

Effect Of Marital Status On Self- Confidence Of Women

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Abstract

Women are the most important part of our society. We can't imagine the life without women. The condition of women in our society is not so much good. Lots of women got married without their desire, which badly affect their psychological life so that their self confidence becomes poorer and poorer. Self-confidence is individual's positive thinking about his/her self that he/ she can achieve his /her goals of life which was decided by them. The main purpose of this study is to know the effect of marriage on self confidence of women. 80 women in which 50% married and 50% unmarried including equal number of urban and rural women were selected by purposive sampling and Self Confidence Scale was administered on them to measure the level of self-confidence. Conclusively it was found that married women have less self confidence than unmarried women. It was also found that rural women have less self confidence than urban women.

Keywords- Self- confidence, Marital status.

Introduction

Self- Confidence is a kind of mental and spiritual power of mental ability which helps a person to get future goals comfortably. It also reduces anxiety, depression and fear towards failure of future goals. A person having appropriate level of self-confidence is able to complete their task very easily in time because he/she has deep belief in his/ herself.

Operational definition –“Self- Confidence is an internal capacity of mind which helps a person to complete future task calmly without any psychological disturbance.”

The main purpose of this study is to know the effect of marriage on self -confidence of women. Women are the most important part of our society. We can't imagine the life without women. But the condition of women in our society is not so much good. Researches show that married women have less self-confidence in comparison to unmarried women. But some studies also show that marital status does not affect the level of self-confidence. Every woman get marry in different age of life. Lots of women are married without their desire, which badly affect their psychological life. So the level of their self-confidence becomes poorer and poorer. Our society does not allow the women to take decision about their life-partner. After getting married a lot of women have to face various types of difficulties such as to adjust her-self in a new environment and have various types of family responsibilities. All of these factors are responsible to decrease self-confidence of women.

Benabou &Tirole (2000) investigated that friends, colleague, spouse play an important role to decrease and increase the level of self-confidence. They are hidden factors which influence Self-Confidence.

Mandara & Murray (2000) found that marital status did not effect on girls Self-esteem. Nature of family was a very big factor of Self-esteem for both sexes. They also found that African American adolescent boys of non married parents had low self esteem.

Vitaro, Doyle et al. (2002) coded that romantic and friendly relationships play an important role in the way an individual views him or herself.

Kumari (2012) conducted a study to identify socio-economic status, self-confidence and problems faced by working women. She studied 150 working women from urban and

rural areas and found no significant difference between urban and rural women in terms of self-confidence.

Bhattacharyya (2013) coded that Indian rural women do not have right to choose their partner. It is decided by the family elders and the marriage is arranged with endogamous groups, where caste plays a very important role.

Bhattacharyya & Vauquelin (2013) found that lots of rural women want to work outside for their better family life but their partners do not permit them. They are economically and morally dependent.

Laughlin (2015) studied 100 college students and found that there was no relation between relationship status and self esteem.

Objective

- To measure the level of self confidence of total sample.
- To compare the level of self confidence among married and unmarried women.
- To know the effect of locality on self confidence of married and unmarried women.

Hypothesis

- Level of self confidence would vary among total sample.
- Unmarried women would have more self confidence than married women.
- There would be significant difference between married and unmarried women in terms of locality.

Methodology

Sample – 80 women 'Age range 25 to 50 ' in which 50% married and 50% unmarried including equal number of urban and rural women were selected by Purposive sampling method. Samples were selected from Jharkhand. Urban women were selected from Ranchi town and Rural were selected from Dumka.

Sample Design

Group	Urban	Rural
Married women	20	20
Unmarried women	20	20

Dependent variable - Self-confidence.

Independent Variables - Marital status and Locality.

Inclusion criteria- Mentally and physically healthy women, 25 to 50 age range, Married and Unmarried women, Urban and rural women only.

Exclusion criteria- Unhealthy women, Married and unmarried women of age below 25 years and above 50 years, Divorced women, Pregnant women, Working women, Belonging very high and low socio-economic status women.

