



A comparative study of Self Confidence and Depression in Married and Unmarried women

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ABSTRACT

The main objective of the Present study is to find out the comparative results of self-confidence and depression among married and unmarried women of Faridabad. A total sample of 100 women (50 married and 50 unmarried women) of Faridabad Haryana was taken. Tools were used Beck Depressive Inventory (BDI) developed by Beck et al,(1961) and Self Confidence Scale developed by Pro. Juyal (1990) for the data collection.

KEYWORDS : Self-Confidence, Depression.

INTRODUCTION

In the study of wholesome personality the most important fundamental factor is self – confidence. This is an attitude build up by a long series of satisfying adjustments to difficulties. Self – confidence is not built overnight, it develops gradually. Self – confidence is one of the most important factors in daily life. A person with confidence believes that he or she can successfully carry out a specific activity. Confidence can be introduced as a reasonable expectation of success, as it is related to our own skill, or belief that one can successfully carry out an activity or reach to a goal.

In general, self – confidence is best improved by installing positive thoughts about our abilities (what we can achieve or learn to achieve) i.e; I can succeed at whatever I want; I can learn any skill etc. As a strategy, we should look for any negative thoughts about what we can do and replace them with the opposite, positive thoughts. Self – confidence also comes from building on past success. In this way it can grow and intensify through time. This is a natural process that we have seen over and over with the harms.

MEANING OF SELF

The rise of self is a long process whatever experiences the individual gets in relation to other person, things, groups, ideals and values. An individual's self is consciousness of his acts and thoughts as they are related to others. Mathur (1964) defined self, which includes all the meaning the individual has about himself and his relations to the surrounding world.

Concept of self has a long history and is very important to modern education and psychotherapy. Epstein (1973) in critical review asserts that not only is self a useful concept but it is centre to understand individuals' behavior references to self describes the basic identity of the person. In commences various description of self such as work and family roles answer the question "who am I?" James (1891) describes the social "Me" as "an awareness of self as other saw me". Thus the self is a fragile concept dependent largely on the opinion of others for stability, much of the uses of self in literature centers on the integrity of person and is used sometimes as a synonym for soul. Polonius advice to Hamlet for example emphasized "To thine own self are true." The Italian psychologists Assagrelti (1973) refers to the transpersonal self which, is manifested through creative acts or spiritual events. The concept of higher self even transcends self- actualization. Freud's ego has much in common with definition of self in the sense of conscious awareness. Mill (1865) wrote about self as an experiencing agent. Drever (1968) opined that self usually is the sense of ego, regarded as an agent conscious of his own continuing identity. Krech and Crutch Field (1969) stated that self is the way in which individual sees himself.

Good (1956) defined self as "those parts of the phenomenal field which the individual has differentiated as relatively stable and definite part of characteristics of himself." Young (1957) defined self as the individual is viewed or know to himself within the content of interaction. Baswana (1971) has explained self as power within individual which gives knowledge of him that how much he is able.

Allport (1961) has written a good summary of psychological knowledge concerning the development of the self in childhood, and throughout a lifetime. Allport doesn't, by the way think that Mead's version is the whole story.

The notion of self and self – confidence are ideas largely German to the Western hemisphere, self implies a separation from others. Some cultures do not have the concept of self. Lee (1959) writes that the California Wuntu Native American does not have a word for self and nature in blend. A dominant theme of some Asian world views is the subjugation of self and oneness with nature. Very large part of the world does not share basically European and American cultural views of the nature of self and the self actualization or high degree of Self – Confidence.

Low Self – Confidence is often correlated with depression and anxiety. The term **Depression** is used very often in our day to day life to explain a normal downswing of someone's mood. Everyone face the Phase of **Depression** time to time. Many studies indicate that women are more prone to depression than men (Wilhelm and Roy, 2003 Ge & Conger, 2003).

Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships. The process during which partners in a marriage adapt and change to their new roles complementing each other acting as a team opposed to two separate units, it is also important to unify the following- interests and values, maintaining open line s of communication and encouraging the expression of each other's communication.

All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes close together. In our country marriage determines the status of women in the society.

Objective

- To compare the mental health status of the married and unmarried women in regard of their self confidence and depression.

Hypotheses

The hypotheses of this investigation are as follows:

- There would be a significant difference among the scores of different age group women on Self confidence.
- Variation in marital status would influence the magnitude of self confidence.
- There would be a significant difference among the scores of different age group women on their depression level.
- Variation in age group would cause the variation in level of depression among married and unmarried women.

Method and Sample

For testing the proposed hypothesis and objectives of this investigation normative survey method was adopted to collect the data. The participants were arranged according to their requirement of two way factorial design with two levels of age groups(25-30 and 35-40 years) and three levels of marital status (Married, unmarried and widow).

**TOOL USED-
SELF – CONFIDENCE SCALE**

This scale was designed by Juyal and Talniya (1990) using scale product method of scale constructions. This method combines Likert, Thruston and chavé technique of scale construction. It contains 60 items. It is three point scale and the answer categories are yes, sometimes and no forms. In the case of favorable items the weight awarded is 1, 2 and 3 for Yes, sometimes and No category. The order of weight is reversed in the case of unfavorable items. Thus the higher the score higher is the self – confidence. The items 10, 30, 42 and 60 are negative items.

The self – confidence scale measures unitary trait. The self confidence score of a subject is the sum of total items scores in the scale. The scale or questionnaire is in Hindi language. The instructions to be given to the testee are written in Hindi on the cover page.

Reliability

The test – retest reliability of the scale is 0.81 whereas the split half reliability is 0.85. It reflects that the scale enjoys high reliability.

Validity

The process of selecting items of scale by competent judges confirms the content validity of the tool. The concurrent validity of the scale was established. 0.77 indicating that the tool has high validity.

Beck depression Inventory (BDI)

This Inventory (BDI) was developed by Beck et al, (1961). There are 21 items in this inventory. The score in this inventory ranges from 0-63. Low score denotes low level of depression and high score depicts high level of depression.

Result and Discussion

Table 1 Mean and S.D. of Self confidence scores with 't'

Sample	Participant no.	Mean	S.D.	T-Score
Married women	50	167.9	14.28	2.24*
Unmarried women	50	161.8	12.85	

Table 1 is showing the Mean, S.D and T-Score of the Self confidence of married and unmarried women, which reveals that the Mean of married women is 167.9, S.D. value is 14.28 whereas the Mean score of unmarried women is 161.8, S.D value is 12.85. We can see the T-Score has been given 2.24 in the table.

Hence it can be stated that the Self confidence level of married women is higher than the Self confidence level of unmarried women. So it is depicted that unmarried women are more anxious in their present circumstances due to the social pressure on them to get married as soon as possible.

Women with low physical self-concept may view themselves negatively or less desirable by society's standards of beauty and womanhood (Krueger & Trussoni, 2005).

Table 2 Mean and S.D. of Depression scores with 't'

Sample	Participant no.	Mean	S.D.	T-Score
Married women	50	21.37	7.20	3.17*
Unmarried women	50	25.87	9.84	

Table 2 is revealing the Mean, S.D and T-Score of the Depression level

of married and unmarried women, which reveals that the Mean of married women is 21.37; S.D. value is 7.20 whereas the Mean score of unmarried women is 25.87, and S.D value is 9.84. We can also see the T-Score has been given 3.17 in the table.

Depression is a universal, ageless timeless human affliction. It affects the way a person feels about oneself and the way one thinks about things objects and persons. The present findings reveal significant differences among the married and unmarried women in regard to their feelings of depression. Hence it can be stated that the Depression level of unmarried women is higher than the Depression level of married women.

The study of Mueen et al (2006) found that married people are more confident, more assertive as well as less depressed in comparison to unmarried people.

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