A COMPARATIVE STUDY ON SELF CONFIDENCE OF THE UNDERGRADUATE AND POSTGRADUATE ARTS STREAM STUDENTS OF DIBRUGARH UNIVERSITY, ASSAM

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Abstract

Self-confidence implies a person's perceived ability to tackle situations successfully on his own without leaning on others and to have a positive self-evaluation. The objectives of the present study was to study and compare the level of self confidence among the undergraduate and postgraduate arts stream students of Dibrugarh University. 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 results of the study revealed that the undergraduate and postgraduate arts stream students of Dibrugarh University have moderate level of self confidence. The study also reported that there is a significant difference on self confidence among the undergraduate and postgraduate arts stream students of Dibrugarh University.

KEY WORDS: Self Confidence, Undergraduates, Postgraduates.

1.0 INTRODUCTION:

The personality pattern is a unified multidimensional structure in which the concept of 'self' is the core or centre of gravity (Breckenridge & Vincent, 1965). Into this structure are integrated many patterns of response tendencies, known as 'traits' which are closely related and influenced by the concept of self. Self confidence is one such personality trait. The self is made up of multiple components like, person's thoughts and feelings, strivings and hopes, fear and fantasies, his view of what he is, what he has been, what he might become, and his attitude pertaining to his worth. Self-confidence is a positive attitude towards one's self-concept. It is an attribute of perceived self. Self-confidence implies a person's perceived ability to tackle situations successfully on his own without leaning on others and to have a positive self-evaluation. Simply, it is the conviction that one is generally capable of producing desired results. 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). Self-confidence can be boiled down to the belief that a person has it in their ability to succeed at a task, based on whether or not they have been able to perform the task in the past. However, there are two aspects of self-confidence, viz; competence and self-assurance. Competence implies whether or not one has the necessary skills and abilities to complete a task. Self-assurance implies the belief that he has the ability to complete the task. A self confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving, fairly assertive and having leadership qualities. So the concept of Self Confidence enjoys important position in the theories of human behavior and personality and is regarded as a basic condition of human existence in modern day world by many thinkers. Therefore, self-confidence is essentially an attitude which allows people to have a positive and realistic Perception of themselves and their abilities.

2.0 REVIEW OF RELATED LITERATURE:

Mandava (2011) conducted "A Study of Self-Confidence and Mental Health in Relation to Emotional Intelligence of College Students. The objectives of the study were: i. to study the level of self-confidence, mental health, and emotional intelligence of college students. ii. To study the effect of gender, course of study and locality on self-confidence, mental health, and emotional intelligence. iii. To study the relationship between self-confidence, mental health and emotional intelligence of college students. The

findings of the study revealed that male and rural students were found to be more self-confident than the female and urban college students.

Bharatiya (2012) conducted "A study of self confidence of higher secondary school students in relation to their achievement, educational aspiration and curiosity". The findings revealed that there was a significant difference between male and female students in relation to their self-confidence.

Goel and Aggarwal (2012) conducted "A comparative study of self-confidence of single child and child with sibling". The results of the study revealed the childs with siblings have more self-confidence than single child.

3.0 TITLE OF THE STUDY:

A Comparative Study On Self Confidence Of The Undergraduate And Postgraduate Arts Stream Students Of Dibrugarh University, Assam.

4.0 SIGNIFICANCE OF THE STUDY:

In today's competitive world, in order to become growth-oriented, there is need to identify certain factors which tend to increase performance and at the same time hamper the performance. The younger generation, especially, the educated citizens are supposed to be the future leaders, decision makers, and builders of the nation. Success in any field largely depends on degree of self-confidence of a person. Therefore, youngsters need to be self confident in order to overcome efficiently the stressors and shape their future as well as that of the nation. Therefore the present study has been undertaken to study and compare the level of self confidence of the undergraduate and postgraduate arts stream students of Dibrugarh University as they forms a large segment of the future leaders of the nation.

5.0 OBJECTIVES OF THE STUDY:

The present study has been undertaken in order to reach the following stipulated objectives:

5.01 To study the level of self confidence of the undergraduate arts stream students of Dibrugarh University.
5.02 To study the level of self confidence of the postgraduate arts stream students of Dibrugarh University.
5.03 To compare self confidence of the undergraduate and postgraduate arts stream students of Dibrugarh University.

5.0 HYPOTHESIS OF THE STUDY:

By considering the above stated objectives of the study, following hypothesis has been formulated:

H0: There is no significant difference on self confidence among the undergraduate and postgraduate arts stream students of Dibrugarh University.

7.0 CONCEPTUAL AND OPERATIONAL DEFINITIONS OF THE KEY TERMS:

7.01 Self Confidence:

7.01.01. Conceptual Definition: Self-confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. Self-confidence is essentially an attitude which allows people to have a positive and realistic Perception of themselves and their abilities.

