

EFFECT OF SELF CONFIDENCE ON WELLBEING OF STUDENTS.

Dr. Nagorao Palwade

Head & Assistant Professor,
Department of Psychology
B. Raghunath College, Parbhani

Abstract: -

The aim behind this investigation is to find out whether the Wellbeing of students are affected by Self Confidence. Initially sample of 200 subjects was taken from the population in which 100 students having higher level of Self Confidence another 100 students having lower level of Self Confidence. Self Confidence of the students was determined with the help of score obtained by the Self Confidence Inventory (SCI-GR) constructed by Rekha Gupta. (Agnihotri). To measure the level of psychological well-being of the subjects, RYYF Scale of Psychological Well-Being was used, mean, S.D. and 't' test was applied to find out the difference between groups. The result obtained through the study showed Students having higher level of Self Confidence will be exhibit higher Wellbeing than Students having lower level of Self Confidence

Keywords: Self Confidence, Wellbeing of Students.

Introduction: -

Self-confidence is a mentality about your abilities and capacities. It implies you acknowledge and trust yourself and have a feeling of control in your life. You know your assets and shortcoming great, and have a positive perspective on yourself. You put forth practical assumptions and objectives, impart decisively, and can deal with analysis. Then again, low self-confidence could encourage you of self-question, be latent or agreeable, or experience issues confiding in others. You might feel substandard, disliked, or be touchy to analysis. Feeling positive about yourself could rely upon the circumstance. For example, you can feel extremely positive about certain areas, like scholastics, yet need confidence in others, similar to connections.

Having high or low self-confidence is seldom connected with your real capacities, and for the most part founded on your insights. Discernments are simply the manner in which individuals think and these considerations can be defective.

Low self-confidence could come from various encounters, like experiencing childhood in an unsupportive and basic climate, being isolated from your companions or family interestingly, making a decision about individuals self too brutally, or fearing disappointment. Individuals with low self-confidence often have blunders in their reasoning.

Prosperity is a positive result that is significant for individuals and for some areas of society, since it lets us know that individuals see that their lives are working out in a good way. Great everyday environments (e.g., lodging, business) are basic to prosperity. Following these circumstances is significant for public arrangement. Notwithstanding, numerous pointers that action day to day environments neglect to gauge what individuals think and feel about their lives, like the nature of their connections, their good feelings and versatility, the acknowledgment of their true capacity, or their general fulfillment with life-i.e., their "prosperity" (Diener E, Seligman ME 2004, Diener E. 2009) Well-being by and large incorporates worldwide decisions of life fulfillment and sentiments going from gloom to euphoria (Diener E, Scollon CN, Lucas RE 2009, Frey BS, Stutzer A 2002).

To survey the self-saw mental effect of dental feel among female college students and its relationship to different sociodemographic factors. A cross-sectional review was led on an example of 2400 female students from different divisions of chosen private and state funded colleges in Riyadh City. Members finished an Arabic deciphered form of the Psychosocial Impact of Dental Esthetic Questionnaire (PIDAQ) and a short segment sheet. Expressive measurements was utilized to depict the example's sociodemographic attributes as well as the mean PIDAQ scores. Bivariate examination (ANOVA) and direct relapse were utilized to research the effect of the sociodemographic factors on the mean PIDAQ scores. Dental style was found to influence the mental prosperity of the subjects. College connection, workforce association, school endlessly level of pay were all factors that fundamentally impacted self-saw feel and psychosocial prosperity.

Malkoç, A., and Kesen Mutlu, A. (2019) inspected the job of self-confidence and mental adaptability in mental prosperity. The review investigated whether mental adaptability intervenes the connection between self-confidence and mental prosperity. The review included the cooperation of 284 college students (192 female and 92 male) signed up for the Faculty of Education at a private college in Istanbul, Turkey.

Information was gathered through the Self-Confidence Scale, Flourishing Scale and Cognitive Flexibility Scale. The aftereffects of our various relapse examination uncovered that self-confidence and mental adaptability genuinely anticipate mental prosperity. Self-confidence and mental adaptability were found to make sense of 38% of the difference in mental prosperity. Besides, mental adaptability filled in as a middle person in the connection between self-confidence and mental prosperity.

