Research Article

RELATIONSHIP BETWEEN SELF CONFIDENCE AND SOCIAL COMPETENCE OF ADOLESCENTS

Prathibha M V[1*] and Ashok H S[2]

[1]Bangalore University, Department of Psychology, Acharya Institute of Graduate Studies,
Soldevanahalli, Hesaragatta Main Road, Bangalore0-107
[2]Department of Psychology Bangalore University Bangalore-56

A R T I C L E   I N F O

A B S T R A C T

Self confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation (Basavanna, 1975) and 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" (Sonntag and Schaper, 1992). The aim of the present study was to find the relationship between Self Confidence and Social Competence. Sample of the study includes 43 II PUC students of a private college in Bangalore and the sample was selected using purposive sampling method. The results indicate that the sample of the study had moderate Self Confidence and moderate Social Competence. The findings showed that there was no significant gender difference in Self Confidence and Social Competence of the sample of the study and respondents with high Self Confidence had higher Social Competence.

INTRODUCTION

Adolescence is a social construct and many societies do not recognize it as a phase of life. According to Hall (1904), adolescence is a period of "storm and stress". In his view**,** adolescent's thoughts, feelings and actions oscillate between pride and humility, good intentions and temptations, happiness and sadness. The intellectual transformations of the adolescent's thinking enable them to achieve integration into the social relationships of adults.

Social adjustment is one of the difficult developmental tasks in adolescence, especially with regard to forming new relationship with opposite sex and adults outside the family and school for the first time. To achieve adult socialization patter new adjustments are made in many aspects and the most difficult ones are: increased influence of peer group, changes in social behaviour, new social grouping, new values in selection of friends, social acceptance and rejection, selecting role models and leaders.

Adolescence is the time of rapid social development as the adolescents are able to identify themselves by interacting with others. At this age, social interactions provide a stepping-stone for an autonomous functioning as adults and training grounds for future interpersonal relations.

Corresponding author: **Prathibha M V**
Bangalore University, Department of Psychology, Acharya Institute of Graduate Studies, Soldevanahalli, Hesaragatta Main Road, Bangalore0-107

Social competence is the amalgam of social, emotional and cognitive skills and behaviours that an individual needs to have for a sound social adaptation. Social competence of an individual depends on his social skills, social awareness and self-confidence. One must learn to adopt appropriate social behaviour in a particular interpersonal situation which is acceptable to others. A wide range of social skills helps to restrain oneself from exhibiting egocentric or negative social behaviours, thus proving to be social competent (Welsh & Bierman, 2011).

Self confidence is realistic belief or expectation which an individual needs use to achieve success. It is the relationship between an individual and their own environment, when they are satisfied with their social desires (Singh and Agnigothri, 2013). It is the belief an individual has of their own abilities to achieve a goal and it is critical in the effectiveness of achieving these goals (Chesser-Smyth & Long, 2012). Self-confidence also brings about more happiness. Typically, when an individual is confident in his abilities he will be happier due to his successes. Also, when one feels better about their capabilities, the more energized and motivated they are to take action and achieve their goals**.** Self-confidence is more often referred to as a broader and more stable trait concerning an individual's perceptions of overall capability.

Present study aims to study the relationship between Self Confidence and Social Competence of Adolescents.

REVIEW OF LITERATURE

Studies on Self Confidence

Pandurang (2017) conducted a study on gender difference in Self Confidence and Self-Concept of College Students. Sample for the study included 100 (50 boys and 50 girls college going students) players from various Collages and university of Maharashtra. The age range of subjects was 18-25 years. Results indicated that boys have significantly high self concept and self confidence than the girls.

Garg and Singh (2016) conducted a study to find gender, location and type of school differences on self efficacy of high school students. For measuring self efficacy of the students self confidence Inventory devised by Rekha Agnihotri was administrated to 400 high school students. The results of the study showed that there is no gender difference in self-confidence where as there was a significant difference between students of the rural school and urban schools as well as Govt. and private school. Urban school and private school students had higher level of self-confidence as compared to their counterparts.

Kishor and Arora (2016) conducted a study on self confidence among senior secondary school going students. The total sample of 200 secondary school students was taken from the Moga and Ferozepur district of Punjab to collect the requisite data through random sampling. Study found that there was significant mean difference in self-confidence between government and private, and between boys and girls. But, there was insignificant mean difference in self-confidence between rural and urban.

Studies on Social Competence

Nayak (2014) conducted a study on the influence of different demographic variables such as gender, age and cultural settings (urban and rural) on social competence among school adolescents during the most crucial and turning period of life. Sample included 240 randomly selected higher secondary school students of Odisha, a South-Eastern region of India. The ages of the first year and second year students ranges from 15 to 18 years. The results revealed that female adolescents have scored higher social competence average than male adolescents of the same age group and within the same cultural environment. The overall social competence average of girls was found to be higher than that of boys. Adolescent girls have high level of social competence. Older adolescents of second year class were found to have scored higher mean than younger adolescents of first year class in social competence test taking both urban and rural-base school adolescents into consideration. Older adolescents have shown high level of social competence. Irrespective of gender and age, a significant difference was found between the adolescents of urban and rural secondary schools in social competence test. Urban school adolescents scored overall higher social competence average than their rural counterparts. In addition, urban school adolescents exhibited high level of social competence, which was accounted for the difference in cultural values, cultural beliefs and other related facilities.

