

EFFECT OF PSYCHOLOGICAL INTERVENTIONS FOR IMPROVING SELF-CONFIDENCE OF UNIVERSITY STUDENTS

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Transforming Education Transforming India

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INTRODUCTION

Self-confidence or confidence in one-self means having self-assurance in one's ability, power and judgement. It is a belief in one-self for achieving goals once being indulged. Self-confidence comes by having mastered in certain skills or acquiring knowledge. Abraham Maslow and many psychologists and theorists after him emphasized on self-confidence as a generalized characteristic of an individual, which needs to be studied.

William James in his book "Principles of Psychology" 1890 had mentioned that self confidence is a very vital virtue. He also stated that have faith in something which is in the line of your need and your need would be fulfilled. One needs to have faith in his abilities, this way he would step towards accomplishment.

There are varied numbers of definitions given by different researches as per their understanding, such as:

Self-confidence is considered one of the most influential motivators and regulators of behavior in people's everyday lives (Bandura, 1986).

A growing body of evidence suggests that one's perception of ability or self-confidence is the central mediating construct of achievement strivings (e.g., Bandura, 1977; Ericsson et al., 1993; Harter, 1978; Kuhl, 1992; Nicholls, 1984).

The level of self-confidence varies from person to person or time to time. One could have high self-confidence as compared to others. One could be confident at one point of the time or may lose the same in other time or situation. Like some people may feel confident in certain aspects of life such as academics, athletes etc, but lack confidence in other aspects of life, such as interpersonal relationships, physical appearance etc. It is a very dynamic aspect of human-being. Everybody aspires to be confident in all spheres of life as it is a positive belief and boost person's will-power to do something. A lack of confidence isn't inevitably permanent but it can be if it isn't addressed.

Self-confidence, Self-esteem and Self-efficacy are very much related terms. There is a thin line of difference between three of them. Self-confidence is self-assurance, irrespective of time, situation and field. Self-efficacy is having faith in one's abilities confined to just one specific task as said by Albert Bandura. And self-esteem is associated with self-worth. When person feels confident in performing just one specific task, his confidence would stay confined to that specific task only, he won't be able to take new challenges which life offers him. Self confidence is a wholistic term which talks about the mind-set of a person in all spheres of life including family, society and work.

Self-confidence has been much discussed topic since decades. People strive to boost their self-confidence in different ways, some inculcate certain skills in them, other strive for excellence in order to build up their self confidence.

No matter how much skilled a person is; lack of self-confidence won't take him anywhere. Skills, hard work and self-confidence go parallel to each other. For example, if a person is skilled but have no confidence, he might fail to present it to others.

Being confident is a belief one has in his potential, it is a faith that wherever he goes he'll put up all his efforts and potential in order to succeed.

A person with self-confidence speaks very loud and clear, they have very clear image of their ideas and express it openly to others, they always voice their opinions regardless of others' feedback, in the contrary, people with low confidence are hesitant in expressing themselves. They behave abnormal and passive .They don't maintain eye-contact or show any gestures. They fail to represent their emotions .They are in state of fear and confusion most of the time .They feel uncomfortable to express themselves. They always feel that they lack qualities and often under-rate themselves.

Self-confidence acts like a shield person carries with himself whenever he is out to perform. It is the self-confidence of a person which helps him to surpass all challenges in his life. The person who is confident in himself would travel an extra mile to achieve his goals. It is a positive aspect in a person which motivates him to keep going and not to give up. Self confident person is very firm with his decision and stick to his opinions regardless of situations. A self confident person is always a reliable, whom one can trust as he never prevaricates in any situation. People with self-confidence always strive for excellence and plunges into learning something new. They are more likely to admit their mistakes and learn from them.

Having self confidence doesn't mean that person would be able to do everything in life. It is not an unrealistic approach which is otherwise a virtue of a 'perfectionist'. Being confident means taking setbacks of one's life positively and looking forward to make improvements. A true self-confident person is the one who learn from his setback, which increases resilience, self -belief and determination. It is fundamentally a positive attitude with a realistic perception of our-selves and our abilities. It is characterised by attributes such as optimism, rationality, assertiveness, faith and emotional maturity.