Kukulu, K. A. M. I. L. E., Korukcu, O., Ozdemir, Y., Bezci, A., and Calik, C. (2013) was to decide the self-confidence levels of nursing students and the elements connected with such self-confidence. Information were gotten through a poll for socio-segment attributes and a 'Self-Confidence Scale' ready by the specialists. High self-confidence levels were noted in 78.6% of female students and 92.3% of male students. While 84.5% of second-year students had high self-confidence levels, this rate was 76% in fourth-year students. Female nursing students were essentially less self-certain than male students. Self-confidence ought to be sustained in a mindful nursing educational plan; notwithstanding, there is an absence of lucidity concerning what confidence implies, how it is seen by students and how instructors might ingrain self-confidence in nursing students.

Shrauger, J. S., and Schohn, M. (1995) investigated that the self-confidence was conceptualized and a multi-faceted measure, the Personal Evaluation Inventory, was created which surveys undergrads' confidence in six regions generally essential to them. The action's psychometric properties and associations with other character ascribes were portrayed. Three examinations investigating social connects of confidence exhibited coming up next: People's communicated self-confidence is predictable with others' evaluations of their confidence; when given a decision between two exercises, individuals pick the one on which their confidence is higher; and less sure individuals see their fates, albeit not those of others, less well than exceptionally certain individuals. The significance of recognizing and evaluating both space explicit and general confidence is examined.

Statement of the Problem: -

“To study the effect of the Psycho-Physiological State on Wellbeing.”

Objectives: -

1. To find out whether the Wellbeing of students are affected by Self Confidence.
2. To investigate whether Wellbeing of students affected by Self Confidence.

Hypotheses: -

Students having higher level of Self Confidence will be exhibit higher Wellbeing than Students having lower level of Self Confidence.

Methodology: -

Participants and sample –

The population of the study was undergraduate sports students from Parbhani, Maharashtra. Purposive randomized sampling technique was employed to select the participants. Initially sample of 200 subjects was taken from the population in which 100 students having higher level of Self Confidence another 100 students having lower level of Self Confidence. The efforts were made to have the sample as representative as possible in terms of area of living, education. All the subjects were from similar kind of socio-economic status,

Sample Distribution

Variables	Students
Students having Higher level of Self Confidence	100
Students having lower level of Self Confidence	100
Total	N = 200

Variables: -

- 1) Self Confidence is independent variable in this study.
- 2) Wellbeing of students is dependent variables in this study.

Research Design: - Design: -

The present study was not possible experimentally because of the nature of the investigation. To attain objectives of the present study, single factorial design was employed to find out the significance differences between Wellbeing of students and Students level of Self Confidence.

Measurement Tools: -

- 1. Self Confidence Inventory:** - Self Confidence of the students was determined with the help of score obtained by the Self Confidence Inventory (SCI-GR) constructed by Rekha Gupta. (Agnihotri). It contains 56 items and has been designed to assess the level of self confidence among adolescents and adults.
- 2. Wellbeing:** - To measure the level of psychological well-being of the subjects, RYFF Scale of Psychological Well-Being was used. This Scale is developed by, Dr. Carol Ryff & Keyes, C University of Wisconsin. This scale consists of total 54 questions (medium form). Ryff scale of psychological well-being consolidated previous conceptualizations of eudemonic well-being into a more parsimonious summary.

Procedure: -

Initially researcher was categorized the students having higher and lower level of Self Confidence and record the score of Wellbeing for 200 subjects on with the help of individual interview technique.

Purposed Statistical Procedure: -

The sample was available for statistical analysis consisted of 200 subjects after data collection. For each subject, initially data of each group were separately scrutinized by employing descriptive statistics i.e., mean and S.D. The statistical analysis was mainly consisted of inferential statistics i.e., 't' test with the help of SPSS.

Result Analysis: -

On the basis of close scrutiny brief summary of the results relevant to the hypotheses are presented below.