Since the studies related to Self Confidence and Social Competence as conceived in the present study was not available in the literature, present study aims to analyze the relationship between Self Confidence and Social Competence.

METHOD

Aim: To study the relationship between self confidence and social competence of adolescents.

Objectives

To assess the level of self confidence and social competence of adolescents
To assess the gender difference in self confidence and social competence of adolescents
To find the relationship between self confidence and social competence

Hypothesis

1. There is no significant gender difference in self confidence of adolescents
2. There is no significant gender difference in social competence of adolescents
3. There is no relationship between self confidence and social competence

Variables

Independent Variable: Self confidence, Gender
Dependent Variable: Social Competence
Operational Definitions

Self confidence: refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation (Basavanna, 1975)

Social competence: "Acting communicatively and co-operatively in a self organized manner, towards successfully realizing or developing objectives and plans in structure of social interaction" (Sonntag and Schaper, 1992)

Sampling: Purposive sampling

Sample: 43 II PUC students from a college situated in Bangalore. The Sample includes 23 Females and 20 Males belong to the age range of 17-19 years.

Inclusion Criteria

- Adolescents who are studying in second PUC in the selected college.
- Adolescents who are willing to participate.
- Adolescents who are available during the time of data collection.

Exclusion criteria

Adolescents who have recently suffered any chronic illness or have lost dear ones.

Tools Following are the tools used for the study

Sl no	Name of the Tool	Author/year	Measures	Reliability	Validity
1	**Self Confidence Inventory**	Gupta (2005)		Split-half- .91 Test-Retest-0.78	0.82
2	**Social Competence Scale**	Sharma and Rani (2013)	Personal Adequacy, Interpersonal Adequacy, Communication Skills	Test-retest reliability .84	

Research Design: Survey Research design

Procedure: Students from a private college in Bangalore were selected as the sample of study group administration of both the scale was done. Demographic details were collected in the form prepared by the researcher and the respondents were given clear instruction and assured for confidentiality. After

taking the consent of the sample the data was collected. Approximately 50 minutes was taken to complete the questionnaire.

Analysis of Results

- Descriptive statistics was computed to find the central tendency.
- Independent sample t test was computed to examine gender difference in Self Confidence and Social Competence.
- Pearson correlation was computed to find the relationship between Self Confidence and Social Competence.

RESULTS

Table 1 Shows the descriptive statistics of Self Confidence and Social Competence

Variables	N	Mean	SD
Self Confidence	43	30.26	11.88
Social Competence	43	136.95	15.20

Table 2 shows the gender difference in Self Confidence and Social Competence

variable	gender	N	mean	SD	t
Self Confidence	female	23	29.22	13.81	-.62 NS
	male	20	31.45	9.38	
Social Competence	female	23	140.13	15.33	1.49
	male	20	133.30	14.58	NS

NS-not significant

Table 3 Shows the correlation between Self Confidence and Social Competence

Pearson correlation	Social Competence
Self Confidence	-.601**

** Correlation significant at 0.01level (2-tailed)

DISCUSSION

The primary objective of the study was to assess the level of Self Confidence and Social Competence of adolescents. The results of descriptive analysis are presented in the table 1.

The Self Confidence of the sample was assessed using Self Confidence Inventory developed by Gupta (2005). Based on the norms high score indicates low Self Confidence and low score indicates high Self Confidence. The obtained mean score of the sample in Self Confidence was found to be 30.26 and the standard deviation was found to be 11.88. Based on the norms the obtained mean score indicates that the Self Confidence of the sample was moderate. Self Confidence is an individual's perceived ability to act effectively in a situation to overcome obstacles and to get thing go all right. The moderate level of Self Confidence of the sample of the study could be attributed to their level of self doubt, fear of negative evaluation, difficulty in demonstrating their emotions openly, getting discouraged easily, and inferiority feelings, easily getting influenced by criticism and praise and problems in decision making which was evident through their responses to items related to the above attributes in the scale.

The dependent variable of the study was Social Competence and it was assessed using Social Competency Scale developed by Sharma and Rani (2013). Based on the norms high score indicates very high Social Competence and a low score indicates very poor Social Competence. The obtained mean score of the sample was found to be 136.95 with the standard deviation of 15.20. Based on norms the obtained mean score indicates that the sample of the study had average Social Competence. "Social Competence means acting communicatively and co-operatively in a self organized manner, towards successfully realizing or developing objectives and plans in the structure of social interaction" (Sonntag and Schaper, 1992). Moderate Social Competence of the sample could be attributed to difficulty in self direction, personal responsibility, self monitoring, coping ability, accurate identification and understanding of social cues and rules present in one's social environment, interpretation of social behaviour which was evident through their responses to items related to the above characteristics in the scale.

