



To Study the Impact of Self-Confidence and Well-Being among Middle Adults

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Abstract:

This study investigates the impact of self-confidence and well-being among middle-aged adults. In addition, the study seeks to identify gender differences in the variables mentioned above. This study utilized Dr. Rekha Agnihotri's Self-Confidence Inventory (ASCI) and V. L. Chauhan and Varsha Sharma's Well-Being Index (WBI-CVSV). A total of 120 subjects (60 male and 60 female) between the ages of 40 and 60 were recruited for this study. A t-test and correlation were used to determine the subjects' differences, and the mean scores were calculated. The results indicate no statistically significant difference in self-confidence scores between male and female adults. In addition, male and female adults' well-being differs significantly and is extremely statistically significant. The correlation between self-confidence and well-being was negative (-0.6464).

Keywords: *Self confidence, Wellbeing, Middle adulthood*

Introduction:

Self-confidence: The attitude of having faith in one's abilities, judgment, and capabilities is self-confidence. Self-confidence is having genuine positive feelings about oneself while acknowledging one's flaws. It's an ability that can be learned and developed through practice. Acting firmly because you're sure about your inherent worth is a sign of self-confidence. It increases confidence in one's abilities, judgments, and decision-making. "Self-confidence is a trust in one's abilities, capacities, and judgment because it is usually viewed as a positive attitude" (APA Dictionary of Psychology).

According to the World Health Organization (WHO), self-confidence is a feeling that enables people to have optimistic yet realistic perspectives of themselves and their circumstances. Self-confident people have control over their lives, trust in their talents, and think they can accomplish their goals. It means confidence that one can complete a task's criteria satisfactorily.

At work, at home, and in your relationships, there are many additional benefits to be had. It depends on many factors, such as a person's temperament, society and culture, educational attainment, financial status, patterns of

successes and failures, etc. It nurtures self-reliance, enthusiasm, optimism, love, and positivity in a person. Your limitless potential can be unlocked with it. According to a study (by Kling et al., 1999), men do better than women on standard tests of overall self-esteem. Another finding revealed significant gender differences and age-related increases in self-esteem between late adolescence and middle adulthood, with men consistently indicating higher self-esteem than women (Bleidorn et al., 2016).

Well-being: Health, happiness, and prosperity are the experiences that makeup well-being. It involves having a positive attitude toward life, feeling satisfied with it, finding meaning or purpose, and handling stress. According to Merriam-Webster, "well-being" is being cheerful, healthy, and prosperous. "It is a sense of contentment and enjoyment, with low levels of distress, good bodily and mental health, and good life quality" (APA Dictionary of Psychology). Being healthy or disease-free is only one aspect of well-being. It involves many aspects of a person's physical, mental, emotional, and social well-being. People and societies' ability to contribute to the world with a sense of meaning and purpose is a component of well-being (World Health Organization).

There are five significant types of well-being: emotional, physical, social, workplace, and societal. A study (by Keyes, C. L. M., & Waterman, M. B.; 2003) concluded that adult well-being is best viewed as a means to a goal since it fosters productivity, life pleasure, socially acceptable behaviors, and good physical and mental health. A study uses the theoretical strength and vulnerability integration model to explain the factors that impact adults' ability to control their emotions and maintain their emotional well-being. It proposes a testable model for analyzing the research literature on emotion and aging and forecasting the evolution of emotional experience throughout adult life (Charles & Turk, 2010).

Various socioeconomic factors, such as income, physical and mental health, education, social relationships, employment, discrimination, governmental regulations, and neighborhood conditions, impact an individual's well-being (Livingston et al., 2022). According to a study, physical activity, exercise, and physical activity interventions positively affect various physical and mental health outcomes. Participants who regularly engage in physical activity typically exhibit better health outcomes for various bodily ailments. Participants in randomized clinical trials of physical activity therapies have similar health outcomes, such as improved functional capacity, mood states, and significantly enhanced health-related life quality (Penedo, Frank Ja; Dahn, Jason Ra,b).

Middle adulthood (also known as midlife) is the stage of life between early adulthood and old age, lasting from 40 to 60. "Middle age" is the developmental period when you are neither young nor old; it typically lasts from 40 to 60 (Collins dictionary). Mid-life adults go through various changes related to their physical, intellectual, personality, and social development.

Methods:

▪ Objectives

- (1) To study the level of self-confidence between male and female middle-aged adults.

(2) To study the level of well-being between male and female middle-aged adults.

(3) To check the correlation between self-confidence and well-being among middle-aged adults.

▪ Hypothesis

(1) There will be no significant level of self-confidence between male and female middle adults.

