



## A STUDY ON SELF –CONFIDENCE AND ACADEMIC PERFORMANCE OF HIGHER SECONDARY SCHOOL STUDENTS OF KAMRUP DISTRICT, ASSAM, INDIA

**Barnali Rabha**

*Research Scholar, Department of Education, Gauhati University, Guwahati, Assam, India*

**Prof. Polee Saikia**

*Department of Education, Gauhati University, Guwahati, Assam, India*

### ABSTRACT

*The purpose of the present study was to investigate the relationship between self –confidence and academic performance of higher secondary school students. Descriptive survey method was used for the study .A sample of 400 students of higher secondary school was selected from kamrup District. The investigator used Self-Confidence inventory (2013) developed by Dr. R . Gupta . Findings of the study showed that there is a significant correlation between Self-Confidence and academic performance of the higher secondary school students.*

**KEYWORDS:** *Self-confidence, Academic Performance.*

### INTRODUCTION

Self-confidence is a positive attitude of oneself towards one's self concept. It is an attribute to perceive self. Self-confidence refers to a person's perceived ability to tackle situation successfully without learning on others and to have a positive self evaluation. Self-confidence is related with success. A confident attitude a belief and a faith in oneself and one's ideas are essential in getting ahead but it should also be remembered that self-confidence grows with success that means it is desirable to develop those qualities within oneself that makes for success. It is assumed that the student who believed himself to able, confident, adequate and have more energy, he can easily achieve academic success. The term Self-confidence is used to refer to individual's judgment about themselves.

Self-confident people trust their own abilities ,have a general sense of control in their lives and believe that ,within reason , they will be able to do everything .Having confidence does not mean that individuals will be able to do everything .Self confident people have expectations that are realistic .They tend to avoid taking risks because they fear failure .They generally do not expect to be successful.

The term Academic Performance refers to the degree or level of success attained in some specific task, specially, scholastic performance. Assessment of academic performance is largely confined to the evaluation in terms of information, knowledge and understanding. As the effectiveness of any educational system is measured to the extent the student's involve in the system achieved, so, in general performance refers to the scholastic or academic performance of the student at the end of an educational programme.

Self–confidence is one of the most important factor for progressing academic performance of the students. Success in any fields is laegely depending on the confident of a person . children with high self confidence can easily communicate with others, dared to express their opinion and not easily influenced by others .On the other hand children who do not have enough self- confidence remain in doubt , don't dare to give opinion are easily influenced by others and not even dare to try new things . Self–confidence is the first step to progress ,development , achievement and success.

### SIGNIFICANCE OF THE STUDY

Confidence is the growth hormone for an individuals personality development .Without confidence , a persons growth in his life ,personal professional and social remains stuned.Students who have poor self-confidence and academic achievement cannot fit in to normal situations. A self confident person perceives himself to be socially competent ,emotionally mature , be socially competent ,emotionally mature , intellectually adequate ,successful , satisfied ,dicisive ,optimistic ,independent ,self–reliant ,self–assured , forward moving, fairly assertive and having leadership qualities. Higher Secondary stage which is the stage of life reaches its highest peak. Academic performance during this period can be a stepping stone for the forthcoming year. Adolescents with high academic performance are considered to achieve their identity in the society ,get good career opportunities ,develop leadership qualities.

After review of related literature and researches done earlier related to this study , the investigator found that a very few studies have been conducted on the above mentioned

topic, specially in our state. Thus, it is a potential area of research in the field of self-confidence and academic performance of the higher secondary school students.

### STATEMENT OF THE PROBLEM

Considering the needs and significance of the study the investigator has stated the problem with the following title Self-confidence And Academic Performance of Higher Secondary School Students of Kamrup District

### OBJECTIVES OF THE STUDY

1. To find out whether students differ in self-confidence in relation to-
  - (a) Gender (Boys and Girls)
  - (b) Location (Rural and Metro)
2. To find out the relationship between self-confidence and academic performance of higher secondary school students.

