



A Comparative Study Of Self-Confidence Among Male And Female Students In Chhatrapati Sambhajinagar, Maharashtra

Dr. Sudhir Mulchand Pawar

Associate Professor,
Department of Psychology,
Sant Tukaram Mahavidyalaya, Kannad.

Abstract

The present study aimed to examine the level of self-confidence among male and female students in Chhatrapati Sambhajinagar, Maharashtra. A sample of 200 students (100 males and 100 females) was selected using random sampling techniques. All participants belonged to similar socio-economic backgrounds. The *Self-Confidence Inventory* developed by Dr. Rekha Gupta was used to measure self-confidence levels. The obtained mean scores were 27.50 (SD = 12.25) for male students and 21.25 (SD = 8.50) for female students. The computed *t*-value was 4.08, which was found to be significant at the 0.01 level, indicating a significant difference between male and female students in their self-confidence levels. The results suggest that male students possess higher self-confidence than female students.

Keywords: Self-Confidence, Gender Differences, Students.

Introduction

Self-confidence plays a vital role in an individual's academic achievement, personality development, and overall adjustment in life. It refers to one's belief in their ability to succeed in specific situations or accomplish tasks (Bandura, 1997). It is a fundamental psychological construct that affects motivation, performance, and interpersonal behavior.

Several studies have demonstrated gender-based differences in self-confidence levels. For instance, Bhattacharya and Mehta (2015) found that male students tend to report higher self-confidence compared to females, often due to socio-cultural reinforcement and opportunities for independence. Similarly, Kaur (2018) reported that societal expectations and upbringing patterns influence the development of self-confidence among adolescents. Sharma and Singh (2020) emphasized that confidence levels are shaped by academic environment, peer support, and perceived competence.

Given this background, the current study attempts to examine and compare the level of self-confidence among male and female students in Chhatrapati Sambhajinagar district of Maharashtra.

Method

Statement of the Problem

To study the difference in the level of self-confidence among male and female students in Chhatrapati Sambhajnagar, Maharashtra.

Objectives

1. To measure the level of self-confidence among male and female students.
2. To compare the self-confidence scores of male and female students.

Hypotheses

There is a significant difference in the level of self-confidence between male and female students.

Sampling

The sample consisted of 200 students (100 males and 100 females) randomly selected from different educational institutions of Chhatrapati Sambhajnagar, Maharashtra. Efforts were made to include participants from diverse localities and educational backgrounds. All participants belonged to a similar socio-economic status.

Research Design

A comparative descriptive survey design was adopted to assess and compare the levels of self-confidence between male and female students.

Variables

- **Independent Variable:** Gender (male/female)
- **Dependent Variable:** Level of self-confidence

Tool Used

Self-Confidence Inventory by Dr. Rekha Gupta was used to measure self-confidence levels. The inventory is standardized and widely used in Indian psychological research.

Operational Definitions

- **Self-Confidence:** The degree to which an individual believes in their abilities to perform tasks effectively, as measured by the Self-Confidence Inventory by Dr. Rekha Gupta.
- **Students:** Male and female individuals studying in secondary and higher secondary institutions of Chhatrapati Sambhajnagar, Maharashtra.

Results and Discussion

The obtained data were analyzed using the t -test to compare the mean self-confidence scores of male and female students.

Table 1

Comparison of Self-Confidence Scores between Male and Female Students

Gender	N	Mean	SD	t-value	Significance
Male	100	27.50	12.25	4.08	Significant at 0.01 level
Female	100	21.25	8.50		

The calculated t -value (4.08) is greater than the table value of $t(198) = 2.60$ at 0.01 level, hence the difference is statistically significant. The mean self-confidence score for male students (27.50) was numerically higher than the mean score for female students (21.25). Given that a lower score on the SCI corresponds to a higher level of self-confidence, this initial descriptive analysis suggests that the female students in the sample exhibited a higher average level of self-confidence.

The independent samples t -test indicated a statistically significant difference between the mean self-confidence scores of male and female students, $t(4.08) = p < .001$. The computed t -value was 4.08, which was found to be significant at the 0.01 level, indicating a significant difference between male and female students in their self-confidence levels.

The findings indicate that male students possess significantly higher levels of self-confidence compared to female students. This may be due to differences in socialization patterns, gender roles, and expectations. The results are consistent with the findings of Bhattacharya and Mehta (2015) and Kaur (2018), who also reported higher confidence levels among male students.

Conclusion

The present study concluded that there is a significant difference between male and female students in their levels of self-confidence. Male students were found to have higher self-confidence than female students. These results underline the need to encourage female students through motivational programs, leadership training, and counseling to enhance their self-confidence.

References

1. Bandura, A. (1997). *Self-efficacy: The exercise of control*. W. H. Freeman and Company.
2. Bhattacharya, S., & Mehta, R. (2015). Gender differences in self-confidence among adolescents. *Indian Journal of Psychology and Education*, 5(2), 45–52.
3. Gupta, R. (2013). *Self-Confidence Inventory (SCI)*. National Psychological Corporation, Agra.
4. Kaur, J. (2018). A study of self-confidence among school students: Gender comparison. *Journal of Educational Studies*, 12(1), 22–28.
5. Komarraju, M., & Nadler, T. (2013). Self-efficacy and academic performance: The role of motivational beliefs and confidence. *Learning and Individual Differences*.
6. Malik, A. S., Zafar, M., Javed, T., & Mahmood, A. (2022, December 10). Identification of Gender Differences in Adolescents. [Journal Name and details not provided].
7. Sharma, P., & Singh, N. (2020). Influence of gender on self-confidence and academic achievement. *Psychology and Behavioral Research Journal*, 8(3), 71–80.

8. Waghachavare, V. B., Dhumale, G. B., & Kadam, Y. R. (2021). Gender stereotyping among school-going female and male adolescents: A cross-sectional study in the rural area of Western Maharashtra, India. *Journal of Indian Psychology*.
9. Welch, B. L. (1947). The generalization of "Student's" problem when several different population variances are involved. *Biometrika*, 34(1/2), 28–35.