(2) There will be no significant level of well-being between male and female middle adults.

(3) There will be no correlation between self-confidence and well-being among middle adults.

▪ Sample

The random sampling method was used in this study. The sample would include 60 male and 60 female subjects, ranging in age from 40 to 60 years. All of the subjects are from middle-class families. A statistical analysis will be computed on the collected data, and the results will be tabulated.

▪ Inclusion Criteria

1. Subject who is between the ages of 40 and 60.
2. Subject who understands the English or Hindi language.
3. All of the subjects are from middle-class families.

▪ Exclusion Criteria

1. No subject has been taken whose age does not match the set age criteria.

▪ Tool

Agnihotri's Self-Confidence Inventory (ASCI): The scale was developed by Dr. Rekha Agnihotri in 1987. Agnihotri's Self-Confidence Inventory (ASCI) has been designed to assess self-confidence among adolescents and adults. It consists of 56 items. There are two response categories, i.e., "right" and "wrong." A one is given for a "wrong" response to item numbers 2, 7, 23, 31, 40, 41, 43, 44, 45, 53, 54, and 55 making a cross to a "right" response for the rest of the items to be awarded a score of one. Hence, lower the score, higher the level of self-confidence, and vice versa. The test-retest reliability of ASCI was found to be 0.78, and the split-half reliability was 0.91. The validity of the inventory obtained with Basavanna's self-confidence inventory was 0.82.

Well-Being Index (WBI-CVSV) was developed by V. L. Chauhan and Varsha Sharma. This index scale consists of 50 items divided into six dimensions: 1. Emotional, 2. Psychological, 3. Social, 4. Spiritual, and 5. Self-awareness, and 6. Physical. This is offered in both Hindi and English. It was administered between the ages of 40 and 60. There are 32 positive statements and 18 negative statements. Each item has five responses: always, often, sometimes, rarely, and never. For positive items, scoring is reversed: always = 5, often = 4, sometimes = 3, rarely = 4, and never = 1. The scale's reliability was found using the test-retest method, which was found to be 0.71. The validity of the scale was found to be 0.85. The dimensions are denoted as D1, D2, D3, D4, D5, and D6. O A represents the overall score.

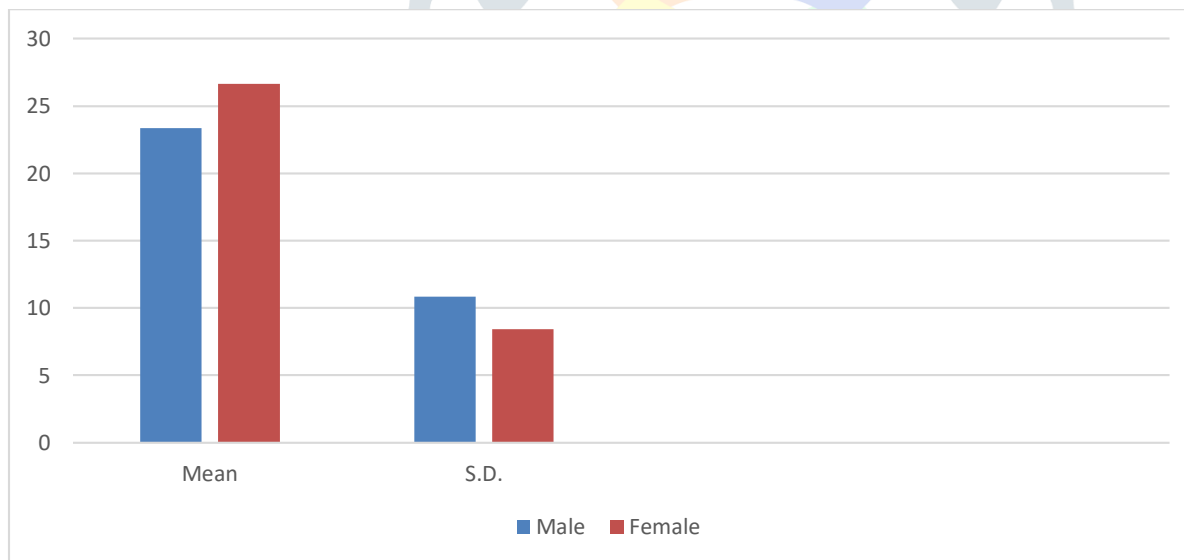
Procedure

For the present study, 60 male and 60 female subjects were selected to study the well-being and self-confidence of middle-aged adults aged between 40 and 60. The Well-Being Index (WBI–CVSV) and Agnihotri's Self-Confidence Inventory (ASCI) were used on the subjects. Due to the pandemic, situational data was collected online with the help of Google Forms. Along with the tools, socio-demographic data were collected using standardized questionnaires. Responses were collected, and scoring was done according to the scoring pattern and tables given in the manual. The statistical techniques applied were "mean," "standard deviation," "t-test," and "r" to investigate the hypothesis of the study. As per the analysis, the results were interpreted and discussed accordingly.

