EXTENT OF SELF CONFIDENCE AMONG HIGH SCHOOL STUDENTS AND ITS RELATION TO THEIR ACADEMIC ACHIEVEMENT

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ABSTRACT

Youths are the next generation leaders and change makers. Teacher's parents and society plays a dominant role in their development. Self confidence is an important factor that impacts on personality development of the child. A student with high self confidence will have positive and realistic perception of themselves which influence on their academic achievement. Researcher take up this study to disclose the extent of self confidence and its impact on academic achievement of high school students, and found that self-confidence of male adolescents is more than the female adolescents. There is also a positive relationship between the self-confidence and academic achievement of adolescents. Therefore teacher and parents to understand the self confidence among adolescents and inculcate moral ethical, self confidence among their children for better future.

INTRODUCTION

Youths s are the assets of a country .They play major role in Nation building ,hence are called as building blocks of a country. A country can develop only when its citizens gets education especially the youths. Present day society cannot achieve its goal without educating its citizen. According to a UNICEF report, India can be benefitted socially, politically and economically if youths are equipped with life skill through education for country's development. Present Indian education system emphasis on modifying behavior of students according to their need and interest, because education is essential not only for the development of the country but also for the growth and performances of the individual. Individual performances are not only influenced by their Family and school but also by personal factors such as knowledge, interest, study habit, attitude and self confidence.Out of the above mentioned factors self confidence is prominent one. A student with high self confidence will have positive and realistic perception of themselves which influence on their academic achievement. (Raashid Iqbal Bhat 2022). They can deal with criticism, express affection and remain unbeat and forceful which directs them towards the goal (Rafiq.A.Lone 2021).Students with low confidence level experience anxiety, depression and educational stress. A study revealed that in India half of the adolescent struggle with low confidence level, which significantly affect students quality of life and links to

suicidal ideation (Dat Tan Nguyen .et.al. 2019). There for there is a need for school based provision aimed at proactively increasing students self confidence and skill for dealing with academic stress. Considering all these attributes researcher take up a study to disclose the extent of self confidence and its impact on academic achievement of high school students.

NEED AND SIGNIFICANCE OF THE STUDY

Adolescence period is the most crucial period of human life.It is the transitional period from childhood to adulthood. Where in, boys and girls of adolescent period face many problems and issues. It is the self confidence that enables adolescent to overcome the challenges which they come across. A self confident person accept and trust oneself and have sense of control on his own life. He will be compassionate to others,emotionally mature,intellectually adequate,optimistic,self reliant,self assured and forward looking.So the concept of self confidence play a major role inhuman behavior and in developing his personalities .Adolescence is the transitional stage of physical and cognitive development of teenagers. Academic achievement during this period can be a stepping stone to build his future. Adolecent with high academic achievement can develop skill necessary to succeed inside and outside the class room .It opens doors to college and job opportunities and allows to pursue a career in a dynamic field to lead a successful life. Whereas academic failure   leads to frustration , low self esteem, stress. Inferiority complex, rejection, increased number of suicides, discouragement and ultimately to dropping out.

OF THE STUDY

- To find out level of self confidence among adolescent.
- To find out whether there is a significant difference in the self confidence of adolescents with respect to gender.
- To find out relationship between self confidence and academic achievement of adolescent.

HYPOTESIS OF THE STUDY

H1 1. There is no significant level of self confidence among adolescents

H2 2.There is no significant difference in self confidence of adolescents with respect to gender

H3 3.There is no significant difference in the relationship between self confidence and academic achievement of adolescents

H4 There is no significant difference in the relationship between self confidence and academic achievement of adolescents with respect to gender

METHODOLOGY

 The investigator adopted survey method for the present study. In order to achieve the cited objectives, varies aspects of methodologies such as, sample selection, tools, data collection analysis of the data were followed.

Population and sample

All the students who are of adolescent age studying in different schools of Karwar taluka of Karnataka state constitute the population of the study. A sample consisting of 120 students studying in 8th and 9th standard of a English medium school of a Karwar taluka belonging to different communities including boys and girls were taken.

Tools used

In the present study investigator developed the questioner related to the confidence level of the adolescent.

Procedure of data collection

After selecting 120 students of 8th and 9th standard the investigator approached them individually and questionnaire was given to them and requested them to answer along with prior instruction. Investigator interviewed them personally in order to know their confidence level and its relation to their academic achievement.

Statistical techniques used

The investigator used the statistical technique like Mean, Standard deviation, t – test for analysis and interpretation of the data collected for the study.

DATA ANALYSIS AND INTERPRETATION

Table 1 : Analysis of level of self confidence among adolescents

Level of confidence	Frequency	Percentage
High	16	13.33%
Moderate	80	66.66%
Low	24	20%

By analyzing the data given in the table 1, related to level of self confidence among the adolescent child it was found that 66.66% of adolescents have moderate level of self confidence. 13.33%hve high level of self confidence and 20% have low level of self confidence.

Table 2: Test of significance of difference between mean scores of adolescent self –confidence level based on gender

GENDER	Frequency	Mean	S D	C R	Level of sig.
BOYS	58	65.59	1.94	2.00	0.05
GIRLS	62	62.01	1.58		

Table 2, shows the mean score and standard deviation of adolescent boys and girls. The data revealed that Mean and SD of boys and girls are 65.59,1.94 and 65.01,1.58 respectively. The critical ratio was 2.00 which is greater than table value at 0.05 level. Hence null hypothesis is rejected and alternate hypothesis is accepted. It indicates that there is significant difference in the boys and girls.

Table 3: Test of significance of difference   in relationship between self confidence and academic achievement of adolescent.

Variable	N	Mean	S D	C R	Level of sig
self confidence academic achievement	120	235	32.11	2.28	Significance

Table 3, shows the Mean score and SD of the relation between self confidence and academic achievement of adolescent. Data revealed that Mean is 235 and SD 32.11. The critical ratio was 2.28 which is greater than table value at 0.05 level..Hence null hypothesis is rejected and alternate hypothesis is accepted. It indicates that there is significant difference exist in relationship between self confidence and academic achievement of adolescent.

Finding and Discussion

The present study was undertaken to determine the extent of self confidence among the adolescent studying in secondary level and its impact the academic achievement. The study revealed that majority(66.66%) of the adolescent endowed with moderate level of self confidence. Whereas 20% of adolescent have low level and only 13.33% of have high level of self confidence. These findings are corroborated in Dhanya and S. Ajmol (2018)studies. study also highlighted that the level of self confidence differ among boys and girls .Male students are much confident then the female. This finding is supported with the findings of Meena Arora and Nand Kishor 2019,which showed significant differences in self confidence between male and female. In contrast Harvinderkaur (2018) found that male and female adolescent shows equal self confidence. It is inferred from the table that there is significant relationship between self confidence and academic achievement of the secondary school student. Since "r" value is 5% level of significance.

Conclusion

Youths are the next generation leaders and change makers. Teacher's parents and society plays a dominant role in their development. Self-confidence is an important factor that impactson personality development of the child. From the present study, it is evident that self-confidence of male adolescents is more than the female adolescents. There is also a positive relationship between the self- confidence and academic achievement of adolescents. Teacher and parents to understand the self confidence among adolescents and inculcate moral ethical, self confidence among their children for better future.

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