



ISSN: 2249-894X
IMPACT FACTOR : 5.7631 (UIF)
UGC APPROVED JOURNAL NO. 48514
VOLUME - 8 | ISSUE - 8 | MAY - 2019

RELATIONSHIP BETWEEN SELF-CONFIDENCE AND SOCIAL COMPETENCE AMONG SECONDARY SCHOOL STUDENTS

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ABSTRACT:

Self-confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. Social Competence is the ability of acting communicatively and co-operatively in a self-organized manner, towards successfully realizing or developing objectives and plans in structure of social interaction. The aim of the present study was to find out the relationship between self-confidence and social competence among secondary school students. Sample of the study

includes 100 high school students comprising 20 students each from five reputed high schools of Kollam district and the sample was selected using random sampling method. The tools used were Self-confidence inventory (SCI) developed by Dr Rekha Gupta (2005) and the social competence scale (SCS) developed by Sharma, Shukla and Shukla for data collection. The results indicate that the sample of the study had moderate Self Confidence and low Social Competence as per the standard interpretations of the scoring scales used for the study. The findings showed that there is a strong positive relationship between self-confidence and social competence among the sample population.

KEYWORDS: *Self-confidence, Social Competence, Secondary School Students.*

INTRODUCTION

Schooling is the period of rapid social development among adolescents to identify themselves by interacting with others. At this age, social interactions provide a stepping for an autonomous functioning as adults and training grounds for future interpersonal relations. Social adjustment is one of the difficult developmental adolescence issues, especially with regard to forming new relationship with opposite sex and adults those

are outside the family and school. The concept of self-confidence is commonly used as self-assurance in one's personal judgement, ability, power etc. It is a positive belief that in future one can generally accomplish what one wishes to do. Confidence is a feeling of trust in someone or something. Self-confidence is an attitude that one holds about oneself that allows you to move forward and achieve our goals. It describes an internal state made up of what we think and feel about ourselves. This state is changeable according to the situation we are currently in and our responses to events going on

around us. In the words of Basavanna (2005), "Self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things goal right."

NEED AND SIGNIFICANCE OF THE STUDY

Social competence of individuals are presumably effective in social interactions, their mastery of social situations should enhance their 'social self-esteem'-the positive self-evaluation derived from feeling good about one's social self. Possession of social skills, specifically skills and abilities in areas such as

impression management, playing various social roles, and communicating effectively, should lead to a positive social self-image. It may be the case that possession of social skills leads to a form of 'social' self-efficacy-a belief in one's ability to master diverse social situations. Thus, it is expected that there should be positive relationships between measures of social skills/competence and measures of self-esteem. If possession of social skills is indeed related to self-esteem, it is also likely that a combination of social skills/competence and accompanying feelings of self-esteem will have a positive influence on general psychological well-being. A large body of research has verified that self-confidence and well-being are positively correlated. The relationships between social competence and self-confidence will be explored in the present study.

The present study investigates the relationship between self-confidence and social competence among high school students of Kollam district of Kerala state. The finding of the study will empower the teachers of high schools to better understand the behaviour of students in social interactions. As the relation between self-confidence and social competence is established, the teachers can better equip the students to cope with every situation. The parents are benefited in the way that they can understand the social behaviour of the children and its changes on different situations. They will be able to better guide their wards and boost social-competency in dealing with difficult situations. The students can retrospect their own behaviour and ability to socially adjust. They can self-assess their confidence level and social competence ability and make improvements so as to enable them to cope with the modern real world problems. The educational planner will be better equipped in designing the courses and other co-curricular activities to boost the self-confidence and social competence of the students. The society as a whole will be benefited in the sense that the outcome of the research will be helpful in improving social competence of the students and adolescents and the social clashes can be minimised. Hence it will lead to a peaceful society where each individual can better understand and help others in dealing with turbulent situations.

OBJECTIVES

- To assess the level of self-confidence among secondary school students.
- To assess the level of social competence among secondary school students.
- To examine the relationship between self-confidence and social competence of secondary school students.

HYPOTHESES

1. The level of social competence of secondary school students is average.
2. The level of self-confidence of secondary school students is average
3. There will be significant relationship between self-confidence and social competence of secondary school students.

METHODOLOGY

Survey method was used. The total sample size was 100 from 5 different schools. Self-confidence Inventory (SCI) by Dr. Rekha Gupta (2005) and Social Competence Scale (SCS) by Prof. V.P. Sharma, Dr. (Mrs.) Kiran Shukla & Dr. (Mrs.) Prabha Shukla (Raipur) were used to collect the data. Mean, SD and r-value were used for data analysis.

DATA ANALYSIS

Table 1: The Score of Self-confidence School wise

S.No.	School	Mean	SD
1	RVHS, Valakom	19.85	4.417
2	Govt. HS, Vettikkavala	18.95	3.379
3	Govt. HS Sadanandapuram	19.40	4.134
4	Govt. HS for Girls, Kottarakkara	21.1	3.626
5	SKVHS, Thrikkannamangal	19.7	3.643

Table-1 shows that the average self-confidence score of the samples does not vary much between the schools. Its value ranges from 18.95 to 21.1. As per the standard interpretation of the Self Confidence Inventory, the self confidence level is average (20-32) to high (8-19). The standard deviations of scores of the schools are within a close range.

Table 2: The Score of Social Competence School wise

S.No.	School	Mean	SD
1	RVHS, Valakom	151.85	23.67
2	Govt. HS, Vettikkavala	165.25	19.75
3	Govt. HS Sadanandapuram	157.45	22.60
4	Govt. HS for Girls, Kottarakkara	157.35	17.39
5	SKVHS, Thrikkannamangal	160.15	18.56

Table-2 depicts that there is no significant difference in dimensions of social competency among different schools. The mean score of the schools fall in the low competence category as far as the social competency scale is concerned. The scores fall within a small bracket of 15 points, means all the schools under study have students with comparable social competence level.

Table 3: Compendium of the Results of the Survey

Self Confidence Score	Social Competence Score	Pearson Correlation Coefficient
19.80	158.41	- 0.775

From Table-3, the obtained r-value is -0.775 significant at 0.05 level. This indicates that there is a strong negative correlation between self-confidence and social competence of secondary school students. That means, as the self-confidence score increases, the social competence score decreases. But, the self-confidence score is on a negative scale, i.e. a low score indicates higher self-confidence. Therefore we can make out that the self-confidence and social competence of the students are in a positive correlation, i.e. the students with higher self-confidence are more socially competent.

CONCLUSION

The present study is to find out the self-confidence level and social competence score of the secondary school students and investigate into the relationship between the two, if any. The self-confidence level of the sample is found to be moderate with a narrow standard deviation. Also the Social competence score was found to be on the lower side as per the standard norms. Again the standard deviation of the score was very low. The score indicates that the self-confidence and social competence of the students are in the same band and it does not vary much between students. The main emphasis of the study was to search for the existence of any relation between self-confidence and social competence of the students. It is found that there exists a strong positive near linear relationship between the two. Thus the hypothesis set for the study that there will be significant relationship between self-confidence and social competence among the secondary school students of Kollam district is accepted. The result of the current study confirms the findings of the similar previous studies on the topic.

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