

**A STUDY ON SELF CONFIDENCE AND EMOTIONAL MATURITY OF B.ED.
TRAINEES IN SELECTED NORTHERN DISTRICTS OF TAMIL NADU**

Mrs. A. Santha Devi

Ph.D. Research Scholar, Department of Pedagogical Sciences, Tamil Nadu Teachers Education University, Karapakkam, Chennai, Tamil Nadu.

Dr. P.C.Naga Subramani

Professor and Head, Department of Pedagogical Sciences, Tamil Nadu Teachers Education University, Karapakkam, Chennai, Tamil Nadu.

ABSTRACT

Self confidence is the confidence that individual is having in oneself regarding to one's capabilities and knowledge and it is the positive vibration when mind is directing to success subconsciously. Self confidence is exceedingly important to students especially for B.Ed. Trainees who are vigorously involved in learning and teaching activities and it is also needed to them for taking some risks and involve in attaining their academic and life goals. The findings show that significant difference is prevailed amongst profile of B.Ed. Trainees and their Self Confidence. Self Confidence is having significant, positive and substantial relation with Emotional Maturity of B.Ed. Trainees. Hence, B.Ed. Trainees should improve their Self Confidence through undergoing counseling and they must attend orientation programmes for increasing their Self Confidence. B.Ed. Trainees should get enough support from their parents and colleges for enhancing their Self Confidence and they must think positively and bring positive changes in themselves and they should also participate in seminars and workshops to improve their Self Confidence and all these measures have improved Self Confidence of B.Ed. Trainees and in turn, it will increase their Emotional Maturity.

Key Words: B.Ed. Trainees, Emotional Maturity, Self Confidence,

1. INTRODUCTION.

Self confidence is the belief that an individual is having in doing some activity very successfully (Benabou and Tirole, 2002) and it is associating to achievements in one's academics, personal well being, conciliation and success in any kind of tasks (Fatima, 2015) and the degree of self confidence of an individual is affected by self compassion, self esteem and self efficacy (Tripathy and Srivastava, 2012). The developing, maintaining and improving self confidence is highly important for each and every individuals and it is varying significantly among individuals (George and Bhanupriya, 2022). Besides, self confidence is a state of mind that motivates individuals for positive thinking and looking any circumstance realistically

Self confidence is recognized as the most valuable asset of individuals and it is the capability of individual to attain his or her objectives of life (Kumar and Gaur, 2021). Self confidence is the confidence that individual is having in oneself regarding to one's capabilities and knowledge (Costa et al 2020) and it is the positive vibration when mind is directing to success subconsciously. Self confidence is representing the quality of students through which they are

performing successfully in all their academic and personal life activities (Lone, 2021). Self confidence is exceedingly important to students especially for B.Ed. Trainees who are vigorously involved in learning and teaching activities and it is also needed to them for taking some risks and involve in attaining their academic and life goals. Emotional maturity of B.Ed. Trainees is also affected by their self confidence. Thus, it is imperative to study Self Confidence and Emotional Maturity of B.Ed. Trainees.

2. LITERATURE REVIEW

Thomas et al (2023) found that male senior secondary school students had higher degree of self confidence than their counterparts and difference in self confidence among them was not significant and self confidence had positive and significant relation with performance in English subject.

Malhotra et al (2022) conceded that school students had moderate degree of self confidence and significant difference was found in self confidence among low and high achievers and high achievers were having higher level of self confidence than low achievers.

Ram and Madan (2021) revealed that higher secondary students had average level of self confidence and significant difference was found among self confidence and locality and type of schools of students and it had positive and significant relation with their parental encouragement.

Rukkumani and Kumaresan (2020) indicated that most of school students had higher degree of self confidence and it was differing among gender of school students and it had significant and positive relation with their learning activities.

Sindhuja and Vanitha (2019) showed that B.Ed, students had high degree of self confidence and it was differing significantly among their gender and not differing with their other profile and it had significant ad positive relation with their mental health.

Geetha (2018) concluded that high achieving B.Ed, students had higher degree of self confidence than low achievers who had low degree of self confidence and self confidence had positively and significantly related with their performance in academic activities.

Attar (2017) found that university students in female category had higher degree of self confidence and it was not differing among specialization and year of study and it had significant and positive relation with their motivation for achievement.

