

SELF CONFIDENCE IN RELATION TO ADJUSTMENT OF ADOLESCENTS

Dr. Harvinder Kaur

Principal, Kamla Nehru College of Education for Women, Phagwara

ABSTRACT

The present study has been taken to 'Study Self Confidence in Relation to Adjustment of Adolescents. To conduct this study two hundred adolescents from different schools were taken as sample. Self Confidence inventory by Rekha Agnihotri (1987), and Adjustment inventory by Dr. Penny Jain (1985), were used to collect the data. Descriptive statistics was applied. Correlation was worked out to find the relationship between the two variables - Self Confidence and Adjustment of Adolescents. T-test was also used for the present study. Significant relationship has been found between Self Confidence and Adjustment of Adolescents. Further male and female adolescents have not been found to differ in their Self Confidence. It means both male and female adolescents were equally confident. Adolescents from Arts and Science stream differ significantly in terms of their Self Confidence. Adolescents from science stream were more confident than adolescents from arts stream. No Significant difference has been found in Adjustment of male and female adolescents. Further no Significant difference has been found in Adjustment among adolescents from Arts and Science stream.

KEYWORDS: SELF CONFIDENCE AND ADJUSTMENT AND ADOLESCENTS

The faith or belief in one's strength and ability is called self confidence. The concept of self confidence determines the behaviour of the individual and is the understanding of his personality. One of the traits of good personality is self-confidence. It leads to self-integrity and self-fulfillment. Self-integrity refers to the union or harmony between the actual self (what you) are and desired self (what you want to become) whereas self-fulfillment refers to saying all the needs of the individual.

Self-confidence indicates reserve power. It is an attitude which allows individual to have positive yet realistic views of themselves and their situation. Self-confident people trust their own abilities, have general sense of control in their lives and believe that they will be able to do what they wish, plan and expect. Self Confidence is associated with success. A confidence, an attitude, a belief and a faith in your ideas are essentials in getting ahead but it also be remembered that Self Confidence grows with success. Self Confidence is not just one thing. It means different things to different people. Some define it as 'trust or firm belief in self' while some refer to it as,

Self-reliance and some others equate with 'boldness'. Truly speaking, Self-Confidence is more than these definitions. We can say that it is a dynamic state of mind not static one. Nand Kishore and Meena Arora (2016) found in their study that there is significant difference in Self Confidence between Male and Female Senior secondary school going students. This findings is contradictory with Ramana Sood (2009) who concluded that both male and female adolescents are equal in terms of their Self Confidence.

TECHNIQUES OF IMPROVING SELF-CONFIDENCE

1. Self-Image
2. Self-Evaluation
3. Good Mental Health

Adjustment refers to harmonious relationship between the person and environment. The degree of harmony is in part dependent on certain potentialities within the person and in part upon the nature of the environment. So, adjustment is a process by which the motives of an individual organism are satisfied. The concept of adjustment starts from Darwin. In those days the concept was purely biological and he used the term adaptation for it. The adaptability to environmental hazards goes on increasing as process on the scale from the lower extreme of life. Man among the living beings has the highest capacity to adapt new environment.

Adjustment means reaction to the demands and pressure of social environment imposed upon the individuals. Demands may be external. Everyone wants to satisfy his psychological and physiological needs. Hence, he tries to modify his surroundings and other time to modify his own behavior. Interaction between person and his environment takes place in the process of adjustment.

Adjustment and Society: Society demands a particular mode of behavior from its members. If one tries to fulfill one's need by setting aside the norms ethics and cultural tradition and tries to adjust him or herself to the society. Here adjustment does not cater to one's own needs only but also to the demands of the society.

Adjustment and Environment: Adjustment refers to a harmonious relationship between a man and his environment. He does not only adopt the environment but modify it according to best of his capacity.

Adjustment and Home: Home is the source of greatest satisfaction and security to its members. The relationship among family members and their way of behavior play a leading role in the adjustment of child. Delinquent behavior is the result of maladjustment.

Individual Satisfaction: Individual tries to satisfy his needs. Adjustment persuades him to change his way of life according to the demands of the situations. During the process, when his need remains unfulfilled, tension, frustration, conflicts and depression develops in his mind which leads to maladjustment.

Struggling with Circumstance: Individual wants to get his goals, but he fails to achieve his goals due to old circumstances. Then he subdues to the situation and positively accepts what he gets.

Flexibility: Individuals can easily accommodate himself in the changed circumstances by making necessary changes in his behaviour. It is called the flexibility of his behaviour.

Mental Hygiene: There are many situations when we fail in our attempts and get frustrated. Principle and technique to mental hygiene helps in the better adjustment.

TYPES OF ADJUSTMENT

There are mainly two types of adjustments:

1. Personal Adjustment
2. Social Adjustment

There are numerous factors which affect the adjustment of the individual at home, school and society. Some of the important factors of adjustments are mentioned below:

Physiological factors:

Physiological factors are those which are concerned with the endocrine system and affect physiological functioning of the personality, they play an important role in the adjustment of an individual.