### HYPOTHESES OF THE STUDY

On the basis of the above objectives following null hypotheses have been formulated-

$H_{0_1}$ : There exists no significant difference in self-confidence of higher secondary school students in relation to-

- (a) Gender (Boys and Girls)
- (b) Location (Rural and Metro)

$H_{0_2}$ : There exists no relationship between self-confidence and Academic Performance of the higher secondary school students.

### OPERATIONAL DEFINITIONS AND TERMS

**Self-Confidence:** Self-Confidence refers to a positive attitude of oneself towards one's self concept. It is a person's

perceived ability to tackle situation successfully without learning on others and to have a positive self evaluation.

**Academic Performance:** Academic Performance refers to the performance (Marks) of students in the HSLC examination conducted by SEBA.

**Higher Secondary School Students:** In the present study the students of higher secondary level of education studying in the Govt. Provincialised schools are meant as higher secondary school students.

### Delimitation of the Study:

The present has been delimited as follows—

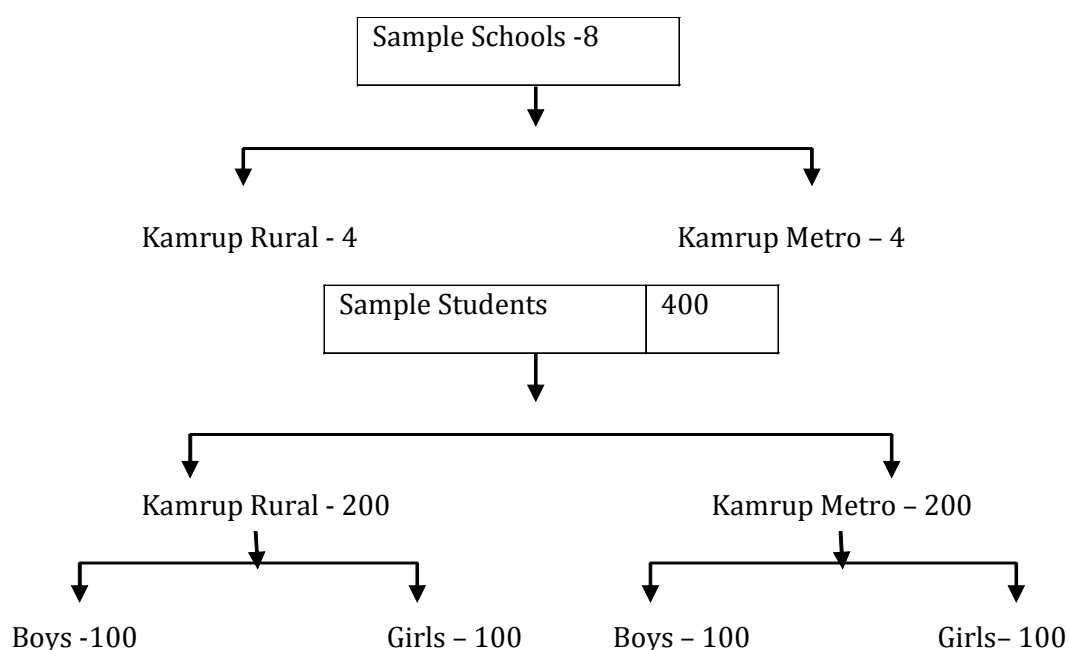
1. The study has been confined only to the Govt. Provincialised Assamese medium higher secondary schools of Kamrup District of Assam.
2. Only the higher secondary 1<sup>st</sup> year students have been considered as the sample for the present study.
3. Only the Arts stream students have been selected as the sample for the present study.

### METHODOLOGY OF THE STUDY

**Method of the study:** - Descriptive survey method has been adopted in order to carry out the present investigation.

**Population and sample:** Total no. of higher secondary schools is 81, out of which 54 in Kamrup Rural and 27 in Kamrup Metro. In the present study out of 81 higher secondary schools, 8 schools have been selected as sample. On the other hand, the total population of the study is 3797, out of which 2163 in Kamrup Rural District (Boys-1055 and Girls-1108). Again 1634 in Kamrup Metro District (Boys-847 and Girls-787). out of the 3797 students 400 students have been selected as the sample for the study.

