

Self Confidence Of High School Students In Thrissur District

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ABSTRACT

In the present investigation an attempt has been made to study, self confidence of High school students in Thrissur District of Kerala, India. Random sampling technique has been used in the selection of the sample of as many as 900 high school students. The self confidence inventory constructed and validated by Rekha Gupta (Agnihotri) was used in this study to collect the data from the sample and they were scored and computed by IBM SPSS 22 Version according to the objectives framed. The findings reveal that the high school students of Thrissur district exhibit a moderate level of self confidence.

Keywords: Self Confidence, High School Students

INTRODUCTION

Self confidence is a person's belief or trust in one's own ability. The amount of self confidence a child possesses will affect his or her educational goals. By building confidence in students one can safeguard the most important ingredient to success that is motivation.

OBJECTIVES OF THE STUDY

The following are the objectives of the study

1. To find out the level of Self confidence of High school students.
2. To study if there is any significant difference in self confidence of high school Boys and Girls.
3. To study if there is any significant difference in self confidence of High school students studying in the schools located in the Urban and Rural area.
4. To study if there is any significant difference in self confidence of High school students studying in the English medium and Malayalam medium schools.

HYPOTHESES

The following were the hypothesis framed from the formulated objectives.

1. The level of self confidence among high school students is low.
2. There is no significant difference in the Self confidence between the high school Boys and Girls.
3. There is no significant difference in the self confidence between the high school students studying in the schools located in the Rural area and in the Urban area.
4. There is no significant difference in the self confidence between the high school students studying in the English medium and Malayalam medium schools.

METHOD OF THE STUDY

Normative survey method has been employed in the present study.

TOOL USED

The tool used for the present study was self confidence inventory constructed and validated by Rekha Gupta (Agnihotri). The inventory consists of 56 true-false type items. The inventory can be scored by hand. A score of one is awarded for a response indicative of lack of self –confidence, ie., for making cross ☒ to ‘wrong’ response to item nos. 2, 7, 23, 31, 40, 41, 43, 44, 45, 53, 54, 55 and for making ☒ to ‘correct’ response to the rest of the items. Hence, lower the score, higher would be the level of self confidence and vice – versa.

The total score for the self confidence inventory is 56. The students who score less than 23 are considered to have low level of self confidence, those who score between 23 and 40 are considered to have average level of self confidence and those who score above 40 are considered to have high level of self confidence. For the purpose of interpreting the level of self confidence, the raw scores were converted into ‘Z’ scores using the formula

$$Z \text{ score} = \frac{\text{Raw score} - \text{Mean}}{\text{Standard deviation}} .$$

Norms for Interpretation of the Level of Self confidence is given in the following table.

Table 3.15

Norms for Interpretation of the Level of Self confidence

Range of Z- scores	Level of Life skills competence
-1 or below	Low
-1 to 1	Average
1 or Above	High

SAMPLE OF THE STUDY

Random sampling technique has been used in the selection of the sample of as many as 900 High school students in Thrissur district of Kerala, India.

STATISTICAL TECHNIQUES USED:

The following statistical techniques are used in present study.

1. Descriptive analysis
2. Differential analysis

The mean and standard deviation for the entire sample and its sub-samples were computed for self confidence scores. The test of significance ('t' test) was used in order to find out the significance of the difference between the means of the self confidence score. The collected data were computed with the IBM SPSS 22 and the results were furnished accordingly in the Table 1 and 2.

Table -1
The mean and standard deviation of the self confidence scores of the entire sample and its sub samples

Sl. No.	Variables		N	Mean	Standard Deviation	't' value	Significant at 0.05 level
1.	Gender	Boy	450	30.59	8.39	4.08	Significant
		Girl	450	32.88	8.44		
2.	Locality of the school	Rural	400	31.58	8.33	0.49	Not Significant
		Urban	500	31.85	8.61		
3.	Medium of instruction	English	500	31.41	8.64	-0.16	Not Significant
		Malayalam	400	31.13	8.28		
4.	Entire Sample		900	31.73	8.49		

Descriptive analysis.

- I. The mean and S.D of the entire sample are (31.73) and (8.49) which implies that the self confidence of high school students is moderate.
- II. The mean and S.D of boys is found to be 30.59 and 8.39. The mean and S.D of Girls is found to be 32.88 and 8.44. From this it is clear that girls have higher self confidence than boys.
- III. The mean and S.D of Students from Rural schools is found to be 31.58 and 8.33. The mean and S.D of Students from Urban schools is found to be 31.85 and 8.61. From this it is clear that there is no significant difference in self confidence of Urban and Rural school students.
- IV. The mean and S.D of Students from English medium is found to be 31.41 and 8.64. The mean and S.D of Students from Malayalam medium is found to be 31.13 and 8.28. From this it is clear that there is no significant difference in self confidence in high school students with regard to medium of instruction.

Differential analysis

- I. The 't' value 4.08 reveals that there is significant difference in the self confidence of high school students based on gender.
- II. The 't' value 0.49 reveals that there is no significant difference in self confidence of High school students based on locality of the school.
- III. The 't' value -0.16 reveals that there is no significant difference in self confidence of High school students based on medium of instruction.

FINDINGS

1. There is significant difference between high school boys and girls in their Self Confidence and girls have higher Self Confidence than boys.
2. The studies at hand make known that there is no significant difference between the Self Confidence of high school students with regard to location of the school.
3. There is no significant difference between the Self Confidence of high school students with regard to medium of instruction.

CONCLUSION

Self Confidence allows one to have a positive and realistic perception of oneself and one's own abilities. The present study discloses that high school students of Thrissur district have an average level of self confidence. There is significant difference between high school boys and girls in their Self Confidence and girls have higher Self Confidence than boys. The studies at hand make known that there is no significant difference between the Self Confidence of high school students with regard to location of the school. The current study confirms that there is no significant difference between the Self Confidence of high school students with regard to medium of instruction.

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