Why do we need self-confidence?

Without confidence a person feels vulnerable, world seems dangerous place to them where they always feel insecure and fear of being judged. Having low self-confidence feel like cage where a person feels suffocated and trapped. They feel restricted in their own negative thoughts and perceptions. They feel disconnected with people around. They waste their energies in self-doubt, debilitating thoughts and problems, which activate their alarm system. But confidence helps them to deactivate those alarming systems. They are able to recognize their own potentials and tend to achieve more. They are free from anxiety and depression. This peacefulness allows them to handle situations positivity and effectively.

Confidence certainly inculcates the feeling of security and fulfilment. Confident people are very independent. They are always clear with their ideologies and are comfortable in expressing them. They do not get affected by criticism. They have a general sense of control in their lives. They are able to do what they desire, plan or expect; despite of any obstacle which they confront. And this faith goes parallel with realistic expectations so that, even if the people are not able to meet their goals, they will continue to be positive and admit their current limitations and work for improvisation. They take things very positively and focus more on solutions rather than problems.

CHARACTERISTICS OF A CONFIDENT PERSON

A self-confident person:

- Puts all his efforts in the given task.
- Take risks to achieve something.
- Doesn't bother about people's approval.
- Does not fear of being judged.
- Always works to improve himself.
- Doesn't get insecure of other's success.
- Realize his worth and abilities.
- Is always interested in learning new things.
- Believe in hard work rather than fate.
- Learn from others instead of being envious of them.
- Never takes other's criticism negatively.
- Have very optimistic outlook towards life.
- Focuses more on solutions rather than problems.
- Is good at social relationships.
- Can easily express his thoughts and opinions.
- Always travel an extra mile to achieve what he is intended to.
- Always ready to step out of comfort zone to achieve something.
- Never hesitates to state his opinions, no matter if others are against it.
- Never flaunt or crave for appreciation, rather he will wait for others to recognize him

FACTORS AFFECTING SELF-CONFIDENCE

Having low self-confidence could be due to many reasons, Some of the reasons are stated as below:

Past experiences: Past experiences including failures, disappointments, disapprovals, criticism often leads to low self confidence. Certain setbacks make person feel that he would never be able to do it, thus lowering his self-confidence.

Lack of knowledge: Lacking knowledge in certain areas often leads to low self-confidence, person feels discouraged and disappointed.

Feeling of inferiority: If a person would keep comparing himself with others, he'll end up feeling inferior which would lower his self-confidence

Fear of being judged: A person would never be able to showcase his skills and potentials if he'll fear of being criticised or ridiculed. He would always withdraw from such situations, thus lowers down his confidence level.

Dissatisfaction with Physical Appearance : If a person feels he is not good-looking and people would not accept him the way he is , he would lack confidence in all spheres of life.

SCOPE OF STUDY

Lacking self-confidence feels like a burden which doesn't gets off. It often leads to fear, anxiety or depression. It's a state of helplessness. Person gets socially impaired. It leads to a feeling of discouragement and hopelessness. The people who are lacking confidence are not able to perform well in any area of life. They often withdraw from situation or a place. They never realize their potentials. So it is very important for a person to be self-confident. Being confident makes a person feel free to express himself. He feels optimistic and enthusiastic and un-tap all his hidden potentials and make improvement in himself. He's ready to handle the difficult situations and never give up. People are so much occupied with their everyday activities that they almost neglect their mental health. It is very important to take care of our mental well-being just like our physical well-being,as healthy mind is a healthy body. So psychological interventions would help an individual to inculcate self-confidence within himself, so that he could sustain faith in himself and his potentials.

OBJECTIVES

The purpose of the Research is:

To study the level of self-confidence of the university students.

To investigate the gender differences in self-confidence of university students.