Sharma (2016) showed that senior secondary students had moderate degree of self confidence and male students had higher self confidence than females and significant disparity was not found among them and also among their socio-economic status.

Mehta (2015) revealed that under graduate students had moderate degree of self confidence and significant difference was found in self confidence among gender of students and it was significantly and positively related with their emotional intelligence.

3. OBJECTIVES OF THE STUDY

1. To study difference amongst Self Confidence of B.Ed. Trainees and their gender, subject group and type of college.
2. To examine difference amongst Self Confidence of B.Ed. Trainees and their location of college, medium of instruction and residential area.

3. To analyze relation amongst Self Confidence and Emotional Maturity of B.Ed. Trainees.

4. HYPOTHESES OF THE STUDY

1. There is no difference amongst Self Confidence of B.Ed. Trainees and their gender, subject group and type of college.

2. There is no significant difference amongst Self Confidence of B.Ed. Trainees and their location of college, medium of instruction and residential area.

3. There is no significant relation amongst Self Confidence and Emotional Maturity of B.Ed. Trainees.

5. RESEARCH METHODOLOGY

The Chennai, Kancheepuram and Tiruvallur districts in Tamil Nadu state are selected for conducting this study. B.Ed. Trainees are chosen by adopting random sampling method and data are received from 910 B.Ed. Trainees through structured questionnaire. Percentage analysis is used to understand profile of B.Ed. Trainees. t-test and ANOVA tests are employed to find out difference amongst profile of B.Ed. Trainees and their Self Confidence. Correlation analysis is applied to study relation amongst Self Confidence and Emotional Maturity of B.Ed. Trainees.

6. RESULTS

6.1. PROFILE OF B.ED. TRAINEES

The profile of B.Ed. Trainees is given in Table-1.

Table-1. Profile of B.Ed. Trainees

Profile	Frequency	%
Gender		
Male	371	40.77
Female	539	59.23
Subject Group		
Arts	287	31.54
Science	531	58.35
Commerce	92	10.11
Type of College		
Government	100	10.99
Government Aided	263	28.90
Private	547	60.11
Location of College		
Urban	498	54.73
Rural	412	45.27
Medium of Instruction		
Tamil	360	39.56
English	550	60.44
Residential Area		
Urban	367	40.33
Semi – Urban	316	34.73

Rural	227	24.94
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The results clarify that 59.23% of B.Ed. Trainees are females, whilst, 40.77% of them are males, 58.35% of them are belonging to science group, whilst, 10.11 % of them are belonging to commerce group and 60.11% of them are studying in private colleges, whilst, 10.99% of them are studying in Government college.

The results also exhibit that 54.73% of them are studying in colleges located in urban area, whilst, 45.27% of them are studying in colleges located in rural area, 60.44% of them are studying in English medium, whilst, 39.56% of them are studying in Tamil medium and 40.33% of them are residing in urban area, whilst, 24.94 % of them are residing in rural area.

6.2. PROFILE OF B.ED. TRAINEES AND SELF CONFIDENCE

The difference amongst profile of B.Ed. Trainees and their Self Confidence is given below as.

6.2.1. Gender and Self Confidence

The difference amongst gender of B.Ed. Trainees and their Self Confidence is given in Table-2.

Table-2. Gender and Self Confidence

Gender	N	Mean	SD	t-value	Level of Significance
Male	371	135.76	11.98	3.580	0.01
Female	539	139.07	14.80		

Female B.Ed. Trainees (Mean=139.07) are having higher degree of Self Confidence than Male B.Ed. Trainees (Mean=135.76). The t-value of 3.580 elucidates that significant difference is prevailed amongst gender of B.Ed. Trainees and their Self Confidence.

6.2.2. Subject Group and Self Confidence

The difference amongst subject group of B.Ed. Trainees and their Self Confidence is given in Table-3.

Table-3. Subject Group and Self Confidence

Subject Group	N	Mean	SD	F-value	Level of Significance
Arts	287	138.53	13.71	33.896	0.01
Science	531	135.54	13.04		
Commerce	92	147.79	13.80		

B.Ed. Trainees in Commerce Group (Mean=147.79) are having higher degree of Self Confidence than Arts (Mean=138.53) and Science (Mean=135.54) Groups. The F- value of 33.896 elucidates that significant difference is prevailed amongst subject group of B.Ed. Trainees and their Self Confidence.