Result & Discussion:

Table1: Comparative analysis of male and female subjects on Agnihotri's Self- Confidence Inventory is mentioned below

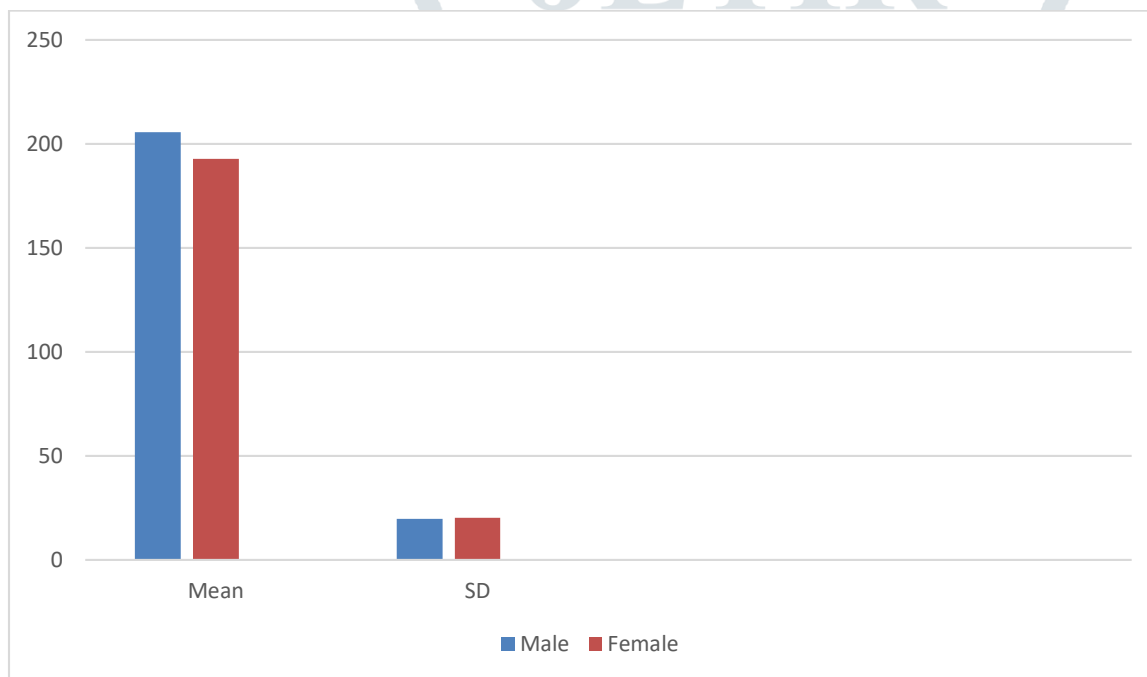
MALE	FEMALE	t- value	p- value
Mean = 23.38	Mean = 26.65		
S.D. = 10.85	S.D. = 8.43	1.8435	0.0678



The table and figure mentioned above show the comparative analysis between male and female adults with respect to their self-confidence. The mean for male adults is 23.38, with a standard deviation of 10.85; the mean for female adults is 26.65, with a standard deviation of 8.43. The calculated t-value is 1.8435.

Table 2: Comparative analysis of male and female subjects on Well - Being Index (WBI-CVSV) is mentioned below

Dimensions	MALE		FEMALE		t- value	p-value
	Mean	S.D.	Mean	S.D.		
D1	24.01	3.48	21.68	3.43	3.69	0.003
D2	38.21	4.03	35.3	4.63	3.67	0.004
D3	58.1	6.78	55.9	6.68	1.79	0.075
D4	22.88	2.16	21.8	2.81	2.18	0.0308
D5	37.13	4.75	34.9	4.71	2.58	0.0110
D6	25.33	3.20	23.2	3.07	3.72	0.0003
O A	205.68	19.66	192.9	20.28	3.50	0.0006



The table and figure mentioned above show a comparative analysis between male and female adults with respect to their wellbeing. The mean for male adults is 2053.68, with a standard deviation of 19.66, and the mean for female adults is 192.9, with a standard deviation of 20.28. The obtained t-value is 3.50, which is extremely statistically significant.