### SAMPLE FOR THE STUDY



### Tools for Data Collection

To meet the objectives of the present study the following tools have been used by the investigation for data collection.

- Self confidence Inventory developed by Dr. R. Gupta. (year-2013)

- Academic performance, here taken as the percentage of marks obtained in H.S.L.C examination. (2017)

**ANALYSIS AND INTERPRETATION OF DATA**

- After collection of data for the study a systematic analysis and interpretation has been made as following

**Objective 1:** To find out whether students differ significantly in self-confidence in relation to —

- (a) Gender (Boys and Girls)
- (b) Location (Rural and Metro)

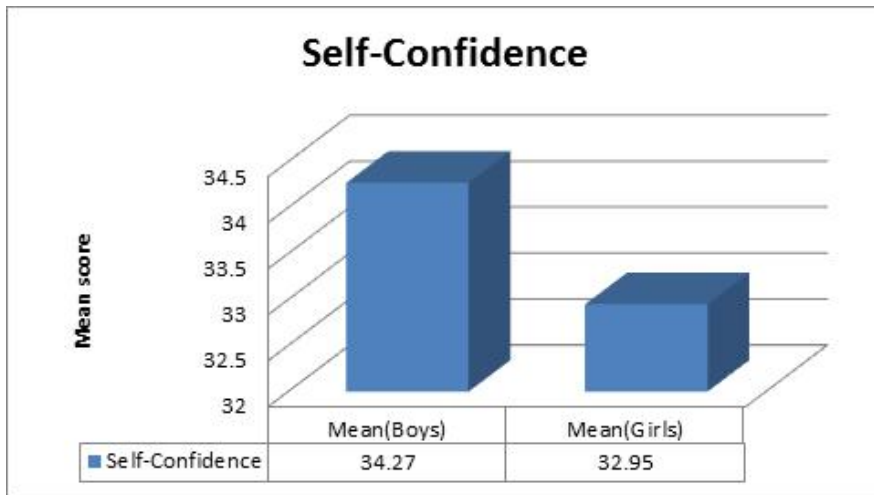
**Ho<sub>1</sub>:** There exists no significant difference in self-confidence of higher secondary school students in relation to-

- (a) Gender (Boys and Girls)
- (b) Location (Rural and Metro)

**Table 1(A): showing the Mean ,S.D, Std. Error , 't'- Value and level of significance of 200 boys and 200 girls higher secondary school students on self confidence**

Variable	Boys			Girls			df	t-value
	M	S.D	Std.Err mean	M	S.D	Std.Err mean		
Self confidence	34.27	7.289	.515	32.95	7.364	.521	398	1.802

Not significant



**Figure1: Graphical representation of Means of Boys and Girls students on self confidence.**

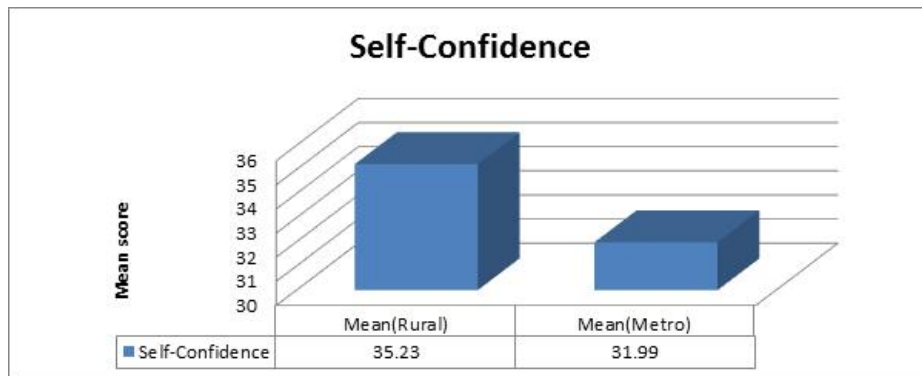
**Findings and Interpretation:** From the Table 4(A), it has been found that the mean SC score of Boys is 34.27 and that of Girls is 32.95 and the calculated t-value is 1.802, which not significant. Hence, the null hypothesis has been accepted.