To examine the effect of psychological interventions to improve self-confidence of the university students.

HYPOTHESES

In consideration of review of related literature and trends that emerged, the following hypotheses are generated:

There is no gender difference in self-confidence of university students.

There is no effect of psychological interventions to improve self-confidence of university students.

REVIEW OF LITERATURE

Goel, M & Aggarwal, P(2012) in their study “A Comparative Study of Self Confidence of Single Child and Child with Sibling” stated in their findings that, self-confidence is a function of maternal child-rearing behaviour. Self-confidence of a child is dependent upon family members. The research was conducted on a sample of 80 students of IX and X, in which 40 students were single child and other 40 had siblings. And the findings showed that the child with siblings have reported higher level of confidence, as compared to the ones with single child.

Bénabou, R & Tirole, J(2000) conducted a study on the topic “SELF-CONFIDENCE AND SOCIAL INTERACTIONS” in NATIONAL BUREAU OF ECONOMIC RESEARCH. In

the research they talk about how intrinsic and extrinsic motivation plays an important role in boosting the self-confidence of an individual. They analyze the importance of interactions for interpersonal confidence maintaining strategies and how much they are effective. Also the issues of institutional design, how reward giving process takes place in order to boost self-confidence.

Hernandez, E(2015) conducted a study on the topic “Building Confidence and Self-Esteem” talks about how physical appearance of an individual affects his mental health. When a person doesn't accept the way he looks, he develops problems like anxiety, depression, stress etc. The researcher has divided this study in 4 main components including Self conflict ,Personality characteristics, Intimate Relationship & Motivating Habits ,And how correcting all these components helps in building one's confidence and self-esteem.

Gürler, İ., Konca, M. Y. (2016). Effects of Using Dramatic Texts on Self-Confidence Development: An Experimental Study. Turkish Online Journal of English Language Teaching (TOJELT), 2(2), 103112. In this study 56 participants were chosen as a sample who were students of grade 9. These participants were divided into 2 groups namely experimental and control group .prior the implementation pre-test was conducted to assess the confidence level, later 2 plays were acted out by experimental group and the control group continued with their traditional methods of learning. After post-test, the findings revealed that the self-confidence level of experimental group shows significant changes in comparison to control group. Acting drama helps students to raise their self-confidence level.

Uçar ,M et al(2013) “Exploring the self-confidence of preservice science and physics teachers towards technological pedagogical content knowledge” Dicle University, Ziya Gökalp Education Faculty, Department of Primary Education, 21280, Diyarbakır, Turkey. To conduct this research, the researcher took 150 participants including 75 preservice science teachers and 75 preservice physics teachers. They used the technological pedagogical content Knowledge confidence scale and results revealed that there was no significant difference of confidence on gender or department basis but teachers lacked confidence in computer use frequencies.

Research Methodology

Research methodology is a set of procedure which is conducted to systematically solve the research problem. It can be defined as the process which is used to collect data and information for the purpose of making certain conclusions and decisions. It also provides tools and techniques with which the research is dealt with. The methodology usually includes the sampling, tools and statistical analysis.

Research Title

Effect of psychological Interventions for improving Self-confidence of University Students.

Sample

The sample would comprise of 100 participants from which 50 would belong to an experimental group and 50 to a control group. The age range is from 20-30 years.

Tools

A self-developed questionnaire would be used for this research.

Statistical Analysis

In context to the current study, Correlated t-test will be used to compare the collected data.

Descriptive statistics including Mean, SD and percentage would also be used to describe the results.

EXPECTED OUTCOMES

A significant effect of psychological Interventions for improvisation of self-confidence is expected.

PROPOSED WORK PLAN WITH TIMELINES

| Sr. No. | Duration | Action |
|---------|----------------|---|
| 1 | December, 2017 | Introduction and review of literature. |
| 2 | February, 2018 | Data collection and scoring. |
| 3 | March, 2018. | Analysis and interpretation of the results. |
| 4 | April, 2018. | Report writing and finalizing. |

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