Research Hypothesis: Students having higher level of Self Confidence will be exhibit higher Wellbeing than Students having lower level of Self Confidence

Table showing Mean & S.D. Value for Self Confidence on Wellbeing of Students

Variables	N	Mean	S.D.	't'	Significance
Students having Higher level of Self Confidence	100	25.4143	5.60720	29.20	0.01
Students having lower level of Self Confidence	100	9.7357	7.01929		

Results depicts that the mean score of the students having Higher level of Self Confidence is (25.41) comparatively larger than mean score of the students having lower level of Self Confidence (9.74) on Wellbeing. Further inferential comparison i.e., 't' test ('t' = 29.20 P < 0.01, df=198) indicate that there is significant difference found between students having Higher level of Self Confidence and students having lower level of Self Confidence on Wellbeing. On the basis of the results, it can be concluded that Students having higher level of Self Confidence exhibit higher Wellbeing than Students having lower level of Self Confidence

These results are in line with study conducted by Hurd, N. M., Albright, J., Wittrup, A., Negrete, A., and Billingsley, J. (2018) investigated whether combined examination support from upwards of five regular tutors (i.e., nonparental grown-ups from youth's previous informal communities who serve a coaching job in youth's lives) prompted diminished side effects of misery and nervousness through better worldwide self-worth among underrepresented undergrads. Members in the current review included 340 understudies (69% female) going to a 4-year, overwhelmingly White establishment of advanced education. Members were original understudies, students from financially distraught foundations, as well as students from underrepresented racial/ethnic minority gatherings. Members finished overviews throughout the Fall and Spring of their first year of school and in the Spring of their second and third long stretches of school.

Consequences of the underlying condition model (counting orientation, race/nationality, and extraversion as covariates) showed that more noteworthy all out evaluation support from regular tutoring connections anticipated diminishes in students' mental trouble through expansions in self-worth (roundabout impacts surveyed by means of boot-tied confidence stretches; 95% CI). The strength of relationship between evaluation backing and self-worth was not directed by the extent of scholarly normal guides. Discoveries from the ebb and flow study expand past exploration by estimating numerous regular tutoring connections and pinpointing steady trades that might be of specific ramification for the advancement of sound youth improvement. Institutional endeavors to support prior regular coaching connections and empower the beginning of new normal tutoring connections might effectively reinforce the prosperity and outcome of underrepresented students going to transcendentally White colleges.

Conclusion: -

Students having higher level of Self Confidence will be exhibit higher Wellbeing than Students having lower level of Self Confidence

References: -

- AlSagob, E. I., Alkeait, F., Alhaimy, L., Alqahtani, M., Hebbal, M., & Gassem, A. A. B. (2021). Impact of Self-Perceived Dental Esthetic on Psycho-Social Well-Being and Dental Self Confidence: A Cross-Sectional Study Among Female Students in Riyadh City. *Patient preference and adherence*, 15, 919.
- Diener E, Scollon CN, Lucas RE (2009). The evolving concept of subjective well-being: the multifaceted nature of happiness. In: E Diener (ed.) *Assessing well-being: the collected works of Ed Diener*. New York: Springer; 2009:67–100.
- Diener E, Seligman ME (2004). Beyond money. Toward an economy of well-being. *Psychological Science in the Public Interest* ;5(1):1–31.
- Diener E. (2009). *Assessing well-being: the collected works of Ed Diener*. New York: Springer,.
- Frey BS, Stutzer A (2002). *Happiness and economics*. Princeton, N.J.: Princeton University Press; 2002.
- Hurd, N. M., Albright, J., Wittrup, A., Negrete, A., & Billingsley, J. (2018). Appraisal support from natural mentors, self-worth, and psychological distress: Examining the experiences of underrepresented students transitioning through college. *Journal of Youth and Adolescence*, 47(5), 1100-1112.
- Kukulu, K. A. M. İ. L. E., Korukcu, O., Ozdemir, Y., Bezci, A., & Calik, C. (2013). Self-confidence, gender and academic achievement of undergraduate nursing students. *Journal of psychiatric and mental health nursing*, 20(4), 330-335.
- Malkoç, A., & Kesen Mutlu, A. (2019). Mediating the effect of cognitive flexibility in the relationship between psychological well-being and self-confidence: A study on Turkish university students.
- Shrauger, J. S., & Schohn, M. (1995). Self-confidence in college students: Conceptualization, measurement, and behavioral implications. *Assessment*, 2(3), 255-278.