6.2.3. Type of College and Self Confidence

The difference amongst type of college of B.Ed. Trainees and their Self Confidence is given in Table-4.

Table-4. Type of College and Self Confidence

Type of College	N	Mean	SD	F-value	Level of Significance
Government	100	146.83	15.88	26.949	0.01
Government Aided	263	135.59	11.80		
Private	547	137.08	13.68		

B.Ed. Trainees studying in Government colleges (Mean=146.83) are having higher degree of Self Confidence than Private (Mean=137.08) and Government Aided colleges (Mean=135.59).The F-value of 26.949 elucidates that significant difference is prevailed amongst type of college of B.Ed. Trainees and their Self Confidence.

6.2.4. Location of College and Self Confidence

The difference amongst location of college of B.Ed. Trainees and their Self Confidence is given in Table-5.

Table-5. Location of College and Self Confidence

Location of College	N	Mean	SD	t-value	Level of Significance
Urban	498	138.97	12.89	3.021	0.01
Rural	412	136.21	14.71		

B.Ed. Trainees studying in Urban colleges (Mean=138.97) are having higher degree of Self Confidence than B.Ed. Trainees studying in Rural colleges (Mean=136.21). The t-value of 3.021 elucidates that significant difference is prevailed amongst location of college of B.Ed. Trainees and their Self Confidence.

6.2.5. Medium of Instruction and Self Confidence

The difference amongst medium of instruction of B.Ed. Trainees and their Self Confidence is given in Table-6.

Table-6. Medium of Instruction and Self Confidence

Medium of Instruction	N	Mean	SD	t-value	Level of Significance
Tamil	360	136.54	12.75	2.082	0.05
English	550	138.49	14.41		

B.Ed. Trainees studying in English Medium (Mean=138.49) are having higher degree of Self Confidence than B.Ed. Trainees studying in Tamil Medium (Mean=136.54). The t-value of 2.082 elucidates that significant difference is prevailed amongst medium of instruction of B.Ed. Trainees and their Self Confidence.

6.2.6. Residential Area and Self Confidence

The difference amongst residential area of B.Ed. Trainees and their Self Confidence is given in Table-7.

Table-7. Residential Area and Self Confidence

Residential Area	N	Mean	SD	F-value	Level of Significance
Urban	367	137.00	12.42	10.311	0.01
Semi – Urban	316	136.04	14.40		
Rural	227	141.22	14.512		

B.Ed. Trainees residing in Rural (Mean=141.22) are having higher degree of Self Confidence than Urban (Mean=137.00) and Semi – Urban areas (Mean=136.04). The F-value of 10.311 elucidates that significant difference is prevailed amongst residential area of B.Ed. Trainees and their Self Confidence.

6.3. RELATION AMONGST SELF CONFIDENCE AND EMOTIONAL MATURITY OF B.ED. TRAINEES

The relation amongst Self Confidence and Emotional Maturity of B.Ed. Trainees was studied by applying correlation analysis and the result is given in Table-8.

Table-8. Self Confidence and Emotional Maturity of B.Ed. Trainees

Particulars	Correlation Coefficient
Self Confidence and Emotional maturity of B.Ed. Trainees	0.518**

** Significance in 1% level

The coefficient of correlation amongst Self Confidence and Emotional Maturity of B.Ed. Trainees is 0.518 and it discloses that they have significant, positive and substantial relation among them.

7. CONCLUSION

The above study explicates that significant difference is prevailed amongst profile of B.Ed. Trainees and their Self Confidence. Self Confidence is having significant, positive and substantial relation with Emotional Maturity of B.Ed. Trainees. Hence, B.Ed. Trainees should improve their Self Confidence through undergoing counseling and they must attend orientation programmes for increasing their Self Confidence. B.Ed. Trainees should get enough support from their parents and colleges for enhancing their Self Confidence and they must think positively and bring positive changes in themselves and they should also participate in seminars and workshops to improve their Self Confidence and all these measures have improved Self Confidence of B.Ed. Trainees and in turn, it will increase their Emotional Maturity.

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