7.01.02. Operational Definition: In the present study, lower scores on the Self Confidence Inventory by Rekha Gupta means higher level of self-confidence and gradual increase in the scores on the same scale indicates gradual decrease in the level of self confidence or lower level of self confidence of each respective respondent.

7.02 Undergraduate Students:

7.02.01. Conceptual Definition: An undergraduate is a college or university student who is not a graduate student or who does not yet have an undergraduate degree, but is studying to earn one.

7.02.02. Operational Definition: In the present study, undergraduate students refers to the group of students who are studying at arts stream at the general degree colleges of Jorhat district affiliated to Dibrugarh University.

7.03 Post-graduate students:

7.03.01. Conceptual Definition: Post- graduate students means the group of students who have completed their under-graduate programmes and are enrolled in higher studies, usually in an university, for the post-graduate degree.

7.03.02. Operational Definition: In the present study, Post Graduate students refer to the group of students studying in the Post Graduate CBCS programmes of arts stream of Dibrugarh University.

8.0 DELIMITATIONS OF THE STUDY:

The study being exploratory in nature had the following delimitations:

8.01.   The study was delimited to the undergraduate students of Jorhat district only.

8.02.   The study was delimited to the post graduate students of CBCS programme only.

8.03.   The study was delimited to the first semester students of both undergraduate and postgraduate programmes.

9.0 METHODOLOGY AND PROCEDURE:

9.01 Method: Descriptive survey method has been adopted by considering the nature and objectives of the study.

9.02 Population: All the Post Graduate students of CBCS programmes of Arts stream of Dibrugarh University batch of 2017-2019 and all the undergraduate students of Arts stream studying in the colleges of Jorhat district batch of 2017-2020 constitute the population for the present study.

9.03 Sample: Three departments from Arts Stream of Dibrugarh University and Three Arts colleges from Jorhat district affiliated to Dibrugarh University were selected randomly by using lottery method. Those students who were present at the time of visiting the respective departments and colleges were taken as sample by using incidental sampling technique for the study. Finally the sample comprised of a total of 200 (80 postgraduates & 120 undergraduates) students of Dibrugarh University.

9.04 Statistical Techniques: The collected data has been analyzed by using both descriptive and inferential statistics. These are:

9.04.01   Descriptive Statistics: Mean (M) and Standard Deviation (SD).

9.04.02   Inferential Statistics: 't' value.

9.05 Tool Used: Self Confidence Inventory (SCI) by Rekha Gupta was adopted for collecting the necessary data to study the level of self confidence of the undergraduate and postgraduate students of Dibrugarh University. Self Confidence Inventory comprised of 56 true-false type items for the assessment of self-confidence. The inventory can be scored by hand. A score of one is awarded for a response indicative of lack of Self-Confidence, i.e. for making cross 'x' to wrong response to item nos 2,7,23,31,40,41,43,44,45,53,54,55 and for making cross 'x' to right response to the rest of the items. Hence, the lower the score, the higher would be the level of Self-Confidence and vice –versa. The Split-half reliability of the SCI is .91. The level of validity of the inventory with scores of Basavanna's (1975) Self Confidence Inventory is .82.

Following are given the norms for the interpretation of raw scores in terms of Z-Score as given in the Self Confidence Inventory.

Table: 1

Norms for the Interpretation of Level of Self-Confidence

Sl. No.	Range of z-scores	Grade	Level of Self-Confidence
1.	**+2.01 and above**	**A**	**Extremely Low**
2.	+1.26 to +2.00	B	Highly Low
3.	+0.51 to +1.25	C	Above Average Low
4.	**-0.50 to +0.50**	**D**	**Average/Moderate**
5.	-0.51 to -1.25	E	Above Average High
6.	-1.26 to 2.00	F	Very High
7.	**-2.01 and below**	**G**	**Extremely High**

9.06 Procedure of data collection: For the collection of the required data, the researcher went to sampled departments of Dibrugarh University and selected colleges of Jorhat district after taking permission from the respective Head of The Departments and Principals of the colleges. After establishing a good rapport with the students, the researcher enumerated the objectives of her study and gave oral instructions to let them to complete the booklet of the scale and thereafter the filled copies of booklet were collected.

10.0 ANALYSIS AND INTERPRETATION OF DATA:

Following are given the objective wise results, and analysis and interpretation of the collected data of the present study:

10.01 Level Of Self Confidence Of The Undergraduate Students Of Dibrugarh University:

Objective 1: To study the level of self confidence of the undergraduate arts stream students of Dibrugarh University.

