

## A Survey of Self confidence of B.Ed Students

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### Abstract:

Students who perform well have increased confidence which in turn encourages students to take greater responsibility to successfully complete tasks. Students who perform better receive more positive evaluations report and greater self-confidence. Low achieving students report less confidence and high performing students report higher self-confidence. Teachers can greatly affect the self-confidence of their students depending on how they treat them.

**Key words.:** Survey – It is to collect data by using a tool with a purpose; B.Ed. Students – students pursue teaching as a profession; Self Confidence – Belief in one self

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### I. INTRODUCTION

Sharing is caring. “Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.” – E.E. Cummings

The concept of **self-confidence** is commonly used as self-assurance in one's personal judgment, ability, power, etc. One increases self-confidence from experiences of having mastered particular activities. It is a positive belief that in the future one can generally accomplish what one wishes to do. Self-confidence is not the same as self-esteem, which is an evaluation of one's own worth, whereas self-confidence is more specifically trust in one's ability to achieve some goal, which one meta-analysis suggested is similar to generalization of self-efficacy.

#### What is Self-Confidence?

Self confidence is a good feeling about yourself and your capabilities. So, if you're a self confident person, it simply means that you feel good about who you are, and you also feel good about your ability to achieve things you want to achieve. Digging a little deeper, you can think of self confidence as being a good feeling about yourself and your capabilities that: Comes from the way you think about yourself and your capabilities, Naturally makes you happier and more successful in life, Can remain in any situation or circumstance, even without support from others or without material possessions.

Self confidence is simply an attribute of perceived self. Like self-esteem, self-confidence is another self-construct. In general terms, self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right.

### II. SAMPLE

The survey intended to collect information on self confidence of B.Ed. Students by administering a questionnaire on self confidence. 64 students of Hasanamba College of Education, Hassan, Karnataka, India were involved.

### III. TOOL

Self confidence inventory constructed and standardized by M. Basavanna is used and administered.

### IV. COLLECTION OF DATA

The questionnaire is administrated to 64 students is and enough time is given to respond to the statements. The responses are tabulated in the tabular column with their opinion by true or false with percentages.

**Table:** Table showing number of responses with the % of “True” and “False” responses

Sl. No.	Questionnaire	True	False	Total	True %	False %
1.	It is rather difficult for me to make new friends. (LSC)	40	24	64	62.5	37.5
2.	I can be natural while at a party (SC)	58	6	64	90.625	9.375
3.	I am never at conflict with myself (SC)	54	10	64	84.375	15.625
4.	I enjoy mixing with people (SC)	60	4	64	93.75	6.25
5.	In social conversation I am usually a listener than a talker (LSC)	58	6	64	90.625	9.375
6.	I can usually find a ready answer for remarks made to me. (LSC)	34	30	64	53.125	46.875
7.	When things go wrong I pity or blame myself. (LSC)	58	6	64	90.625	9.375
8.	I have a horror of failing in anything I want to accomplish. (LSC)	22	42	64	34.375	65.625
9.	I often cross the street to avoid meeting some people known to me. (LSC)	36	28	64	56.25	43.75
10.	I find it very difficult to speak in public. (LSC)	44	20	64	68.75	31.25
11.	I feel insecure within myself. (LSC)	32	32	64	50	50
12.	I find it hard to do my best when people are watching (LSC)	42	22	64	65.625	34.375
13.	I can recover easily and quickly from social blunders. (SC)	48	16	64	75	25
14.	I do not care much for what others think of me. (SC)	44	20	64	68.75	31.25
15.	I have difficulty in talking to most people (LSC)	26	38	64	40.625	59.375
16.	I stay in the background in social gatherings (LSC)	32	32	64	50	50
17.	I feel embarrassed to enter into assembly when all are already seated (LSC)	64	0	64	100	0
18.	I have difficulty in saying the right thing at the right time. (LSC)	30	34	64	46.875	53.125
19.	I tend to worry over possible troubles. (LSC)	44	20	64	68.75	31.25
20.	I frequently feel thwarted because I am unable to do as I desire. (LSC)	46	18	64	71.875	28.125
21.	I think of myself as a successful person. (SC)	36	28	64	56.25	43.75
22.	I am much affected by the praise or blame of many people. (LSC)	22	42	64	34.375	65.625
23.	My feeling are rather easily hurt (LSC)	58	6	64	90.625	9.375
24.	I can face a difficult situation without worry (SC)	42	22	64	65.625	34.375
25.	I am hesitant about forming decisions. (LSC)	28	36	64	43.75	56.25

