

COMPARATIVE STUDY ON SELF CONFIDENCE AMONG URBAN AND RURAL WOMEN`S

DR.HANAMANTHRAYA BARAGALI*

**Guest Lecturer, Dept. of Women`s Studies, Gulbarga University - 585106*

ABSTRACT

Everyone knows that self-confidence is very important but what is not known to everyone is the degree of its importance. Self-confidence is more important than you can imagine. Self confidence can change your whole life to the better while lack of confidence will definitely have a negative effect on your social relations, career, achievements and even your mood. The following list will give you a better idea of the importance of self-confidence: the present study based on effect of self confidence on the women of urban and rural area of kalaburagi district, karnataka, india. Self confidence in the present study an attempt was made to study the influence of residential area on the self confidence of women. The objective of the study to know the level self confidence among urban and rural women, then to compare the urban and rural women`s self confidence and find out the difference due to residential area. Sample of study randomly selected from the kalaburagi district, fifty women selected from urban area and fifty women were selected from the rural areas of the district.. Self confidence scale of M.basavanna was administrated. It was hypothesized that the urban women differ in their self confidence levels than the rural women also there would be significance differ in self confidence between urban and rural women`s due to their residential areas. The statistical tests like, mean, sd and t tests were applied to analyze the collected research data. This study clearly revealed that the urban women exhibited higher level of self confidence than the rural women and there is significant difference in the self confidence among urban and rural women. Further the researcher tried to find out why explained the reasons and suggested the new ways to improve.

Key words – Self confidence, Residential area.

INTRODUCTION

Self confidence is an attitude, which all individuals have positive yet realistic views of themselves and their situations. Self confidence people trust their own abilities have a general sense of control in their lives and believe

that, within reason, they will be able to do what they wish, plan, and expect. Like self esteems, self confidence refers to individual's perceived ability to act effectively in a situation to overcome obstacles and to get things goes all right. Hence self-confidence is believed to increase one's performance. The higher level of confidence generates enthusiasm for the given activity. It is the variation in confidence that makes differences in performance of sports activity. Therefore studying the influence of confidence assumes importance.

The Dictionary defines confidence as freedom of doubt; belief in yourself and your abilities. Many people lack the self-confidence and self-esteem needed to live a happy and healthy life. Self-esteem is a confidence and satisfaction in oneself. These two things must be present in people's daily lives in order for them to believe that they have the ability to do anything. At this point in my life I am trying to gain the esteem I need to truly be happy. The best way to gain self-confidence is to look deep inside of yourself and believe that you have the ability to overcome all obstacles and challenges that you are faced with, on a daily bases, because our self-esteem is one of the few things that we have control over.

Self-confidence is something that cannot be taught. It is up to the individual to decide how much belief that they possess inside of themselves. I am at the point where I realize that I must first believe in myself before others will believe in me. Nobody teaches us to be happy or sad. They are natural feelings that come along as we develop mentally, physically, emotionally and psychologically. When you get to the point where you allow others to dictate how you feel about life, you have to stop and take an internal survey. Ask yourself if your lack of self-confidence and self-assurance is holding you back from being the best that you can possibility be. Most often these feelings come from people allowing the negativity of other people to overcome them. You have to be willing to take control of your life and whatever is holding you back. So often we, as a people, look for the validation from society before we validate ourselves. I have allowed society to determine how I should look, dress and feel. It is time for me to take a stand and be in control of my own destiny.

Basavanna .M (1975) studied self-confidence in relation with self and ideal self and found that self confidence people particularly who were capable. Successful and adjusted, had significantly higher self ideal and self-congruence than those who were low in their level of self-confidence.

Hence several researchers have made significant attempts to relate motivation with sports and found significant association between the level of motivation and the* corresponding sports activity. It has been proved empirically that persons with greater amount of motivation are found to be superior to others who are less

motivated. This reveals that the motivated groups improve significantly in the given sports activity more than the non-motivated group (Hansen, 1967). However, there is no single motivational technique that is superior to other techniques. This marks very clearly that each motivational technique is, by and large, important depending upon the conditions in which it is presented. Hence motivational techniques produce desirable effects to the extent that a coach or coaches present them wisely. In a similar way, the social factor like social support, SE5, personal factors like self-confidence have significant impact on the performance of persons. Thus present study makes an attempt to assess the influence of all such factors on performance of sportsman selected from the colleges of Gulbarga division. Research Questions.

Linda L.Dunlap (2004), in her paper, „What all children need: theory and application“ provides that sibling relationships typically are children’s first social network and form the basis for relationships with others. Siblings are usually children’s first playmates, intimate friends, protectors, enemies, competitors, confidantes and the role models. They are an important source of support school-age children, in particular. During this time siblings are not only companions but also help with difficult tasks and provide comfort during emotional stress. The bond formed between siblings is one of the most complex, long-lasting, and important connections in life. Typically, no other relationship lasts as long or has such a great impact. Siblings, who are close in age, often argue more but also develop closer bonds. Children who have siblings tend to work very well with peer

METHODOLOGY

The researcher wanted to find the levels of self confidence in urban and rural women`s and also compare the both samples groups to identify the significance influence of residential area on the psychological factor. The research hypothesized that the residential areas having the effect on the self confidence of sample group. The investigator has come across one questionnaire that would measure the level of self confidence. The researcher collected data from the urban and rural sample groups in the kalaburagi district.

Objectives

- ❖ To find out the level of self confidence of urban women
- ❖ To find out the level of self confidence of rural women
- ❖ To compare urban and rural sample groups to find out the influence of residential area on the self confidence in women.

Hypothesis

- ❖ There would be significant deference in self confidence among urban and rural women.
- ❖ There would be the significance deference in the self confidence among the urban and rural sample group due to difference in their residential area.

Sample

Sample of Study randomly selected from the Kalaburagi district, fifty women from urban and fifty women from the rural areas of the district. The self confidence scale was administrated to collect the research data from the sample groups.

Tool

Self Confidence Inventory (SCI). The self confidence inventory (SCI) developed by Basavanna .M (1975). The questionnaire consists of 100 items. The odd-even (split-half) reliability co-efficient calculated by spearmen brown formula is found to be 0.94. **Test Administration and Collection of Data** This scale is developed and standardized by Basavanna (1975), which consists of 100 items in all. The response categories are true of false. The score range is 0 to 100. According to manual lower the score higher would be level of self-confidence and vice versa. The reliability of the scale is 0.67. The validity of the scale is found to be satisfactory.

Statistical Analysis: To meet the objective of the study mean, standard deviation, t-values were used to calculate and analyze the data.

RESULT AND DISCUSSION

Table No 1 – Mean, SD, t-value of Urban and Rural women`s Self confidence

Sample	N	Mean	SD	t- value
Urban	50	39.320	8.619	2.334**
Rural	50	43.860	9.185	

Significant level at 0.01**



The table and graph are showing the level of self confidence in urban and rural women`s, the mean score is 39.32 and rural women`s mean score is 43.86, according to the self confidence scale manual lower the score indicates higher in their self confidence, the t value is 2.334** significant at 0.01 level.

CONCLUSIONS

- ❖ There is a significant difference between urban and rural women in their self confidence.
- ❖ There is influence of residential area on the psychological factor
- ❖ The rural women less confident than the urban women.

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