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Golden Research Thoughts

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“SELF CONFIDENCE AND MENTAL HEALTH AMONG ADOLESCENT”



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ABSTRACT

The present study was conducted to find out the gender difference between self confidence and mental health of adolescents. The samples consisted of 60 adolescent among them 30 boys and 30 girls adolescent are selected in Aurangabad city. The age range of selected samples is 15 to 19. in this research self confidence measured by self confidence scale developed by Dr. Rashmi Jain and mental health measured by mental health battery developed by Dr. Arun Kumar Singh and Alpana Sen Gupta. The proposed statistical procedure is descriptive statistics i.e. Mean, Sd, and t-test is used. The results show that there is significant difference is found to boys and girls Adolescent on self confidence. Also the study is showing that there is a significant difference between boys and girls adolescent on Mental Health.

KEYWORDS :Self Confidence, Mental Health, Adolescent.

STATEMENT OF PROBLEM

A comparative study of self confidence and mental health among adolescent.

INTRODUCTION:

SELF CONFIDENCE:

Self confidence is essentially an



attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterized by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity. In the words of Basavanna (1975), “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.” Having self confidence does not mean that individuals will be able to do everything. Self confident people may have expectations that are not realistic. However, even when some of their expectations are not met, they continue to be positive and to accept themselves. People who are not self confident tend to depend excessively on the approval of

others in order to feel good about them. As a result, they tend to avoid taking risk because they fear failure. They generally do not expect to be successful. They often put themselves down and tend to discount or ignore complements paid to them. By contrast, Self Confident people are willing to risk the disapproval of others because they generally trust their own abilities. They tend to accept themselves; they don't feel they have to confirm in order to be accepted.

MENTAL HEALTH:

The expression Mental Health consists of two words: Mental and Health. The 'Mental' generally means some things more than purely cerebral functioning of a person. 'Health' generally means sound condition or wellbeing or freedom from disease. Mental Health is defined by Menninger (1945) Mental Health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behavior and a happy disposition. Bhatia (1982) considers mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life. Verma, Nehra and Puri (1998) proposed a dual theory of mental health. This theory regards mental health as an absence of mental illness and a presence of certain factors of positive mental health. The positive mental health factors include the following sense of well-being, satisfaction, hope, adjustment, ego-strength, super-ego, creativity, ability to enjoy, happiness, honour, quality of life, self-realization, social support, etc. Kaplan (1971) "Mental Health involves a continuous adaptation to changing circumstances, a dynamic process where a living, reaching being striving to achieve a balance between internal demands and the requirements of a changing environment"

Mental Health is a state, of mind characterized by emotional wellbeing relative freedom from anxiety, disabling symptom, capacity to establish constructive relations, cope with the ordinary demands and stresses of life.

NEED AND SIGNIFICANCE OF STUDY:

The present study was conducted to find out gender differences on self confidence and mental health among adolescent. It is important and needful to search the gender differences between self confidence and mental health because it's an observable think that who have high self confidence what type of mental health of this adolescent. In view of review of literature the current study sought to fill the gap discovered in literature because neither earlier nor recent studies used self confidence as a moderator like in the above case.

REVIEW OF LITERATURE:

One recent concern of those studying self-confidence has been the charge that females tend to demonstrate less confidence than males (Lirgg and Feltz, 1989; Stewart and Corbin, 1988). Maccoby and Jacklin (1974) asserted that females display less confidence than males in all achievement situations. Puri P. A. (2015) study shows that there is significant difference between men and woman in their mental health. Shaheena. P and Shafiq M (2014) result revealed a significant gender differences in mental. Male participants exhibiting a higher level of mental health than the female participants.

OBJECTIVES:-

- 1)To find out the difference between boys and girls adolescent on self confidence.
- 2)To find out the difference between boys and girls adolescent on mental health.

HYPOTHESES:-

- 1) There is significant difference between boys and girls adolescent on self confidence.
- 2) There is significant difference between boys and girls adolescent on mental health.

METHOD:-

PRETICEPENTS:-

In the present research 60 adolescent students were selected by random sampling method from various colleges in Aurangabad city the age range of sample was 15-19 years. The all participants' were equal on as SES, gender, and education.

VARIABLES:-

INDEPENDENT VARIABLE:

Gender:

- A) Boys.
- B) Girls.

DEPENDENT VARIABLE:

- A) Self confidence.
- B) Mental health.

MEASURES:-

A) SELF CONFIDENCE SCALE:

Present scale is developed by Dr. Rashmi Jain it consist 50 items. Each item has two alternative 'yes' and 'no' Reliability calculated by split half method found .78 & validity of present testis found 0.67.

B) MENTAL HEALTH BATTERY (MHB)

This scale is developed by Prof. Dr. Arun Kumar Singh and Dr. Alpanasen gupta It contains 130 items and six Factors of M.H.B. are included in this scale, the test is high reliable and veiled.

PROCEDURE:

The present study was conducted to find out the gender differences between self confidence and mental health of adolescent. For these purpose 60 adolescent was selected from various colleges in Aurangabad city. Among them 30 boys and 30 girls are selected randomly by using lottery techniques. The entire adolescent was instructed to fill the questionnaire self confidence scale and mental health battery. Data was collected and analyzed by appropriate statistical method.

STATISTICAL TRETMENT:

Mean, S.d and 't' test was used in this study for statistical analyses.

RESULTS & DISCUSSION:

Table No 1: shows the Mean, Sd and t-value of boys and girls adolescent on self confidence. Total (N=100).

| Gender | N | Mean | SD | DF | t-value | Level of sig |
|--------|----|-------|------|----|---------|--------------|
| Boys | 30 | 37.90 | 4.91 | 58 | 6.42 | 0.01 |
| Girls | 30 | 30.80 | 3.52 | | | |

Table No 1: shows the Mean, Sd and t-value of self confidence of boys and girls adolescent. The Mean score of boys is 37.90 and girl is 30.80 the mean score of boys adolescent is larger than mean score of girls adolescent. The t-value is 6.42 is significant at 0.01 level. This clearly shows that there is significant difference between boys and girls adolescent on self confidence. Hence H1 is accepted. Previous studies also supporting findings of present study. One recent concern of those studying self-confidence has been the charge that females tend to demonstrate less confidence than males (Lirgg and Feltz, 1989; Stewart and Corbin, 1988). Maccoby and Jacklin (1974) asserted that females display less confidence than males in all achievement situations.

Table No 2: shows the Mean, Sd and t-value of boys and girls adolescent on mental health. Total (N=100).

| Gender | N | Mean | SD | DF | t-value | Level of significance |
|--------|----|--------|------|----|---------|-----------------------|
| Boys | 30 | 106.33 | 5.87 | 58 | 2.08 | 0.05 |
| Girls | 30 | 102.50 | 8.17 | | | |

Table No 2: show that Mean, Sd and t- value of Mental Health of boys and girls adolescent. The mean score of boys is 106.33 is comparatively larger than the mean score of girls 102.50. The t- value of 2.08 is significant at 0.05 level. This clearly shows that there is significant difference between boys and girls adolescent on mental health. Hence H2 is accepted previous studies also supporting findings of present study. Puri P. A. (2015) study shows that there is significant difference between men and woman in their mental health. Shaheena. P and Shafiq M (2014) result revealed a significant gender differences in mental. Male participants exhibiting a higher level of mental health than the female participants.

CONCLUSION:

The hypothesis is proven that

- + Significant difference is found between boys and girls adolescent on self confidence.
- + Significant difference is found between boys and girls adolescent on mental health.

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