Psychological Factors:

Psychosocial Factors are those which exist in the internal and external environment of the subject and affect the psychological world and behaviour.

OBJECTIVES OF THE STUDY

1. To find out significant relationship between Self Confidence and Adjustment of adolescents.
2. To find out significant difference in Self Confidence of male and female adolescents.
3. To find out significant difference of Self Confidence among adolescents from Science and Arts stream.
4. To find out significant difference of Adjustment of male and female adolescents.
5. To find out significant difference of Adjustment among adolescents from Science and Arts stream.

HYPOTHESES OF THE STUDY

1. There will be no significant relationship between Self Confidence and Adjustment of adolescents
2. There will be no significant difference in Self Confidence of male and female adolescents.
3. There will be no significant difference of Self Confidence among adolescents from Science and Arts stream.
4. There will be no significant difference in Adjustment of male and female adolescents.
5. There will be no significant difference in Adjustment among adolescents from Science and Arts stream.

METHOD

1. Correlation was computed to study the relationship between Self Confidence and Adjustment of adolescents.
2. Significance of difference was worked out between Self Confidence and Adjustment of adolescents.

SAMPLE

In order to conduct the present study, different senior secondary schools of district Kapurthala were randomly selected. Out of the selected schools; 200 adolescents from science and arts streams were taken as sample of the study.

MEASURES

1. Self Confidence inventory by Rekha Agnihotri (1987), Published by National Psychological Corporation Agra.
2. Adjustment inventory by Dr. Penny Jain (1985), Published by Agra Psychological Research Cell.

PROCEDURE

The analysis and interpretation of data was done as given below:

1. Descriptive Statistics was applied to test the normality of the data.
2. Correlation was worked out to find the relationship between the two variables - Self Confidence and Adjustment of adolescents.
3. T-test was applied to find the significance of difference in Self Confidence and Adjustment of adolescents between male and female and the adolescents from science and arts stream.

RESULTS AND DISCUSSION

Table -1 : Correlation between Self Confidence and Adjustment of adolescents.

| Tool Used | N | Co-efficient of Correlation |
|-----------------|-----|-----------------------------|
| Self Confidence | 200 | 0.38 |
| Adjustment | 200 | |

Significant at 0.01 level of significance

Table -2 : Significance of Difference of Mean Scores of Self Confidence of male and female adolescents.

| Gender | N | Mean | Standard Deviation | t-ratio |
|--------|-----|-------|--------------------|---------|
| Male | 100 | 27.52 | 9.20 | 0.75 ns |
| Female | 100 | 30.35 | 8.68 | |

ns – Non Significant at .05 level of significance

Table 3- Significance of Difference of Mean Scores of Self Confidence among adolescents from Arts and Science stream.

| Stream | N | Mean | Standard Deviation | t-ratio |
|---------|-----|-------|--------------------|---------|
| Arts | 100 | 27.65 | 8.87 | 2.01 |
| Science | 100 | 29.38 | 8.70 | |

Significant at .05 level of significance.

Table-4 Significance of Difference of Mean Scores of Adjustment of Male and Female adolescents

| Gender | N | Mean | Standard Deviation | t-ratio |
|--------|-----|-------|--------------------|---------|
| Male | 100 | 37.20 | 5.60 | 1.27ns |
| Female | 100 | 38.40 | 4.80 | |

ns- Non Significant at .05 level of significance.

Table -5 : Significance of Difference of Mean Scores of Adjustment among adolescents from Science and Arts streams

| Stream | N | Mean | Standard Deviation | t-ratio |
|---------|-----|-------|--------------------|---------|
| Arts | 100 | 37.19 | 4.90 | 0.40 ns |
| Science | 100 | 36.30 | 5.30 | |

ns – Non Significant at .05 level of significance

Table -1 shows the Pearson's co-efficient of correlation (r) between Self Confidence and Adjustment of adolescents is 0.38, which is significant at 0.01 level of significance. It reveals that there is significant positive relationship between Self Confidence and Adjustment of adolescents.

Therefore the hypothesis 1, which states, 'There will be no significant relationship in Self Confidence and Adjustment of adolescents, is rejected.

Table-2 showing the mean scores of Self Confidence of Male and Female adolescents. It shows the mean scores and standard deviation (SD) values of Self Confidence of male and female adolescents. It reveals that mean value of Self Confidence of Male

adolescents is 27.52 while that of Female adolescents is 30.35. Value of standard deviation of male and female teachers is 9.20 and 8.68 respectively.

The calculated significance of difference in the mean value in the form of t-ratio is 0.75 which is not significant at .05 level of significance. Hence it is concluded that male and female adolescents show equal self confidence.

Thus the hypothesis 2 which states, 'There will be no significant difference in Self Confidence of male and female adolescents is accepted.

Table-3 shows the mean scores and standard deviation (SD) values of Self Confidence among adolescents from Arts and Science stream. It reveals that mean value of Self Confidence of adolescents of Arts is 27.65 while that of Science is 29.38. Value of standard deviation of adolescents of Arts and Science stream is 8.87 and 8.70 respectively.

