

# INFLUENCE OF SELF CONFIDENCE ON ACADEMIC ANXIETY OF ADOLESCENT STUDENTS

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**Abstract:** Self-confidence is extremely important in almost every aspect of lives, yet so many people struggle to find it. People who lack self-confidence can find it difficult to become successful. On the other hand Academic anxiety is a kind of anxiety related to the environment of the educational institutions, teacher, May be some subjects, co-curricular activities etc. The main objective of this study is to examine the Influence of self-confidence on academic anxiety of adolescent's students. In this study 1000 High school students from Jabalpur District of Chhattisgarh are selected for the study. The main findings of the study shows that there is highly negative co-relation between self-confidence and academic anxiety of the students.

**Index Terms - Self-confidence, Academic Anxiety, Adolescents, Behaviour.**

## I. INTRODUCTION

Academic anxiety has become one of the most challenging issues for the education system. Academic anxiety refers to the feeling that students experience when they face specific academic demands. It is an internal state when a child evaluates himself in the context of examination facing competition, teacher's behaviour, classroom bullying, participating in co-curricular activities etc. Having self-confidence will give one not only success to endeavour but also respect from peers, counter parts, subordinates and superiors. When one has a lot of self-belief they will enjoy lots of success in their personal and professional lives. When one fails in the target set for them, it impacts the confidence to a great extent. It does take a lot of time to start getting a person in believing himself after he or she had a bad experience. There are many factors that affect academic anxiety that are- Intelligence, Academic achievement, family status and their interrelationship, self-confidence, self-efficacy. Having self-confidence will give one not only success to endeavour but also respect from peers, counter parts, subordinates and superiors. When one has a lot of self-belief they will enjoy lots of success in their personal and professional lives. It also affects the student's academic anxiety.

## II. SIGNIFICANCE OF THE STUDY

Indian is considered to be one of the youngest countries in the world due to the highest population of Adolescence. The success of the country depends upon the utilization of precious resources, the youth. We cannot yield to desolate their abilities and potentials by just being in a dilemma of anxiety. So something has to be done for the betterment of the student because it creates imbalance and negative feeling and also affects the mental health of the students. Academic anxiety hazards the academic performance of a child. Excellence in academics has a significant importance in the present day scenario. It is being considered as an indicator and fortune of a child's successful life. It is important to know the various factor which influence the academic growth of the child self-confidence is the relevant factor that play a major role in shaping of their achievement and motivation as well. Self-confident students quickly resolve their problems and obstacles and are likely to achieve their personal goals. Low self-confident believe that they cannot achieve their goal and also not able to cope well with stress as compared to self-confident people. Hence keeping the effect of present scenarios in mind the researcher felt the need to conduct the study 'the influence of self-confidence on academic anxiety of the adolescent.

## III. OPERATIONAL DEFINITION OF THE TERM USED

**Self Confidence:** Self-confidence refers to an individual's perceived ability to act affectivity in a situation to overcome obstacles and to get things go all right.

**Academic Anxiety:** Academic anxiety refers to the feeling that students experience when they face specific academic demands. It is an internal state when a child evaluates himself in the context of examination facing competition, teacher's behaviour, classroom bullying, participating in co-curricular activities etc.

**Adolescence:** Adolescence is a transitional phase of growth and development between childhood and adulthood. The world health organization (W.H.O.) defines an adolescent as any person between ages 10 and 19.

## IV. OBJECTIVES OF THE STUDY

- To study the mean differences of academic anxiety of the students belongs to Good and average self-confidence.
- To study the mean differences of academic anxiety of the students belongs to Good and Poor self-confidence.
- To study the mean differences of academic anxiety of the students belongs to average and poor self-confidence.

## V. HYPOTHESIS OF THE STUDY

**H01.**There will be no significant mean differences of academic anxiety of the students belongs to Good and average self-confidence.

**H02.**There will be no significant mean differences of academic anxiety of the students belongs to Good and Poor self-confidence.

**H03.** There will be no significant mean differences of academic anxiety of the students belongs to average and Poor self-confidence.