Tools

- **Personal Data Schedule (PDS)**-A short PDS was used to know essential information about the sample such as Age, Marital status, location etc.
- **Agnihotry's Self-Confidence Inventory (ASCI)** - This scale was developed by Dr. Rekha Agnihotry. It measures the level of self confidence of adolescents and

adults. It has 56 items and every item has two options 'Yes' and ' No'. It takes approximately 20 minutes to complete. Split – half reliability of this scale is 0.95 validity is 0.82.

Procedure

At first data was collected from urban area (Ranchi). 20 married and 20 unmarried women were selected and then PDS and ASCI scales were administered on them.

The same process was repeated to get data from rural area (Dumka). Afterwards data was changed into tables and t- test was used for treatment of data.

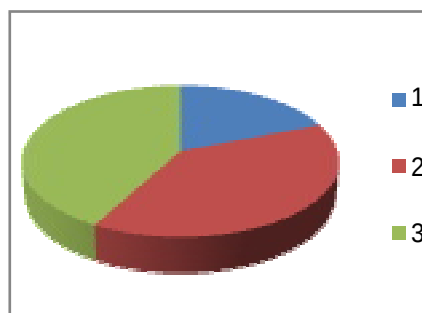
Result

Table-1

Level of self confidence of total sample

Group	High		Average		Low	
Total	N	%	N	%	N	%
80	15	19	31	39	34	42

Figure-1 (Pie-chart) showing percentage of women in terms of different levels of self confidence



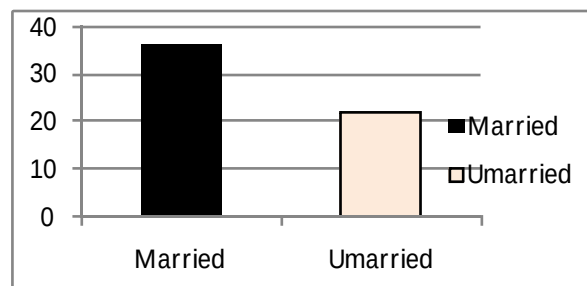
Above table and pie-chart clearly show that 15 samples (19%) have high level of self confidence, 31 samples (39%) have average self confidence and 34 samples (42%) have low self confidence. This is clear that most of women feel low self-confidence.

Table 2

Comparison of subject's marital status in terms of self -confidence

Group	N	Mean	SD	t-value	P
Married	40	36	4.44	12.96	0.01
Unmarried	40	22	5.20		

Figure 2 (Bar- diagram) showing Mean difference between married and unmarried women



Above table and bar chart show married women got more scores in comparison of Unmarried women. High score indicate low self-confidence. t-value is significant on 0.01 level. This is clear that unmarried women have more self confidence than married women. Thus hypothesis is proved.

Table 3

Comparison of subject's locality in terms of self confidence

Group	Locality	N	Mean	SD	t value	P
Married	Urban	20	34	2.52	22.77	0.01
	Rural	20	40	4.41		
Unmarried	Urban	20	18	3.68	17.94	0.01
	Rural	20	25	3.93		

Above table shows that rural married and unmarried women have got more scores in comparison of urban married and unmarried women. So this is clear that rural women have low self-confidence than urban women. Thus hypothesis is proved.

Discussion-

Self- Confidence is an internal capacity of mind. The present research reveals that most women have low self-confidence. In Indian society women do not feel completely independent. Before marriage they are dependent on their father and after marriage they are dependent on their husband. This system badly influences their level of self- confidence.

In every culture male-female get married. Marriage completely changes the life of people. After marriage women's life becomes completely changed because they have to live with their partners. According to this study, marital status affects the level of self confidence. Married women had less self-confidence than unmarried women. In Indian society married women have lots of family burden and pressure. They do not take any decision of their life.

It is also found that locality affects the level of self confidence. Urban women have more self confidence than rural women. Because in urban area people are more educated and

have modern life style. Urban women spent their life independently in comparison to rural women. Rural women are least educated. They only spent their life in house hold work. So they have low self-confidence.

Conclusion-

Most of women have low self-confidence. Married women have lower self-confidence in comparison to unmarried women. Rural women have less self-confidence than urban women.

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