The calculated significance of difference in the mean value in the form of t-ratio is 2.01, which is significant at .05 level of significance. Hence it is concluded that there is significant difference in Self Confidence among adolescents from Arts and Science stream.

Thus the hypothesis 3 which states, 'There will be no significant difference in Self Confidence among adolescents from Arts and Science stream, is rejected.

Table -4 shows the mean scores and standard deviation (SD) values of Adjustment of male and female adolescents. It reveals that mean scores of Adjustment of male adolescents is 37.20 while that of female adolescent is 38.40. Value of standard deviation of male and female adolescents is 5.60 and 4.80 respectively.

The calculated significance of difference in the mean value in the form of t-ratio is 1.27, which is not significant at .05 level of significance. Hence it is concluded there is no significant difference in adjustment of male and female adolescents.

Thus the hypothesis 4 which states, 'There will be no significant difference in Adjustment of male and female adolescents, is accepted.

Table -5 shows the mean scores and standard deviation (SD) values of Adjustment among adolescents from Science and Arts stream. It reveals that mean value of Adjustment of adolescents of Arts stream is 37.19 while that of adolescents of Science stream is 36.30. Value of standard deviation of adolescents from arts and science stream is 4.90 and 5.30 respectively.

The calculated significance of difference in the mean scores in the form of t-ratio is 0.40, which is not significant at .05 level of significance. Hence it is concluded that there is no significant difference in mean scores of adjustment among adolescent from arts and science stream.

Thus the hypothesis 5 which states, 'There will be no significant difference in Adjustment among adolescent from arts and science stream, is accepted.

EDUCATIONAL IMPLICATIONS

In the present study the investigator found that self-confidence are positively correlated. These results will give immense help to parents, teachers, guidance workers, counsellors and they come to know the reason why their children are shy, introvert and can't adjust themselves with others.

Teachers can play a very important role in making the child more self-confident as the child spends most of his active time with teachers. Teacher can take different measures to develop self-confidence of child.

A country's success and failure depends upon the educated citizens. The students face a score of problems for which they become unable to contribute according to the capacity they have. Nowadays, schools, colleges, society are so complex that the number of problems arise in relation to their adjustment. It is the responsibility of parents and guidance bureaus that the problems should be identified very soon and the immediate measures should be provided to the adolescent boys and girls.

Adolescent is a period of stress and strain. Teacher has to modify the various kinds of behavior through training and practice at this stage. He should organize group discussions, educational trips and develop social characteristics which are useful for successful adjustment.

REFERENCES

- Agnihotri, R., & Gupta, R. (1986).** Alienation in relation to Self-Confidence, scholastic attainment and level of aspiration. *Advances in Psychology*.
- Ameerjan, M.S. (1994).** Self-Confidence as a Function of Socio-Economic Level, Caste Affiliation and Gender *Indian Journal of Education and Psychology*, Sardar Patel University, Vallabh Vidya Nagar, India, Vol. 51-52, No. 3-4-1.
- Basavanna, M (1975).** Manual for the Self-Confidence Inventory, Varanashi, Rupa Psychological Centre.
- Biswas and Aggarwal, J.C. (1971).** *Encyclopedic Dictionary and Directory of Education*, New Delhi: Academic Publishers, Vol. 1.
- Kaur, R. (2003).** A Study of Self-Confidence of senior secondary students in relation to family Environment. Unpublished M.Ed. Dissertation, Panjab University, Chandigarh.
- Ketchum Kathy M. (2005).** Patience and Family Psychological Adjustment during first week following Traumatic Injury. Dissertation Abstract International B-61/05.

- Kishore, N. & Arora M. (2016).** ‘Self Confidence among Senior Secondary School going students’. GHG Journal of Sixth Thought, Vol. 3 No.1
- Lazarus, R.S. (1961).** Adjustment and Personality. New York: McGraw-Hill. Encyclopedia Britannica (1969). Under Adjustment. Vol.1, New York: Mc. Grew-Hill.
- Mark, K and Leeda, R. (2008)** ‘Job Satisfaction in Relation to Teacher Attitude and Teacher Adjustment Among Secondary School Teachers in East and West Garo Hills Districts of Meghalaya’, Ph.D. Thesis, North Eastern Hill University, Shillong.
- Puri, M. (2008)** ‘Effectiveness of Senior Secondary School Teachers in Relation to their Job Satisfaction and Adjustment’ M.Phil. Thesis, Venkateshwra University, A.P.
- Sharma, R.R. (1983),** ‘Self-Concept and Adjustment as Factors in Academic Achievement’, Indian Educational Review, Vol 18 (2).
- Shrimali, P.L. (1961),** ‘A Study of The Adjustment Problems of Pupil Teacher’, Journal of Psychology and Education, Vol. 9.
- Sood, R. (2009).** A Study of Self Confidence in Relation to Parental Encourgement and Adjusment of Adolescents of Sangrur District of Punjab. M.Phil Thesis, Kurukshetra University, Kurukshetra.

