

# A Study of Self Confidence and Social Maturity Among Adolescent Students

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**Abstract**—Adolescence is a critical developmental stage marked by significant physical, emotional, and social changes that profoundly influence an individual's self-perception and social functioning. This study aims to explore that a study of self-confidence and social maturity among adolescents, recognizing their pivotal roles in personal development and societal interaction. Self-confidence refers to an individual's belief in their abilities and competence, while social maturity denotes the ability to behave in a socially appropriate and responsible manner, including traits such as independence, cooperation, and emotional regulation. Standardized tools such as the Self-Confidence Inventory and the Social Maturity Scale were administered to assess the respective constructs. The present study investigated A Study of Self-confidence and Social Maturity among Adolescent students. The sample of the study comprised of 60 students in which 30 male and 30 female in Ichalkaranji city Maharashtra state in India. it was selected randomly from Ichalkaranji city. The variables of the study were measured by using Agnihotri's Self-confidence Inventory This test was developed by Dr..Rekha Gupta and Social Maturity Scale – This test was developed by Nalini Rao. The obtained data was analysed by using mean, SD, t test and correlation. Result shows that. There is no significant difference found between male and female on self – confidence similarly result shows that There is no significant difference found between male and female on social maturity.

**Index Terms**—Adolescents, peer influence, Self Confidence, Social maturity, gender,

A very rapid and important stage in the physical and mental development of teen-age life, the surrounding environment and person in the association also have an effect on the growth and development of this age. Adolescents is a period of acquiring the knowledge necessary to adopt a better life style, developing emotionally and learning to form better relationships with others. Children are the future of our nation; they

are resource of society which they can change happen something new for society. adolescent period of child life is a crucial stage, Children are not mature more than adult because they are on borderline of his age. children play an important role in his life. Which can positive and negative affect on society. Family, which plays an important role in the personality development of adolescents, is undergoing structural, emotional and interaction transformations.

Self-confidence is an essential factor for achievement. It acts as a foundation for the development of human beings. Success in any field largely depends on degree of self-confidence of a person. People having high self-confidence faces the difficulties firmly and perform their work in positive manner. Self-Confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self –evaluation. Self-Confidence is the conviction that one is generally capable of producing desired results. Increase in self-confidence helps to develop innate qualities of self-worthy and competency by the reinforcement. Self-confidence is related with success. It has been found that the child who perceives himself to be able, confident, adequate and a person of worth has more energy to spend on academic achievement and will use his intelligence confident may not come up to the optimum level of attainment.

A person is said to be socially mature if he is skilled, self-directed and can take stress communicate, cooperates, tolerates and openness to change. Social maturity is very essential for proper adjustment in society and is a very important aspect on which the future of the child depends.

social maturity is a unit of key to handle social relationship.

Arya A (1984) conducted a study on emotional maturity and value of superior children in family. The objectives of the study were to found relationship between intelligence and emotional maturity of boys and girls separately. Second objective was to find out relationship between intelligence and values of boys and girls. The study found that superior boys and girls did well on the emotional maturity tests, superior intelligence showed high relationship with emotional maturity.

Stolz (1999) studied the importance of self confidence in performance among students. The results showed that the students who received the negative encouragement and the poor grade Emotional Maturity and Self Confidence among Adolescent Students © The International Journal of Indian Psychology, ISSN 2348-5396 (e)| ISSN: 2349-3429 (p) | 79 on the questionnaire did more poorly than the students that received positive encouragement and good grades on the questionnaire. The results showed that there was a significant effect of self-confidence and self-efficacy in performance.

Kaur, S. (2000) found significant relationship between emotional maturity, school, home and psychological environment. Girls were found to be more emotionally mature than boys. Rural students were found to be more emotionally mature than urban students. Anju (2000) found that there existed a positive and significant relationship between emotional maturity and intelligence of student which implied that more intelligent the person was, more emotionally mature he was. The relationship between emotional maturity and intelligence of girls came out to be significant.

Gakhar S. C. (2003) conducted a study on "Emotional maturity of students at secondary stage: self-concept and academic achievement". The study used a sample of 200 Darwin Nelson (2005) in his research related to "Emotional Intelligence and Emotional Maturity" says that if we want our children to be emotionally mature, we must focus on their early childhood education, which affects certain level of social and emotional maturity.

