescent students studying in class x of Sonipat District of Haryana were selected for the study.

TOOLS TO BE USED

1) Self-Concept Scale by Dr. S. P. Ahluwalia (1996)

2) Self-Confidence Scale by Dr. Madhu Gupta and Bindiya Lakhani (1971)

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.

VARIABLES IN THE STUDY

In the present study, there were two variable i.e. teacher freezing and self concept.

Dependent variable – Self-concept

Independent variable – Self Confidence

RESULT AND DISCUSSION

OBJECTIVE 1 - To look deeper into the relationship between self concept and self confidence of adolescents

TABLE-1

Group	N	Mean	SD	'r'- value	Level of significance
Self-Concept	**50**	**117.5**	**16.51**	**0.64**	**0.05**
Self-Confidence	**50**	**121.8**	**12.56**		

The first 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 0.64 which indicates moderate level relation between these two variable.

OBJECTIVE 2 - To study the self-concept of adolescents in sonipat city of Haryana

TABLE-2

Groups	N	Mean	SD	"t"- value	Level of significant
Boys	**50**	**152.04**	**9.6**	**0.196**	**0.05**
Girls	**50**	**178.08**	**10.88**		

The second 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 students has 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.

OBJECTIVE 3- To study the self-confidence level of adolescent students.

TABLE-3

Group	N	Mean	SD	'r'- value	Level of significance
Boys	**50**	**121.8**	**16.51**	**0.189**	**0.01**
Girls	**50**	**88.9**	**12.56**		

The third 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.

CONCLUSION

The study found **a moderate level of correlation between self-concept and self-confidence**. Therefore, steps should be taken to develop self-concept and healthy sense of self-confidence in students.

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