



A Study of Self Confidence In Relation To The Age And Medium of Instruction of Teacher Trainees.

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ABSTRACT

Self-confidence is an individual feature, it is the positive assessment of one's own skills and abilities to achieve significant goals and meet one's needs. It is an attitude which allows individual to have positive yet realistic view of himself and his situations. The present study was carried out on Self-confidence among B.Ed. Teacher Trainees in relation to their age and medium of instruction. Survey method was used to collect the data of 80 B.Ed. teacher trainees of Ulhasnagar region. Convenient Sampling Method was used for the present study. The tool used for the study was Agnihotri's Self-confidence Inventory (ASCI) developed by Agnihotri and Dr. Rekha Gupta. The relevant data was collected and analysed using percentage.

The study showed that very few B.Ed teacher trainees were having 'very high' self-confidence, many teacher trainees had 'high' self-confidence, majority of the teacher trainees were having 'average' self-confidence, few teacher trainees had 'low' self confidence and very few teacher trainees were having 'very low' self-confidence. There was significant correlation between self-confidence and age of B.Ed teacher trainees. No significant relation between self-confidence and medium of instruction of B.Ed teacher trainees was found. Overall it can be concluded on the basis of the present study that the level of self-confidence increases with increase in the age. But the medium of instruction does not have significant relation with the self-confidence. It was also observed that majority of B.Ed teacher trainees were having 'average' self confidence. So appropriate strategies must be adopted by the teacher educators in order to develop and improve the self-confidence among B.Ed teacher trainees.

KEYWORDS

Self Confidence, Medium of Instruction, Teacher trainees

Introduction

Self-confidence is an individual feature, it is the positive assessment of one's own skills and abilities to achieve significant goals and meet one's needs. Self confidence is an attitude which allows individual to have positive yet realistic view of himself and his situations. A high level of self confidence reduces fear. A confident person tends to diminish the real risks and ignore the real threat. A person, who behaves with confidence, speaks loud enough and clearly. The confident individual explicitly formulates his demands and desires, and reasons for them. He accurately expresses his/her feelings and emotions. His body muscles are relaxed, facial expressions and gestures affirm what he says. Self confident person trusts his own abilities, has a general sense of control in his life, and believes that, within reason, he will be able to do what he wishes, plans, and expects.

On the other hand, person with the lack of self-confidence speaks quietly and hesitantly. His words are imprecise and uncertain. He brings extensive and unnecessary explanations. He often hides or does not claim his own demands. Person with lack of self-confidence behaves abnormally, avoids eye contact; there are almost no gestures and facial expressions. The students with lack of self confidence face a lot of problems at educational institutions and at home. A lower level of self-confidence may lead the student to an inefficient model in the society. They become a problem not only to themselves but to the home, school and community also.

The teachers play a very important role in building, improving and developing self-confidence among the students. For this it is very essential that the teachers themselves acquire traits and attitudes that would make them self-confident so that they become role models for the students. The present study was carried out on Self-confidence among B.Ed Teacher Trainees in relation to their age and medium of instruction.

Need and Significance of the Study

Anna Freud once said "I was always looking outside myself

for strength and confidence but it comes from within. It is there all the time." Hence it is important to make the students realize that confidence is within themselves and needs to be developed with time and sincere efforts. There are certain factors which are responsible for low self confidence such as negative self talk, environmental causes, lack of education or no education, unfair comparisons, wrong attitude, academic challenges, trauma, society and the media, bullying from parents or peers, belief systems. Students having lack of confidence will experience various emotions such as self doubt, fear, anger, helplessness and frustration etc. All these negative feelings will have an impact on their academic achievement as well as their personality. The students who have poor self confidence cannot fit into normal situations. If one is not able to fit into normal situations he/she cannot achieve at the expected level. So it is essential for the teachers to develop a feeling of self-confidence among the students by using various strategies in every walk of their teaching and learning process. In this direction the most important aspect is that the teachers themselves must be self-confident. Teacher education institutes are responsible for providing all the necessary training which would help the teacher trainees to impart their role effectively and efficiently in their profession. Since self-confidence is one of the important factors affecting overall personality of the individual the researcher is keen to study the self-confidence among teacher trainees.

Objectives of the Study :

- 1) To Study the Self confidence of B.Ed Teacher Trainees.
- 2) To find out the relationship between Self confidence and Age of B.Ed Teacher Trainees.
- 3) To find out the relationship between Self confidence and Medium of Instruction of B.Ed Teacher Trainees.

Hypothesis of the Study :

- 1) There is no significant relationship between Self confidence and Age of B.Ed Teacher Trainees.
- 2) There is no significant relationship between Self confidence and Medium of Instruction B.Ed Teacher Trainees.

Methodology :

Method – Survey Method was used to collect the relevant data for the present study. The relevant data was collected from English, Marathi and Hindi Medium B.Ed Teacher Trainees studying in Ulhasnagar.

Tool – The tool used for the study was Agnihotri’s Self-confidence Inventory (ASCI) developed by Agnihotri and Dr.Rekha Gupta. The Tool was designed in Hindi language. Overall there were 56 test items with response ‘RIGHT’ or ‘WRONG’. The reliability of this inventory by Split half method is ‘0.91’. The construction of the items was in such a way that lower the score the higher would be the level of Self-confidence and vice-versa.

Sample – For the present study a sample of 80 B.Ed Teacher Trainees was selected. Convenient Sampling Technique was used. The tool was administered and the data was collected.

Data Analysis and Interpretation :

The data was tabulated and analysed by using frequency percentage :

Table No.1 Self confidence among B.Ed Teacher Trainees

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Sr. No.	Self confidence	No. of Respondents	Percentage
1	Very High	1	1.25%
2	High	21	26.25%
3	Average	42	52.50%
4	Low	15	18.75%
5	Very Low	1	1.25%
		80	

Table No.1 shows that 1.25% teacher trainees had very high self-confidence, 26.25% were having High self-confidence, 52.50% had average self-confidence, 18.75% had low and 1.25% had very low self-confidence

Table No.2 Relationship of Self confidence with Age and Medium of Instruction (N = 80)

Correlation	Variable	N	Pearson’s Correlation r value	Result
Self confidence with Age and Medium of Instruction	Age	80	0.183	Significant at 0.05 level
	Medium of Instruction	80	0.017	Not significant

Table No.2 shows the calculated Pearson’s Co-efficient Correlation ‘r’ value for the correlation of self confidence with age is more than the tabulated ‘r’ value whereas the calculated ‘r’ value for the correlation of self-confidence with medium of instruction is less than the tabulated ‘r’ value.

Findings :

It was found on the basis of the study analysis and interpretation, that ;

- 1) Very few teacher trainees were having ‘very high’ self-confidence.
- 2) Many teacher trainees had ‘high’ self-confidence.
- 3) Majority of the B.Ed teacher trainees were having ‘average’

self-confidence.

4) Few teacher trainees had ‘low’ self confidence.

5) Very few teacher trainees were having ‘very low’ self-confidence.

6) There was significant correlation of self-confidence with age of B.Ed teacher trainees.

7) There was no significant correlation of self-confidence with medium of instruction of B.Ed. teacher trainees.

Conclusion :

It can be concluded on the basis of the present study that the level of self-confidence increases with increase in the age. But the medium of instruction does not have significant relation with the self-confidence. It was also observed that majority of B.Ed teacher trainees were having ‘average’ self confidence. So appropriate strategies must be adopted by the teacher educators to develop and improve self-confidence among B.Ed teacher trainees.

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