Geeta S., Vijay Laxmi A. (2006) conducted a study on impact of emotional maturity on stress and self-confidence of adolescents and found that adolescents with high emotional maturity had significantly higher stress and self-confidence.

Vyas T. and Gunthey R (2017) conducted a study on emotional maturity and self confidence among adolescent found that there is a significant difference between male and female adolescent on level of emotional maturity; and there is no significant difference between male and female adolescent on self-confidence but there is significant difference between urban and rural adolescent on level of self-confidence.

## I. IMPORTANT OF THE STUDY

Adolescent stage is the important stage in the human life. Many psychologists says that adolescent stage is the base of the human development.in this stage children are very sensitive. There are many mental developments such as emotional, behavioural, cognitive etc. therefore this type of change has necessary for human development.in 21<sup>st</sup> century this type of development is very essential because children's have not something as like self-control, patience etc. similarly self-confidence and social maturity is one of the keys of human development. It is always crucial role play in social development. if there is good confidence and social maturity then in every tuff situation human can facing the problems and achieve his goal. "If there is will there is way" it means that a strong desire or determination to achieve something will lead to discoveries a solution, regardless of problems.as like good confidence built your mental strength and convert in to negative to positive mindset. So that present study is regarding to gender and search the difference between male and female.

## OBJECTIVE

1. To find out the difference between male and female on self-confidence.
2. To find out the difference between male and female on social maturity.

## HYPOTHESES

1. There will be significant difference between male and female on self-confidence.
2. There will be significant difference between male and female on self-confidence.

## METHOD

A) Sample-

The sample of the study comprised of 60 adolescents in which 30 male and 30 female.

#### B) Tools

The Following standardized psychological tests used to collect the data.

1. Agnihotri's Self-confidence Inventory – This test was developed by Dr. Rekha Gupta. In this inventory total 56 questions are there to assess the level of self confidence among adolescents and adult. There is simple response “Agree” or “Disagree”. The reliability of the score was found by test - retest method and it was found to be 0.78 and validity was found .82.

2. Rao's Social Maturity Scale – This test was developed by Nalini Rao. In this Scale total 90 questions with four alternative responses Strongly Agree, Agree, Undecided, Disagree, Strongly Disagree. The reliability of the score was found by correlation co-efficient method and it was found to be 0.98 and validity

### II. STATISTICAL ANALYSIS

The data was statistically analysed by using Mean, sd, and t test.

TABLE NO – 1 SIGNIFICANCE OF MEAN DIFFERENCE AMONG SELF CONFIDENCE

| Factor | N  | Mean  | Sd   | df | t value |
|--------|----|-------|------|----|---------|
| Male   | 30 | 25.16 | 6.62 | 58 | 0.39NS  |
| Female | 30 | 25.66 | 7.08 |    |         |
| Total  | 60 |       |      |    |         |

TABLE NO – 2 SIGNIFICANCES OF MEAN DIFFERENCE AMONG SOCIAL MATURITY

| Factor | N  | Mean   | Sd    | df | t value    |
|--------|----|--------|-------|----|------------|
| Male   | 30 | 243.09 | 20.80 | 58 | 0.14N<br>S |
| Female | 30 | 248.63 | 16.34 |    |            |
| Total  | 60 |        |       |    |            |

Significant at 0.01 level, \* Significant at 0.05 level, NS Not significant

### III. DISCUSSION AND INTERPRETATION

The perusal of table -1 makes it clear that the mean score of self-confidence male 25.16 (SD = 6.62) is less than mean score of females 25.66 (SD= 7.08). The obtained' value is (0.39) which is not statistically not

significant at 0.05 level. The results make it clear that male and female are not differing significantly on their self-confidence.

The perusal of table -2 makes it clear that the mean score of social maturity male 243.09 (SD = 20.80) is less than mean score of females 248.63 (SD= 16.34). The obtained' value is (0.14) which is not statistically at 0.05 level. The results make it clear that male and female are not differing significantly on their social maturity

### IV. CONCLUSIONS

1. There is no significant difference found between male and female on self - confidence.
2. There is no significant difference found between male and female on social maturity.

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