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26.	I feel bored much of time. (LSC)	20	44	64	31.25	68.75
27.	I can tackle new situations with a reasonable degree of assurance	50	14	64	78.125	21.875
28.	I am often unable to decide until it is too late for action. (LSC)	14	50	64	21.875	78.125
29.	I tend to be quick and certain in my actions. (SC)	52	12	64	81.25	18.75
30.	I always feel that I can achieve the things I wish. (SC)	52	12	64	81.25	18.75
31.	I feel no obstacle can stop me from achieving my final goal. (SC)	56	8	64	87.5	12.5
32.	I am generally confident of my own ability. (SC)	60	4	64	93.75	6.25
33.	I often feel that in life's competition I am generally the loser. (LSC)	12	52	64	18.75	81.25
34.	I frequently feel unworthy. (LSC)	6	58	64	9.375	90.625
35.	I worry over humiliating situations more than most persons. (LSC)	54	10	64	84.375	15.625
36.	I feel physically inferior of my friends (LSC)	12	52	64	18.75	81.25
37.	I find it hard to continue work when I do not get encouragement. (SC)	22	42	64	34.375	65.625
38.	I am bothered by inferiority feelings. (LSC)	22	42	64	34.375	65.625
39.	My people believe that I am as much a success as I could be. (SC)	42	22	64	65.625	34.375
40.	I can play my best in a game or contest against an opponent who is much superior to me. (SC)	46	18	64	71.875	28.125
41.	I am always ready to decide what my next step should be. (SC)	60	4	64	93.75	6.25
42.	I can adjust readily to new situations. (SC)	56	8	64	87.5	12.5
43.	I often feel rather awkward. (LSC)	42	22	64	65.625	34.375
44.	I am afraid that other people dislike me (LSC)	32	32	64	50	50
45.	My friends have made better life adjustment than myself. (LSC)	22	42	64	34.375	65.625
46.	I am happy go lucky person. (SC)	44	20	64	68.75	31.25
47.	I can relax myself easily. (SC)	32	32	64	50	50
48.	I blush very often (LSC)	56	8	64	87.5	12.5
49.	When upset emotionally, I take much time to recover. (LSC)	34	30	64	53.125	46.875
50.	I day dream very often. (SC)	46	18	64	71.875	28.125

The items showing (SC) in bracket are indicating Self Confidence

The items showing (LSC) in bracket are indicating Lack Self Confidence

## V. ANALYSIS AND INTERPRETATION

The analysis is carried out in two ways.

- One related to positive statements on self confidence and another related to negative statements on self confidence. First, all the positive statements of self confidence are analysed and interpreted. Later the negative statements are analyzed.

There are 20 statements indicating positive self confidence

- ✓ For the statement (2) **"I can be natural while at a party"** 90.625% have said "true" and 9.375% as false.
- ✓ For the statement (3) **"I am never at conflict with myself"** 84.375% have indicated "true" and 15.625% as false
- ✓ For the statement (4) **"I enjoy mixing with people"** 93.75% have said "true" and 6.25% as false
- ✓ For the statement (13) **"I can recover easily and quickly from social blunders"** 75% have indicated "true" and 25% as false
- ✓ For the statement (14) **"I do not care much for what others think of me"** 68.75% have said "true" and 31.25% as false
- ✓ For the statement (21) **"I think of myself as a successful person"** 56.25% have indicated "true" and 43.75% as false

- ✓ For the statement (24) **"I can face a difficult situation without worry"** 65.625% have indicated "true" and 34.375% as false
- ✓ For the statement (27) **"I can tackle new situations with a reasonable degree of assurance"** 78.125% have said "true" and 21.875% as false
- ✓ For the statement (29) **"I tend to be quick and certain in my actions"** 81.25% have indicated "true" and 18.75% as false
- ✓ For the statement (30) **"I always feel that I can achieve the things I wish"** 81.25% have indicated "true" and 18.75% as false
- ✓ For the statement (31) **"I feel no obstacle can stop me from achieving my final goal"** 87.5% have indicated "true" and 12.5% as false
- ✓ For the statement (32) **"I am generally confident of my own ability"** 93.75% have indicated "true" and 6.25% as false
- ✓ For the statement (37) **"I find it hard to continue work when I do not get encouragement"** 34.375% have indicated "true" and 65.625% as false
- ✓ For the statement (39) **"My people believe that I am as much a success as I could be"** 65.625% have indicated "true" and 34.375% as false
- ✓ For the statement (40) **"I can play my best in a game or contest against an opponent who is much superior to me"** 71.875% have indicated "true" and 28.125% as false
- ✓ For the statement (41) **"I am always ready to decide what my next step should be"** 93.75% have indicated "true" and 6.25% as false
- ✓ For the statement (42) **"I can adjust readily to new situations"** 87.5% have indicated "true" and 12.5% as false
- ✓ For the statement (46) **"I am happy go lucky person"** 68.75% have indicated "true" and 31.25% as false
- ✓ For the statement (47) **"I can relax myself easily"** 50% have indicated "true" and 50% as false
- ✓ For the statement (50) **"I day dream very often"** 71.875% have indicated "true" and 28.125% as false