From the observation it can be said that, there is no difference between Boys and Girls in Self-Confidence.

**Table 1(B): showing the Mean ,S.D, Std.Error , 't'- Value and level of significance of 200 Rural and 200 Metro higher secondary school students on self confidence**

Variable	Rural			Metro			df	t-value
	M	S.D	Std.Err mean	M	S.D	Std.Err mean		
Self confidence	31.99	7.089	.501	35.23	7.260	.513	398	4.516**

Significant at .01 level



**Figure 2: Graphical representation of Means of Metro and Rural students on self confidence**

**Findings and Interpretation:** From the Table 4(B), it has been found that the mean SC score of Rural is 31.99 and Metro is 35.23 and the calculate t-value is 4.516, which is significant at .01 level of confidence. Therefore, the null hypothesis has been rejected here. From the observation it can be said that, students of metro have more SC than students in rural.

**Table 2: showing correlation between Self-Confidence and Academic performance of higher secondary school students**

Variable	Correlation	Significant level
Self-Confidence	.842	.01
Academic Performance		

Significant at .01 level

**Findings and Interpretation:** From the above Table it has been seen that, the correlation value of Self-Confidence and Academic Performance of higher secondary school students is .842, which is significant at .01 level of confidence. Therefore, it has been observed that there is a correlation between Self-Confidence and Academic Performance of higher secondary school students. Hence, the null hypothesis has been rejected here.

### FINDINGS AND DISCUSSION

Major findings of the study has been discussed as follows-

- Findings from the objective 1 revealed that, there is no difference between boys and girls in self confidence .On the other hand it has been found from the present study that , students of metro have more self confidence than students in rural.

This findings is similar with the previous study done Sharma Dr.Meena (2015), found that no significant difference in self confidence of those male and female students who belong to high socio-economic status and who belong to low socio-economic status and also found that no significant difference in self–confidence of those male students who belong to high socio-economic status and low socio-economic status. Another findings was found that no significant difference in self confidence of those female students who belong to high socio-economic status.

- On the basis of objective 2 from the study,it has been found that there is a significant correlation between self-confidence and Academic performance of higher secondary school students.

This findings is also similar with the previous study of Fatma Faren (2015)found that a positive correlation between self confidence and academic achievement of adolescents. Positive correlation indicates that as self-confidence increases ,academic achievement of adolescents also increases. On the other hand Malik Dr. Umender (2014) found that self-confidence effects the academic achievement of girl students and there is no effects of self confidence on academic achievement of boy students.

**Objective 2:** To find out the relationship between Self-Confidence and academic performance of higher secondary school students.

**Ho<sub>2</sub>:** There exists no relationship between Self-Confidence and Academic Performance of the higher secondary school students.

### CONCLUSION

This study aimed to investigate the relationship between self-confidence and academic performance of higher secondary school students. On the basis of the objectives it was found that ,there is no difference between boys and girls in self – confidence . It was also found that,the students of metro have more self-confidence than the students in rural. The present study also found that there is a significant correlation between

### REFERENCES

- Al-Hebaish,Mohammed ,S.(2012).The correlation between general self-confidence and academic achievement in the oral presentation course *Theory and Practice in Language Studies*,2(1),60-65.
- Dhall S.Thukral P.(2013).Self-confidence and Academic Achievement as predictors of Intelligence ,*Indian Journal of Education & Information Management* 2(3):2277-5374.
- Guildford Jp(1954).*Fundamental of Statistics in psychology and Education* .New York:MC Graw Hill Book Company , Inc .
- KumarResearch Methodology(2005). *A Step by Step Guide beginners* ( published by Dorling Kindersley) pvt Ltd., Linces of Pearson Education in South
- Reddy MM(2014).A study of self confidence in relation to achievement motivation of D.ed students ,ISSN:2227-6160;3(8):2277-8160.
- Wankhade , N.A., Rokade , Meena ,K (2011) . A comperative study of self-confidence of rural and urban students studying in standard viii of various schools of Amravati District .*Journal of Education and Psychology* ,67(1),36-38.