The result of the study regarding the level of self confidence of the undergraduate arts stream students of Dibrugarh University is presented below:

Table: 2

Level Of Self Confidence Of The Undergraduate Arts Stream Students Of Dibrugarh University

N	Mean	SD	Skewness	Kurtosis
120	28.31	8.98	0.05	-0.39

The above table reveals that the computed value of Mean and Standard Deviation of the scores on self confidence Inventory, obtained by the undergraduate students of Dibrugarh University are 28.31 and 8.98 respectively. Therefore it can be said that the average scores on SCI, obtained by the undergraduate arts stream students of Dibrugarh University 28.31 ≈28. The Z-score norm of the raw score 28 is 0.23, which fall under the level of 'D' i.e., Average or Moderate level of self confidence, as evident from the Table 1.

The computed value of skewness of the distribution is 0.05 which indicated that the distribution is positively skewed to the right. The scores are massed at the low or left end of the scale, and are spread out more gradually towards the high end or right end.

The kurtosis value of the distribution is -0.39, which indicates that the distribution forms a platykurtic, i.e., flatter than the normal.

Table 3 shows the percentage of students falling under different levels of self confidence:

Table: 3

Categorization of the Sample on Different Levels of Self Confidence

Level of Self-Confidence	Total No. of Students	Total Percentage (%) of Students
Extremely Low	2	1.67%
Highly Low	15	12.5%
Above Average Low	33	27.5%
Average/Moderate	42	35%
Above Average High	23	19.17%
Very High	5	4.17%
Extremely High	0	0%

The above table reveals that majority of the students, i.e., 35% have average level of self confidence. 4.17% students fall under the level of very high self confidence, 19.17% students fall under the level of above average high self confidence. A large fraction of the students, i.e., 27.5% have above average low level of self confidence. Remaining 12.5% students have highly low level and 1.67% students have extremely low level of self confidence.

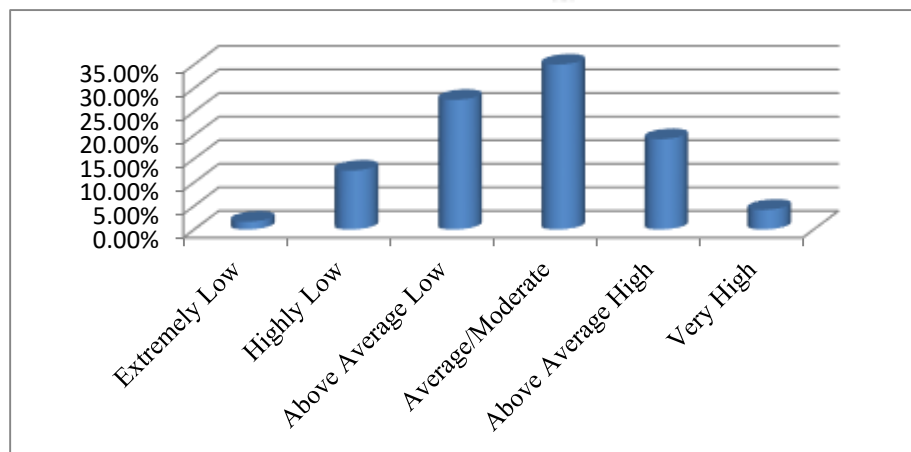The graphical representation of the above data is shown below:

Figure 1: Percentage-wise Distribution of the Sample on Different Levels of Self Confidence

From the perusal of the table 3 and figure 1, it can be concluded by saying that the undergraduate arts stream students of Dibrugarh University have moderate level of self confidence.

10.02. Level Of Self Confidence Of The Postgraduate Students Of Dibrugarh University:

Objective 2: To study the level of self confidence of the postgraduate arts stream students of Dibrugarh University.

The result of the study regarding the level of self confidence of the postgraduate arts stream students of Dibrugarh University is presented below:

Table: 4

Level Of Self Confidence Of The Postgraduate Arts Stream Students Of Dibrugarh University

N	Mean	SD	Skewness	Kurtosis
80	25.61	8.43	-0.03	0.03

The above table reveals that the computed value of Mean and Standard Deviation of the scores on self confidence Inventory, obtained by the postgraduate students of Dibrugarh University are 25.61 and 8.43 respectively. Therefore it can be said that the average scores on SCI, obtained by the postgraduate arts stream students of Dibrugarh University 25.61 ≈26. The Z-score norm of the raw score 26 is +0.04, which fall under the level of 'D' i.e., Average or Moderate level of self confidence, as evident from the Table 1.

The computed value of skewness of the distribution is -0.03 which indicates that the distribution is negatively skewed or to the left. Therefore, the scores are massed at the high end or right end of the scale, and are spread out more gradually towards the low or left end.