In the second section, we can take all those statements which indicate lack of self confidence. We take those statements (thirty) for analysis and interpretation

- For the statement (1) **"It is rather difficult for me to make new friends"** 62.5% have indicated "true" and 37.5% as false
- For the statement (5) **"In social conversation I am usually a listener than a talker"** 90.625% have indicated "true" and 9.375% as false
- For the statement (6) **"I can usually find a ready answer for remarks made to me"** 53.125% have indicated "true" and 46.875% as false
- For the statement (7) **"When things go wrong i pity or blame myself"** 90.625% have indicated "true" and 9.375% as false

- For the statement (8) **“I have a horror of failing in anything I want to accomplish”** 34.375% have indicated “true” and 65.625% as false
  - For the statement (9) **“I often cross the street to avoid meeting some people known to me”** 56.25% have indicated “true” and 43.75% as false
  - For the statement (10) **“I find it very difficult to speak in public”** 68.75% have indicated “true” and 31.25% as false
  - For the statement (11) **“I feel insecure within myself”** 50% have indicated “true” and 50% as false
  - For the statement (12) **“I find it hard to do my best when people are watching”** 65.625% have indicated “true” and 34.375% as false
  - For the statement (15) **“I have difficulty in talking to most people”** 40.625% have indicated “true” and 59.375% as false
  - For the statement (16) **“I stay in the background in social gatherings”** 50% have indicated “true” and 50% as false
  - For the statement (17) **“I feel embarrassed to enter into assembly when all are already seated”** 100% have indicated “true” and 0% as false
  - For the statement (18) **“I have difficulty in saying the right thing at the right time”** 46.875% have indicated “true” and 53.125% as false
  - For the statement (19) **“I tend to worry over possible troubles”** 68.75% have indicated “true” and 31.25% as false
  - For the statement (20) **“I frequently feel thwarted because I am unable to do as I desire”** 71.875% have indicated “true” and 28.125% as false
  - For the statement (22) **“I am much affected by the praise or blame of many people”** 34.375% have indicated “true” and 65.625% as false
  - For the statement (23) **“My feeling are rather easily hurt”** 90.625% have indicated “true” and 9.375% as false
  - For the statement (25) **“I am hesitant about forming decisions”** 43.75% have indicated “true” and 56.25% as false
  - For the statement (26) **“I feel bored much of time”** 31.25% have indicated “true” and 68.75% as false
  - For the statement (28) **“I am often unable to decide until it is too late for action”** 21.875% have indicated “true” and 78.125% as false
  - For the statement (33) **“I often feel that in life’s competition I am generally the loser”** 18.75% have indicated “true” and 81.25% as false
  - For the statement (34) **“I frequently feel unworthy”** 9.375% have indicated “true” and 90.625% as false
  - For the statement (35) **“I worry over humiliating situations more than most persons”** 84.375% have indicated “true” and 15.625% as false
  - For the statement (36) **“I feel physically inferior of my friends”** 18.75% have indicated “true” and 81.25% as false
  - For the statement (38) **“I am bothered by inferiority feelings”** 34.375% have indicated “true” and 65.625% as false
  - For the statement (43) **“I often feel rather awkward”** 65.625% have indicated “true” and 34.375% as false
  - For the statement (44) **“I am afraid that other people dislike me”** 50% have indicated “true” and 50% as false
  - For the statement (45) **“My friends have made better life adjustment than myself”** 34.375% have indicated “true” and 65.625% as false
  - For the statement (48) **“I blush very often”** 87.5% have indicated “true” and 12.5% as false
  - For the statement (49) **“When upset emotionally, I take much time to recover”** 53.125% have indicated “true” and 46.875% as false
- It is interesting to note that for the negative statements student have given greater % for false response. That means, students have given negative response to negative statement. They are highlighted. This clearly shows that out 50 questionnaire statements the selected group has given self confidence indications in 33 items. The selected group has exhibited clear promise of development of self confidence.

