

A STUDY ON SELF-CONFIDENCE AMONG ARTS AND SCIENCE COLLEGE STUDENTS IN CHENNAI DISTRICT

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ABSTRACT

This paper describes the study of Self-Confidence among arts and science college students. Self-Confidence inventory was developed by James Currie. The sample consists of 110 arts and science college students of whom 60 are male and 50 are female. The objectives of the study are to find out the level of self-confidence and to find the significant difference between self-confidence among arts and science college students with respect to Gender and Stream of Study. The data are analyzed and interpreted using statistical tools like percentage analysis, mean, standard deviation, 't' test and 'F' test. The result indicates that the level of arts and science college student's self-confidence is average, there is a significant difference in self-confidence based on gender and there is no significant difference among arts and science college students self-confidence based on gender and stream of study. The study emphasizes the importance of students' self-confidence in their college life.

Keywords: *Self Confidence, Career development, Arts and Science college students,*

Introduction

College life is one of the best experiences of a student's life. It lays the foundation for the professional life. Self Confidence plays a major role in their academics, competitive exams and their career development. Self Confidence is vital in almost every aspect of our lives. Students having self-confidence are generally more positive, they value themselves and trust their judgement. Self-confidence is arguably an important factor for enhancing student learning outcomes and their career development. But they also acknowledge their mistakes and failures and learn innovative things from them. Setting and achieving goals is an important part of developing self – confidence.

Significance of the Study

The most important point of a person's life is self-confidence. Under Graduate students face a lot of problems in their teenage. Nowadays the student's self-confidence is lacking to overcome and face the challenges. High achieving students also lack their self-confidence. The final year of their college life will decide the students' future life. During this period, college students should be given value education training pertaining to self-confidence and balance their mental and emotional realms. The present study tries to investigate and evaluate the level of self-confidence among arts and science college students.

Self-Confidence

Self Confidence is really an attitude which allows us to have a positive realistic of ourselves and abilities. It is characterized by personal attributes such as assertiveness, optimism, affection, pride, independence, trust, ability to handle criticism and emotional maturity (George Michael 2007). Self-Confidence can be perceived as a sense that has been presenting every individual and that has two essential components; lovability and competence.

Self Confidence among college students is an issue that has been significantly put under the spotlight in recent years. According to the definitions, the characteristics of individuals with high self-confidence could be summarized as being ambitious, being ready to meet the challenges, being goal oriented, building good relationship with others, being more focus on success and progress and believing that they can overcome the obstacles.

Title of the Study

The tile of the study is “*A study on Self-Confidence among Arts and Science College Students in Chennai District*”.

Objectives of the Study

- ❖ To find out the level of Self Confidence among arts and science college students.
- ❖ To find out whether there exists any significant difference on the self-confidence of arts and science college students with respect to Gender and Stream of study.

Hypothesis

- ❖ The level of Arts and Science college students Self-Confidence is Low.

- ❖ There is no significant difference between male and female arts and science college students in their self-confidence.
- ❖ There is no significant difference between arts and science college students with respect to stream of study.

Methodology

The investigator has adopted the normative survey method for the present study.

Tools Used

The investigator has used the standardized Self-Confidence inventory by James Currier on a five point rating scale (Strongly Agree, Agree, Neutral, Disagree and Strongly Disagree).

Sample

The investigator has used simple random sampling technique for collecting the data. The sample consists of 110 (Male – 60 and Female – 50) final year arts and science college students in Chennai district.

Statistical Techniques

The data was analyzed by means of following statistical techniques namely Mean, Standard Deviation, Percentage Analysis, t-test and ANOVA.