The second objective of the study was to find the gender difference in Self Confidence and Social Competence of Adolescents and the proposed hypotheses are:

1. There is no significant gender difference in Self Confidence of Adolescents
2. There is no significant gender difference in Social Competence of Adolescents

The hypotheses were tested by computing independent sample t test, using SPSS software 16 version and the results are presented in the table 2.

Among 43 respondents, 23 were female and 20 were males. The mean Self Confidence score obtained by females was found to be 29.22 with the standard deviation of 13.81 and the mean score obtained by males was found to be 31.45 with the standard deviation of 9.38 and the obtained t value of -.62 was found to be not significant. The obtained result indicates that there is no significant gender difference in the Self Confidence of the sample, there by accepting the null hypothesis that "there is no significant gender difference in Self Confidence of Adolescents".

In Social Competence the mean score obtained by females was found to be 140.13 with the standard deviation of 15.33 and the mean score obtained by males was found to be 133.30 with the standard deviation of 14.58, the obtained t value of 1.49 was found to be not significant. Thus the null hypothesis "there is no significant gender difference in the Social Competence of adolescents" was accepted.

The insignificant gender difference in Social Competence could be attributed the opportunities available for social interaction in the urban life style, demands of the college activities and interactions with teachers and peers.

The third objective of the study was to find the relationship between Self Confidence and Social Competence of adolescents and hypothesis proposed was:

"There is no relationship between Self Confidence and Social Competence of adolescents"

The third hypothesis was tested by computing Pearson correlation and the results are presented in the table 3

Based on the table 3 the obtained correlation between Self Confidence and Social Competence was found to be -.601 which is significant at 0.01 level. The finding indicates that lower the Self Confidence lower would be the Social Competence of the respondents. Hence the null hypothesis that "there is no relationship between Self Confidence and Social Competence of adolescents" was rejected. Respondents who

were low on Self Confidence were found to be desperate to change their looks, failed to learn from their experience, non cooperative with others, gets annoyed when criticized, had difficulty in initiating the conversation there indicating low Social Competence. A successful social interaction makes adolescents feel happy about them self and thereby builds their Self Confidence and in turn increases the Social Competence of adolescents. Adolescents, who are more Self Confident found to be less likely to conform to others judgements (Deutsch, Lerard 1955), impress others easily and more likely to make correct judgement (Price, Stone 2014) which would have contributed to their high Social Competence.

CONCLUSIONS

1. Sample of the present study have moderate level of Self Confidence
2. Sample of the study have average Social Competence
3. There is no significant gender difference in Self Confidence and Social Competence of the sample.
4. There is a significant negative relationship between Self confidence and Social Competence. Higher the Self Confidence of the sample higher will be their Social Competence.

Bibliography

Basavanna, (1975). As cited in Gupta, R. (2005). Manual for Self Confidence Inventory (SCI-GR). National Psychological Corporation, Agra. p-3.

Chesser-Smyth, P.A., & Long, T (2012). Why does self-confidence matter and how can it be developed? https://en.wikiversity.org/wiki/Motivation_and_emotion/Book/2013/Self-confidence

Garg, S., & Singh, A. J. (2016). Self-efficacy of high school students. *Indian Journal of Positive Psychology*, *7*(2), 192.

Gupta, R. (2005). Manual for Self Confidence Inventory (SCI-GR). National Psychological Corporation, Agra.

Hall, (1904). Santrock, J.W. (2008). *Adolescence* (12th edition.). New York: McGraw-Hill International Edition. p-326.

Kishor, N., & Arora, M. M. (2016). Self confidence among senior secondary school going students. Attitude towards extension education among students of punjab agriculture university, Ludhiana* *Sanjay Chandwani*. *GHG Journal of Sixth Thought* Vol.3, No.1, March – 2016. ISSN- 2348-9936. p.59-62.

Nayak, M. (2014). Influence of culture linked gender and age on social competence of higher secondary school adolescents. *International Journal of Humanities and Social Science Invention*, *3*(10), 31-39.

Pandurang, J. D (2017). Effect of Gender on Self Confidence and Self-Concept among College Going Students. *Cosmos Multidisciplinary Research E-Journal.* ISNN NO.2456-1665

Retrieved from: http://cmrj.in/003%20Articles%20-%20January%202017.pdf

Sharma and Rani, (2013). Manual for Social Competence Scale (SCS-SLRP). National Psychological Corporation, Agra.

Singh, R. and Agnihothri, A (2013). Why does self-confidence matter and how can it be developed?

Retrieved from: https://en.wikiversity.org/wiki/Motivation_and_emotion/Book/2013/Self-confidence

Sonntag and Schaper, (1992). As cited in Sharma, L. and Rani, P. (2013). Manual for Social Competence Scale (SCS-SLRP). National Psychological Corporation, Agra. p-2.

Welsh, J. A & Bierman, K. L (2011) Social Competence - Importance of social competence, Social competence deficits and peer rejection, Developmental changes and social competence http://psychology. jrank.org/pages/591/Social-Competence.html#ixzz56Kuqaz6T

****