Table 3: Correlation Calculation between Self Confidence and Well Being

	Self- Confidence	Well-Being
Self – Confidence	1	
Well – Being	-0.6464	1

The above Table No. 3 shows the correlation calculation between self-confidence and well-being among middle-aged adults. The above table shows that self-confidence negatively correlates with well-being ($r = -0.6464$).

Discussion

The study results indicate that both groups' mean scores showed average self-confidence. However, the mean score of the female subjects is higher than that of the male subjects (Female = 26.65 and Male = 23.38). The S.D. scores (female = 8.43, male = 10.85) indicate that male subjects' scores are more variable than female scores. The T-value (1.8435) is insignificant, suggesting that the difference is not statistically significant. It also shows that male and female middle aged adults have shown the same level of self-confidence, i.e., average self-confidence. Female subjects at this level demonstrated greater self-confidence under the same conditions. After analyzing the data, it was found that the difference is not statistically significant between male and female adults.

In the area of emotional well-being, the mean scores of male subjects (mean scores: male = 24.01 and female = 21.68) were high compared to female subjects. Female subjects showed less variability than male subjects based on the S.D. scores (S.D. Scores: Male = 3.48, Female = 3.43). The t-value of 3.69 indicates an extremely statistically significant difference between male and female subjects. In the psychological well-being test, the mean scores of male subjects (mean scores: male = 38.21 and female = 35.3) scored high compared to female subjects. Male subjects showed less variability than female subjects based on the S.D. scores (S.D. Scores: Male = 4.03; Female = 4.63). The t-value of 3.67 indicates an extremely statistically significant difference between male and female subjects. In the social well-being index, the mean scores of male subjects (mean scores: male = 58.1 and female = 55.9) scored high compared to female subjects. Male subjects showed less variability than female subjects based on the S.D. scores (S.D. Scores: Male = 6.78, Female = 6.68). The t-value of 1.79 is insignificant, suggesting that the difference between male and female subjects is not statistically significant. In spiritual well-being, the mean scores of male subjects (mean scores: male = 22.88 and female = 21.8) scored higher than female subjects. Male subjects showed less variability than female subjects based on the SD scores (SD scores: male = 2.16, female = 2.81). The 2.18 t-value, which has been found significant, suggests that the difference between male and female subjects is statistically significant. In the self-awareness test, the mean scores of male subjects (mean scores: male = 37.13 and female = 34.9) scored higher than female subjects. Female subjects showed less variability than male subjects based on the S.D. scores (S.D. Scores: Male = 4.75, Female = 4.71). The 2.58 t-value, which has been found significant, suggests that the difference between male and female subjects is statistically significant. In physical well-being, the mean scores of male subjects (mean scores: male = 25.33 and female = 23.2) scored higher than female subjects. Female subjects showed less variability than male subjects based on the S.D. scores (S.D. Scores: Male = 3.20, Female = 3.07). The t-value (3.72) has been found significant, suggesting that the difference between male and female subjects is extremely statistically significant. The overall mean scores of both genders indicate that male subjects scored higher than female subjects (mean scores: male = 205.68, female = 192.9). From the S.D. scores (S.D. Scores: Male = 19.66, Female = 20.28), it has

been found that male subjects indicated less variability than female subjects. The t-value clearly (3.50) shows significance, suggesting that the difference between male and female subjects is extremely statistically significant. As per the scores of both adults, they fall under "Grade A," which is suggestive of extremely high well-being.

According to the findings, female participants scored higher on self-confidence, whereas male participants scored higher on well-being than female participants. However, they have shown the same level of self-confidence (average self-confidence) and well-being (extremely high well-being). The correlation calculation between self-confidence and well-being was -0.6464. So, the result revealed that the correlation between self-confidence and well-being among middle-aged adults was negative.

Conclusion:

Based on the study's outcomes, it can be stated that there is no statistically significant difference between the scores of male and female adults concerning self-confidence. In this case, the null hypothesis has been accepted. The mean scores of both groups indicate an average level of self-confidence. In this study, the self-confidence of both male and female subjects was studied, and female subjects scored higher than the male subjects. It is also revealed that there is an extremely statistically significant difference between male and female adults concerning well-being. In this case, the null hypothesis has been rejected, and the alternative hypothesis has been accepted. The mean scores of both groups indicate that they belong to "Grade A," indicating extremely high well-being. In this study, the well-being of both male and female subjects was studied, and the male subjects scored higher than the female subjects. The results revealed a negative correlation between self-confidence and well-being among middle-aged adults. In this case, the null hypothesis has been accepted.

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