SELF-CONFIDENCE AND ACADEMIC ACHIEVEMENT OF HIGH SCHOOL STUDENTS

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Abstract: The study aims to determine Self-Confidence and Academic achievement of high school students were chosen for the study. A random sampling technique was adapted for the selection of sample the schools selected for this study is divided in three different statuses namely government, government aided and private schools. Then random convenient sampling technique was adopted to select the sample 300 students were taken for the study 100 students were drawn from government schools, 100 students were drawn from government aided schools, 100 students were taken from private schools. The students studying in X standard were chosen as the sample. Personal data sheet developed by the investigator. Self Confidence scale by Dr. M. Suresh Kumar and R.V.Geetha (2011), Academic achievement marks were collected from high school students for the quarterly and half yearly. Results were statistically analyzed through Descriptive Analysis, Differential Analysis, Relational Analysis, and Chi-square Analysis in this study for the Self-Confidence and Academic achievement.

Key Words: Self-Confidence, Academic achievement.

Introduction: Self-confidence is the confidence one has in oneself, one's knowledge, and one's abilities. It is the confidence of the type: "I can do this"." I have the ability to do this". Self-confidence is the one thing that is much more important than other abilities and traits. If you do not have self-confidence, what you do will never become fruitful at all. The fruits of what you do without self-confidence are lost. Genuine self-confidence is the forerunner of achievements. Self-confidence integrates the powers of mind and body and focuses them towards the goal. Only such a concentrated energy can reach the goal. Self-confidence is the first step to progress, development, achievement and success. Even if you have a lot of abilities and a lot of knowledge, if you do not have Self-confidence you cannot be a success. But, on the contrary, even if you have only average abilities and knowledge, if you have an unfailingly true self-confidence, chances are that you achieve what you want to. The successes and achievements in turn will strengthen your self-confidence further. People like, respect, believe and trust persons who are self-confident. It is natural that persons with good confidence are offered leadership and other office responsibilities of groups. More and more opportunities automatically come the way of the person with a good self-confidence. In short, success flows to those who have a genuine Self-confidence.

Self-Confidence: Basavanna (1975) says, "Self Confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right."Morry James (2004) observes, "Self-confidence is a term used to describe how secure a person is in his decisions, actions and abilities. It describes the amount of faith a person has on himself. Self-confidence reflects how a person views himself. A person's level of self-confidence is often apparent in every aspect of his being. Confidence shows in a person's speech, body language and mannerisms.

"George Michael (2007) says, "Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterized by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, ability to handle criticism and emotional maturity. "The Dictionary of Psychology by Yogesh Chandra [1987] defines as follows: "The socio-psychological concept of self-confidence relates to self-assuredness in one's personal judgment, ability, power etc.

Academic Achievement: Achievement is something that the students strive and obtain something by hard work. Here academic achievement is the achievement made by the students in their studies especially in their examinations. According to Chaplin, achievement is "education or academic achievement as a specific level of attainment or proficiency at the academic work as evaluated by the teachers, by standardized tests or a combination of both". Adequate academic achievement is a necessary developmental milestone, and poor school performance can have serious long term effect on adolescents (Routers and Johnson, 1994).The dictionary of education Carter (1895) defines academic achievement as "the knowledge attained on skills developed high school subjects usually designated by test scores (or) by marks assigned by teaches or both.

Sample : The present study is concerned with high school students. Hence, the students of standard X from various Governments, Government Aided schools and Private schools were taken to constitute the population for the present study. The random

sampling technique was adopted in the present study. The size of the sample is 300.

Statement Of The Problem: The problem is stated as **"Self-Confidence and Academic achievement of high school students".**

Objective

1. The find out the significant difference in the self -confidence high of school students based on gender.

2. The find out the significant difference in the self- confidence high of school students based on type of school.

3. To find out the significant difference in the academic achievement of high the school students based on gender.

4. To find out the significant difference in the academic achievement of high school students based on type of school.

Hypotheses

1. There is no significant difference in the self-confidence of high school students based on gender.

2. There is no significant difference in self-confidence of high school students based on type of school.

3. There is no significant difference in self-confidence of high school students based on gender.

4. There is no significant difference in self-confidence of high school students based on type of school.

Research Tools Selected For The Present Study

1. Self Confidence scale by Dr. M. Suresh Kumar and R.V.Geetha (2011),

2. Academic achievement marks were collected from high school students for the quarterly and half yearly

Hypothesis-1

There is no significant difference in the self-confidence of high school students based on gender.

Table -1

Variable	Gender	N	Mean	SD	Ratio	L.S
Self confidence	Boys	150	88.33	13.58	0.14	N.S
	Girls	150	88.35	11.35		

Inference: From the above table, it is clear that the obtained C.R value (0.14) is lesser than the table value (1.96) at 0.05levels. Therefore, it is concluded that there exist no significant difference in self - confidence of high school students based on gender and the hypothesis is accepted.

Hypothesis-2 There is no significant difference in the self- confidence of high school students based on type of school.

Variable		Sum of squares	DF	Mean	F value	L.S
Self confidence	B.groups	222.107	2	111.053	0.710	N.S
	w.groups	46476.890	297	156.488		
	Total	46698.997	299			

Inference : The above table reveals that the obtained F value (0.710) is lesser than the table value (2.64) at 0.05 levels. Therefore it is referred that there exist no significant difference in self- confidence of high school students based on type of school and null hypothesis is accepted.

Hypothesis-3: There is no significant difference in the academic achievement of high school students based on gender.

Table -3

Variable	Gender	N	Mean	SD	C.R	L.S
Self confidence	Boys	150	57.35	14.04	1.09	N.S
	Girls	150	59.29	16.56		

Inference: From the above table, it is clear that the obtained C.R value (1.09) is lesser than the table value (1.96) at 0.05level. Therefore, it is concluded that there exist no significant difference in academic achievement of high school students based on gender. **Hypothesis-4** There is no significant

difference in the academic achievement of high   school students based on type of school.

Table-4

variable		Sum of squares	DF	Mean	F value	L.S
Academic achievement	B.groups	1674.107	2	837.053	3.610	0.05
	w.groups	68858.810	297	231.848		
	Total	70532.917	299			

Inference: The above table revealsthat the obtained F value (3.610) is greater than the table value (4.68) at 0.05levels. Therefore it is referred that there exist significant difference in academic achievement of high school students based on type of school.

Educational Implications: Self- confidence is an incredible characteristic features that keeps a student self -sustained in education as well as in life. The student's contribution in education, life, society, etc., depends upon his / her that enhance the activity of the students. To improve the self- confidence the institutions could arrange for NCC Cadet Groups in their schools, Co- Curricular activities, etc., that would enhance self -confidence of the students. All the above points would definitely increase the academic achievement of the students and enhance their education by giving them overall development in self –confidence. When each and every student is properly guided by his /her parents and teachers, they can reach their goals or ambitions without much difficulty.

Delimitations Of The Study:
1.   The sample was restricted to300 students.
2.   The students were chosen for studying in tenth standard investigation.
3.   Sample is collected from in and around from Ariyalur district only.

Conclusion: The purpose of the present study was to study the Influence of Self-Regulation, Self-Confidence and Educational Aspiration on Academic Achievement of the Higher Secondary Students.

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