Analysis and Interpretation

Percentage Analysis

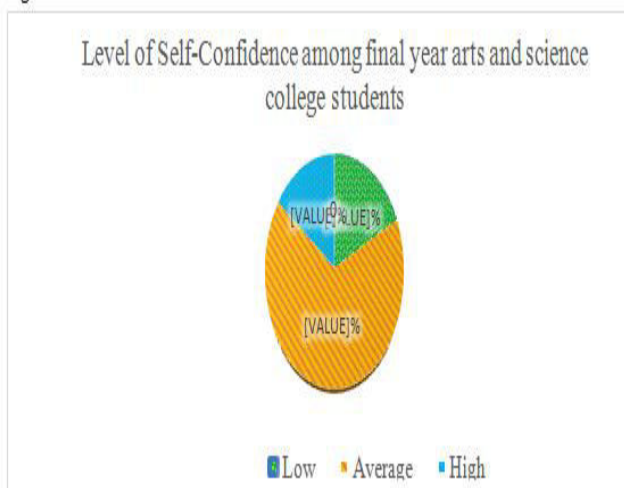
To measure the level of self-confidence among final year arts and science college students.

[Table - 1: Level of Self-Confidence among final year arts and science college students.

Low		Moderate		High	
N	%	N	%	N	%
20		73		17	
(Below 64.86)	18.18	(Between 76.44)	66.3	(Above 76.44)	15.45

It has been observed from the Table – 1, the level of Self-Confidence among final year arts and

science college students is average in nature and the calculated percentage is 66.3%. Further, 18.18% of the students have low Self-Confidence and 15.45% of the students have high level of Self-confidence.



Differential Analysis

Hypothesis 1: There is no significant difference between male female final year arts and science college students in their self-confidence.

Table 2: Mean and S.D difference between male and female arts and science college students in their self-confidence.

Gender	N	Mean	S.D	t- value	Level of Significance
Male	60	71.64	6.059	1.995	0.05
Female	50	69.46	5.270		

It has been observed from the Table2, the mean scores of male students on self-confidence is 71.64 and female students are 69.46. The t- value for self-confidence with respect to gender is 1.995 and the p-value is 0.05, the calculated t-value shows that it is statistically significant at 0.05 level. Thus, the result indicates that there is a significant

difference between male and female students with respect to self-confidence. Hence the above null hypothesis is rejected. Comparing the mean scores offinal year arts and science college students, the male students havemore self-confidence than the female students.

Hypothesis 2 : There is no significant difference between arts and science college students with respect to stream of study.

Table - 3: Mean, Standard Deviation and F-values of final year arts and science college students Self-confidence with respect to Stream of Study

Variables	Arts group N=41		Science group N=37		Commerce group N=32		F value	P value
	Mean	S.D	Mean	S.D	Mean	S.D		
Self-confidence	69.91	12.583	70.15	14.743	72.18	16.094	1.615	0.204

It is notedfrom the above table that, the F- and p- value of self-confidence with respect to stream of study is 1.615 and 0.204 respectively; the calculated F- value shows that which is not statistically significant. Hence, the stream of study has no influence over the self-confidence of arts and science college students. It can be inferred that there is no significant difference among final year arts and science students with respect to different stream of study. Therefore, the null hypothesis is accepted.

Findings

- The level of Self-Confidence among final year arts and science college students areaverage level in nature.
- It was found thatthere is a significant difference between male and female final year arts and science college students with

respect to Self-Confidence. Comparing the mean scores of Self-Confidence, the male students have more self-confidence than the female students.

- It was found that there is no significant difference in self-confidence of final year arts and science college students with respect to stream of study.

Suggestions

- ✓ It is suggested to motivate, create attention and improve confidence on themselves through different stream of groups.
- ✓ The present study has been conducted on 110 arts and science college students in Chennai district only. Therefore, it is suggested that this study may be conducted on a larger sample from the similar population somewhere else.
- ✓ The research will be conducted for Engineering students and Medical students.

Conclusion

The purpose of the present investigation is to study the Self-confidence among arts and science college students with reference to some selected variables. This study may enrich the college students in the field of education and findings of thesis study may secure as a data base for future research.

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