

Study of Adolescent Students' Confidence and Social Adjustment

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1. Introduction

Education is an important factor in the development process of human life. With the help of education, an attempt is made to bring about maximum development of the child. In a country like India, the tradition of bright culture has benefited the education process. The philosophy of India is known all over the world. In that connection a Sujan citizen is created in India with the help of education process.

The learning process changes the student. So an education scientist named 'Gates' says, 'Progressive change behavior is education.' "Developmental change in behavior is education" and change in behavior is a change in their work or action. Swami Vivekananda says, "Man making is the business of education."

Today we impart knowledge of various subjects to the students. Creates some skills in them by giving them vocational education and makes them craftsmen, mechanics, technicians, teachers, professors, lawyers, doctors but does it make a good person? All our focus is on professional knowledge and skills. On top of that, on the quality editing required, students seem to be less successful in life despite acquiring a lot of knowledge and skills.

Good self - confidence to succeed in life. Appropriate social adjustments must be made. Adolescents are the main culprits. The effects on their minds during this period are far - reaching. Therefore, it is necessary for them to cultivate their self - confidence by making a gentle nurture on their minds through education, and accordingly, there must be a correlation between self - confidence and social adjustment. Also, teenage girls mature earlier than teenage boys. So it is important to look at the differences in their social adjustment and self - confidence. Confidence is man's friend. He is always with me. If one has self - confidence, one can carry out any task with vigor, and if one has self - confidence, one can get along well in the society. Impressions are gained in a fluid, global, diffused way.

* (Definition) Confidence

"Confidence is the application of perfect knowledge and knowledge, self - discovery and the belief that arises from this about one's own superiority in the future."

* Social Adjustment

"Social adjustment is the process of adapting the situation in a society to social norms." Kal Rogers (1961) 's personality subplot contains the virtue of 'confidence'. Of the whole personality It happens through development and self - concept. And for Nikop self - concepts, confidence needs to be close. While living daily life, a person is obsessed with various subjects. This creates her sensations. And from that,

self - confidence develops. Setting goals for better self - confidence and social adjustment. There must be determination, self - awareness, acceptance of change.

Confidence and social adjustment vary from person to person. It takes a different form in adolescents. There is also a good correlation between self - confidence and social adjustment. The research presented is experimental to verify this. There has been some research related to this in the past.

J. M. Gaikwad (1988) conducted a study of 'Personality and Social Adjustment' at Nagpur University, in which he tested 250 boys and 250 girls on the adjustment test of Burgess and Cottrell, based on statistical findings of Mean, SD and Pearson's Product Moment co - relation. Achieved, there is a difference in the social adjustment of men and women and personality traits have a positive correlation with social adjustment.

Saraswat (1982) conducted research on 'Correlation of Self - Conceptual Adjustment Ability' and concluded that girls are more adjustable than boys.

Verma B. P. (1990) conducted a study on "The effect of confidence and anxiety on gender", and found that leopards affect the confidence of boys and girls.

2. Problems and Hypotheses

2.1 Purpose

- 1) To study the confidence of teenage students.
- 2) To study the social adjustment of teenage students.
- 3) To study the relationship between confidence and social adjustment of teenage students.

2.2 Problems

- 1) Are teenagers confident?
- 2) Can teenage girls make social adjustments?
- 3) Is there a difference in the social adjustment of teenage boys and girls?
- 4) Is there a difference in the confidence of teenage boys and girls?
- 5) Can confident teenage boys and girls make good social adjustments?

2.3 Variables

Independence variables → 1) Confidence

2) Social adjustment

Dependent Mutable → Adolescent students

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2.4 Hypotheses

Hypothesis

- 1) Teenage girls have better confidence than boys.
- 2) Social adjustment of teenage girls is better than that of boys.
- 3) There is a positive correlation between adolescent confidence and social adjustment.

3. Methodology

3.1 Tools

- 1) Self confidence Inventory (PSCI) is Dr. D. D. Pandey's quest for adolescence. It contains a total of 60 statements. Each statement is given two options, true / false. The respondent wants to respond right there. It is marked by a scientifically systematic design.
- 2) Social Adjustment Inventory (SAI) is Dr. R. C. Deva has a test for a teenage student. It has a total of 100 questions. The answer is Yes or No in front of everyone. The reliability of this test is 0.91.

3.2 Sample

For the present research, 40 teenage students from a school in Wardha city were included in the sample. Out of these, 20 boys and 20 girls were selected at random.

3.3 Research Design

The Method of Difference Plan was used to verify the assumptions to find the distance between the two groups.

3.4 Procedure

With the permission of the headmasters of various schools in Wardha city, he gathered the students who were accidentally available in their classes and convinced them of the importance of responding to the tests freely and honestly. As well as how important this research is to them. After explaining this, he gave proper instructions about the test and when he was sure to understand it, he was allowed to solve the test. Finally, he thanked all the students for their cooperation and stopped the test.

4. Statistical Analysis

4.1 Statistical Analysis

The responses received to the psychological tests in the presented research were given coefficients as per the instructions given in the test manual. The mean and deviation S. D. of the given product were deducted and the value 't' was calculated on that basis.

Table 1: Self confidence

	N	M	S.D.
Boys	20	15.9	3.78
Girls	20	20.4	1.35

Significant at 0.01 level.

Table 2: Social Adjustment

	N	M	S.D.
Boys	20	38.8	3.5
Girls	20	66.5	5.33

$t = 5.39^*$

$t = 5.06^*$

*Significant at 0.01 level.

The Product method was correlated with both confidence and social adjustment.

Table 3: Correlation

	Self - confidence
Social Adjustment	39

5. Discussion and Conclusion

5.1 Discussion

After the birth of a person, his personality develops by studying different subjects from different perspectives. Her 'self - confidence' becomes 'self - concept' through various experiences and social adjustment is achieved. In the research presented, the confidence of teenage girls is better than that of boys. To verify this, mean and standard deviations were drawn based on the results obtained from the confidence test of teenage boys and girls. The female average is 20.4, which is higher than the male average of 15.9. 't' Value 5.06 is significant at 0.01 level. Admittedly, teenage girls have better self - confidence than boys.

The hypothetical no. According to 2, the social adjustment of 'teenage girls is better than that of boys.' Examining this assumption the average of girls 'social adjustment test scores is 46.45, which is higher than the boys' average of 38.8, and the 't' value of 5.39 is 0.01 This leads to the statement that the social adjustment of teenage girls is better than that of boys.

The hypothetical no.3, the correlation co - relation (r) was extracted from the results obtained by verifying confidence and social adjustment. That is 0.39. Adolescent students have a positive correlation between self - confidence and social adjustment as it shows a positive correlation. This statement also has to be accepted.

5.2 Conclusion

- 1) The statement that the self - confidence of teenage girls is better than that of boys has become significant.
- 2) The statement that the social adjustment of teenage girls is better than that of boys shows credibility.
- 3) Shows positive correlation between confidence and social adjustment.

References

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