The kurtosis value of the distribution is 0.03, which indicates that the distribution forms a leptokurtic, i.e., more peaked than the normal.

Table 5 shows the percentage of students falling under different levels of self confidence:

Table 5

Categorization of the Sample on Different Levels of Self Confidence

Level of Self-Confidence	Total No. of Students	Total Percentage (%) of Students
Extremely Low	1	1.25%
Highly Low	5	6.25%
Above Average Low	17	21.25%
Average/Moderate	37	46.25%
Above Average High	13	16.25%
Very High	7	8.75%
Extremely High	0	0%

The above table reveals that majority of the students, i.e., 46.25% have average level of self confidence. 8.75% students fall under the level of very high self confidence, 16.25% students fall under the level of above average high self confidence. A large fraction of the students, i.e., 21.25% have above average low level of self confidence. Remaining 6.25% students have highly low level and 1.25% students have extremely low level of self confidence.

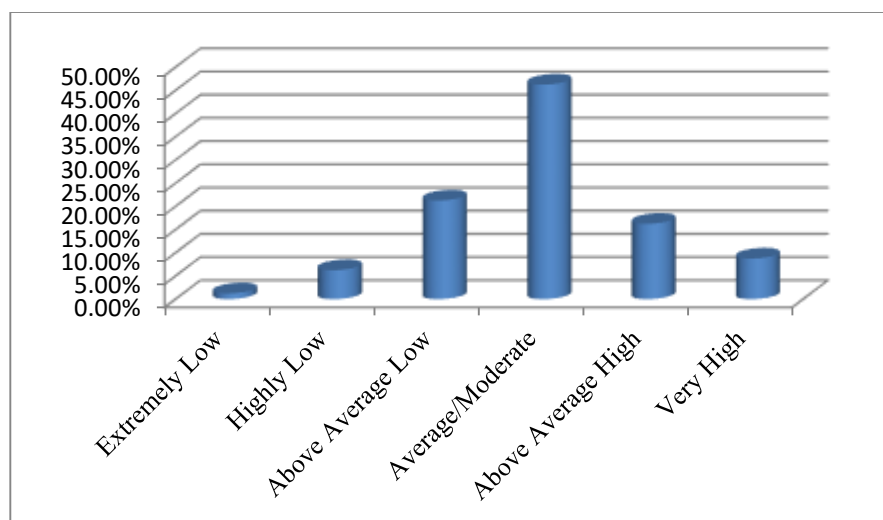The graphical representation of the above data is shown below:

Figure 2: Percentage-wise Distribution of the Sample on Different Levels of Self Confidence

From the perusal of the table 5 and figure 2, it can be concluded by saying that the postgraduate arts stream students of Dibrugarh University have moderate level of self confidence.

10.03 Comparison of Self Confidence Among The Undergraduate And Post Graduate Arts Stream Students Of Dibrugarh University.

Objective 3: To compare self confidence of the undergraduate and post graduate arts stream students of Dibrugarh University.

H0: There is no significant difference on self confidence among the undergraduate and postgraduate arts stream students of dibrugarh university.

Table: 6

Comparison of self confidence between the undergraduate and post graduate arts stream students of dibrugarh university

Undergraduates	N	Mean	SD	SED	df	't' value	Significance
	120	28.31	8.98	1.24	198	2.17	Significant at .05 level
Postgraduates	80	25.61	8.43				

Table 6 shows that the 't' value came out from the two groups of students, viz., undergraduates and postgraduates, is 2.17 which is greater than the table value 1.97 (at .05 level of significance) leads to the rejection of the null hypothesis i.e., *"There is no significant difference on self confidence among the undergraduate and postgraduate arts stream students of Dibrugarh University."* Therefore, the results of the study revealed that the undergraduate and postgraduate arts stream students of Dibrugarh University differs significantly as far as their level of self confidence is concerned.

11.0 FINDINGS OF THE STUDY:

The major findings of the study can be enumerated as given below:

1. The study reveals that the undergraduate arts stream students of Dibrugarh University have moderate level of self confidence.
2. The study reveals that the postgraduate arts stream students of Dibrugarh University have moderate level of self confidence.
3. There is a significant difference on self confidence among the undergraduate and postgraduate arts stream students of Dibrugarh University.

12.0 CONCLUSION:

As far the present study is concerned, it was found that most of the undergraduate and postgraduate arts stream students of Dibrugarh University have moderate level of self confidence. The reason behind this finding may be the changing environment,

changing schedule of work, increased competition etc. The study also revealed that there is a significant difference on self confidence among the undergraduate and postgraduate arts stream students of Dibrugarh University. Therefore, teachers should endow with congenial environment to the students in the classroom for sufficient development of their self-confidence.

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