## VI. INTERPRETATION

Based on the above analysis, interpretation of the data has to be carried out. We can interpret the factors / statements contributing self confidence of the students and then factors / statements coming in the way of development self confidence.

The contributing factors of self confidence as mentioned by students are making friends behaving naturally, comfortable with oneself, enjoying relationship with people, maintaining normally, not bothered of others comments, being successful, facing difficult situations, facing unknown situations readiness to react accurately, reaching new heights, overcoming all hurdles in life, self awareness, not expecting external motivation projecting and promoting oneself in society, giving / contributing best in self, for thinking and planning in advance, accommodating to new situations, always having mental peace and happiness, work and relaxation as per need and dreaming to achieve new heights. **“Open your wings and fly. You will not know to what height you can fly unless you make up your mind to fly”** – Buch

Thinking positive helps in promoting self confidence. Acquisition of knowledge provides proper basis for self confidence. All desirable qualities in human beings strengthen self confidence. Emerson has made a right statement **“what lies in front of you, what lies behind you are immaterial when compared to what lies in you”**.

The questionnaire has many negative statements which hinder the development of self confidence. They are lack of friendship, maintaining silence always react impulsively, self pity / blaming, looser tendency, avoiding people,

avoiding opportunity of public speak, self insecurity, scared of observers, avoid speaking to people, lack of promoting oneself, embarrassment, inappropriate behaviour, thinking of failures, lack of will to succeed, impressed, easily hurt, inability to decide, feeling bored as disinterested, last moment decision, having sense of failure, lack of self worth, worry of humiliation, physically inferior feeling, face awkward situations, disliked by others, feeling that others farewell, being angry and swing of emotional mood. But the selected group has given 'false' response for many of these negative statement. A good trend.

## VII. IMPLICATION

### *Powerful Ways to Boost Confidence*

Confidence gives you the power to conquer the world. Here's how you can learn to be confident in all you do. Self-confident people are admired by others and inspire confidence in others. They face their fears head-on and tend to be risk takers. They know that no matter what obstacles come their way, they have the ability to get past them. Self-confident people tend to see their lives in a positive light even when things aren't going so well, and they are typically satisfied with and respect themselves. Five tips to develop self confidence are

- **Stay away from negativity and bring on the positivity:** Be positive, even if you're not feeling it quite yet. Put some positive enthusiasm into your interactions with others and hit the ground running, excited to begin your next project. Stop focusing on the problems in your life and instead begin to focus on solutions and making positive changes.
- **Change your body language and image:** This is where posture, smiling, eye contact, and speech slowly come into play. Just the simple act of pulling your shoulders back gives others the impression that you are a confident person. Smiling will not only make you feel better, but will make others feel more comfortable around you. Imagine a person with good posture and a smile and you'll be envisioning someone who is self-confident.
- **Don't accept failure and get rid of the negative voices in your head:** Never give up. Never accept failure. There is a solution to everything, so why would you want to throw in the towel? Make this your new mantra. Succeeding through great adversity is a huge confidence booster.
- **Be prepared:** Learn everything there is to know about your field, job, presentation--whatever is next on your "to conquer" list. If you are prepared, and have the knowledge to back it up, your self-confidence will soar.
- **For tough times, when all else fails: Create a great list :** Life is full of challenges and there are times when it's difficult to keep our self-confidence up. If you feel your self-confidence dwindling, take a look at those lists and let yourself *feel* and be inspired all over again by *you*.

## VIII. CONCLUSION

If students are to be successful in their life and carers, they need have proper self confidence. For this, positive behavioural and personality traits are to be strengthened and promoted. It is clear from this study that self confidence is the core of one's development. Thinking positive, acting positively and feeling positive will heighten self confidence. One may be very rich and lack required self confidence in one self what is the use of money. Likewise students are qualified without self confidence. They fail to build their careers and life. They can flourish even with meagre sources. Focus on task; passion to achieve and proper mental attitude are the essence of fruitful life. After the administration of questionnaire, the students requiring counselling were provided and appreciation of qualities and overcoming weakness were pointed out. This is goal of any good education.

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