## VI. POPULATION AND SAMPLE OF THE STUDY

A sample of 1000 high school students of urban and rural area of Jabalpur were selected through purposive sampling techniques. Out of these 1000 students, 500 students were male and 500 students were female.

## VII. POPULATION AND SAMPLE OF THE STUDY

The researcher has used the following tools for the present study:

- Self-confidence inventory developed by Dr. A.Pandey.
- Academic anxiety scale for children developed by Dr. A. K. Singh and Dr. A. Sen Gupta

## VIII. STATISTICAL TECHNIQUES USED

In order to analyse the data in the present study and to test the hypothesis, the researcher used following statistical techniques:

1. Mean
2. Standard Deviation
3. Standard Error Deviation
4. t-Test

## IX. DATA ANALYSIS

**H01 - There will be no significant mean differences of academic anxiety of the students belongs to Good and average self-confidence.**

**Table - 1: Academic Anxiety of the Students Belongs to Good and Average Self-Confidence.**

Self confidence	N	Mean	SD	SED	t	df	Significance level	Interpretation
Good	222	37.27	5.52	0.41	10.46	761	0.05 = 1.96	Rejected
Average	541	32.98	4.72				0.01 = 2.58	

The above table shows that, the obtained 't' value 10.46 is more than the table value with df - 761 at 0.05 level i.e.1.96 and 0.01 level i.e. 2.58. It means the students belong to Good and average self-confidence differs significantly in their Academic anxiety. Hence the Hypotheses No-9 -There will be no significant mean differences of academic anxiety of the students belong to Good and average self-confidence is rejected. It has been found that, There is significant mean differences of academic anxiety of the students belongs to Good and average self-confidence.

**H02 - There will be no significant mean differences of academic anxiety of the students belongs to Good and Poor self-confidence**

**Table – 2: Academic Anxiety of the Students belongs to Good and Poor Self-Confidence**

Self confidence	N	Mean	SD	SED	t	df	Significance level	Interpretation
Good	222	37.27	5.52	0.58	16	457	0.05 = 1.96	Rejected
Poor	237	27.91	7.14				0.01 = 2.59	

The above table shows that, the obtained 't' value 16 is more than the table value with df – 457 at .05 level i.e.1.96 and .01 level i.e. 2.59. It means the students belong to Good and Poor self-confidence differs significantly in their Academic anxiety. Hence the Hypotheses No-10 There will be no significant mean differences of academic anxiety of the students belongs to Good and Poor self-confidence is rejected. It has been found that, There is significant mean differences of academic anxiety of the students belongs to Good and Poor self-confidence.

**H03 - There will be no significant mean differences of academic anxiety of the students belongs to average and poor self-confidence.**

**Table – 3: Academic Anxiety of the Students Belongs to Average and Poor Self -Confidence**

Self confidence	N	Mean	SD	SED	t	df	Significance level	Interpretation
Average	541	32.98	4.72	0.5	10.14	776	0.05 = 1.96	Rejected
Poor	237	27.91	7.14				0.01 = 2.58	

The above table shows that, the obtained 't' value 10.14 is more than the table value with df – 776 at .05 level i.e.1.96 and .01 level i.e. 2.58. It means the students belong to Average and Poor self-confidence differs significantly in their Academic anxiety.

Hence the Hypotheses No-10 There will be no significant mean differences of academic anxiety of the students belongs to Average and Poor self-confidence is rejected. It has been found that, there is significant mean differences of academic anxiety of the students belongs to Average and Poor self-confidence.

## X. CONCLUSION

Academic anxiety plays an important role in the life of the students because academic anxiety affects achievement and progress. A research by Charles D. Spile shows that children with high anxiety the frequency of failure is more. The findings of this study shows that there is significance mean difference of academic anxiety of the students belongs to high, average and poor self-confidence. The findings of this study is useful for the teachers, parents and school management to understand the importance of self-confidence for students. It is provide a base for improving the achievement of adolescents. The findings are also impart a significant role to enhance self-confidence and reduce academic anxiety of the students.

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