

**A COMPARATIVE STUDY ON SELF-CONFIDENCE BETWEEN B.P.ED. Ist&IIIrd SEMESTER STUDENTS IN PLAIN AREA**

**Ankur**

Research Scholar of Gurukul Kangri (Deemed To Be) University, Haridwar, Uttrakhand.

**Dr. R.K.S.Dagar**

Professor & supervisor Gurukul Kangri (Deemed To Be) University, Haridwar

**Dr. Ajay Malik**

Assistant Professor in Incharge of Department of Physical Education & Sports of Gurukul Kangri (Deemed To Be) University, Haridwar, Uttrakhand.

**Abstract:**

The purpose of the study was to examine the self-confidence of B.P.Ed. Ist and IIIrd semester students of gurukul kangri university (deemed to be) haridwar in plain area. Fifteen subjects were taken from each semester, and 30 subjects were selected for the students. For the data collection, we used a self-confidence questionnaire ( Dr. Rekha Gupta ). The collected data were analyzed statistically through the 't-test, and the significance level was observed at a 0.05 level of confidence. Based on statistical findings, it was concluded that the self-confidence level of B.P.Ed IIIrd semester students was higher than B.P.Ed Ist semester students.

**Keywords-** Self-Confidence, Questionnaire, B.P.Ed Students

**INTRODUCTION**

**Self-Confidence**

Confidence is an attitude about your abilities and skills. It means that you accept and trust yourself and have a sense of control in your life. We all know our strengths and weaknesses and have a positive attitude about ourselves. You can also handle criticism by setting realistic expectations and goals and communicating assertively. On the other hand, if you lack self-confidence, you may feel full of self-message and may have difficulty trusting others. Feeling confident can depend on circumstances; being confident is rarely related to your abilities and is mainly based on your assumptions. Perceptions are a way of thinking about yourself, and these ideas can be flawed. Low self-confidence can arise in different ways, such as growing up in an unsupportive and critical environment, judging you too harshly, being separated from your family or friends for the first time, and fearing failure. People with low self-confidence often make mistakes in their thinking. That is why confidence is essential in every field. One of them is the area of education which we can give as the most significant gift of confidence to the students. Students with learning difficulties, skills, and physical disabilities face a lack of confidence in the classroom. However, more confident students can achieve success in their life. Self-confidence is a

tool that helps students to manage their problems, aspirations, and challenges and maintain a positive attitude. A confident student is happy and confident and can face every problem in his life. There are some strategies and activities that parents and teachers can do to instill confidence in the students

**Hypothesis:**

- There would be no significant difference between B.P.Ed. Ist & IIIrd semester of plain area university In terms of self-confidence.
- There would be a significant difference between B.P.Ed. Ist & IIIrd semester of plain area university In terms of self-confidence.

**Delimitations:**

- The study will be delimited to the following psychological variables -
  - Self- confidence
- All subjects are male, and they are studying in B.P.Ed. Ist and IIIrd semester students
- Fifteen subjects were selected from B.P.Ed. Ist semester and Fifteen subjects selected from B.P.Ed. IIIrd semester students of plain area University
- All subjects were taken from gurukul kangri (deemed to be) university haridwar

**Limitations:**

- The physical health background of the subjects is not under the research scholar’s control so it could be treated as the limitation of this study.
- The socio-economic background of the subject is another limitation of this study.
- The ages of the subjects are also the limitation of this study.

**Administration of Test and Collection of Data:**

In this study, the researcher was selected B.P.Ed. Ist and IIIrd semester students from the department of physical education in gurukul kangri (deemed to be) university, haridwar. The total subjects were 30, and 15 subjects were selected from each semester. All students are male, and the data of all these students have been taken by questionnaire.

**Tools:**

- Questionnaire Self-Confidence( Rekha Gupta)

**Selection of Test:**

- ‘t’-test was used in this study.

**TABLE-I**  
**One-Sample Statistics**

	N	Mean	Std. Deviation	Std. Error Mean

Self-confidence B.P.Ed.Ist semester	15	16.73	6.464	1.669
Self-confidence B.P.Ed.IIIrd semester	15	20.47	6.390	1.650

Table I showed that Mean and Std.Deviation of Self-confidence B.P.Ed. Ist semester is  $16.73 \pm 6.464$  and Std.Error Mean 1.669. Likewise, Mean and Std.Deviation of Self-confidence B.P.Ed. IIIrd semester is  $20.47 \pm 6.390$  and Std.Error Mean 1.650 respectively.

**TABLE-II**  
**One-Sample Test**

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Self-confidence B.P.Ed.Ist semester	10.026	14	.000	16.733	13.15	20.31
Self-confidence B.P.Ed. IIIrd semester	12.404	14	.000	20.467	16.93	24.01

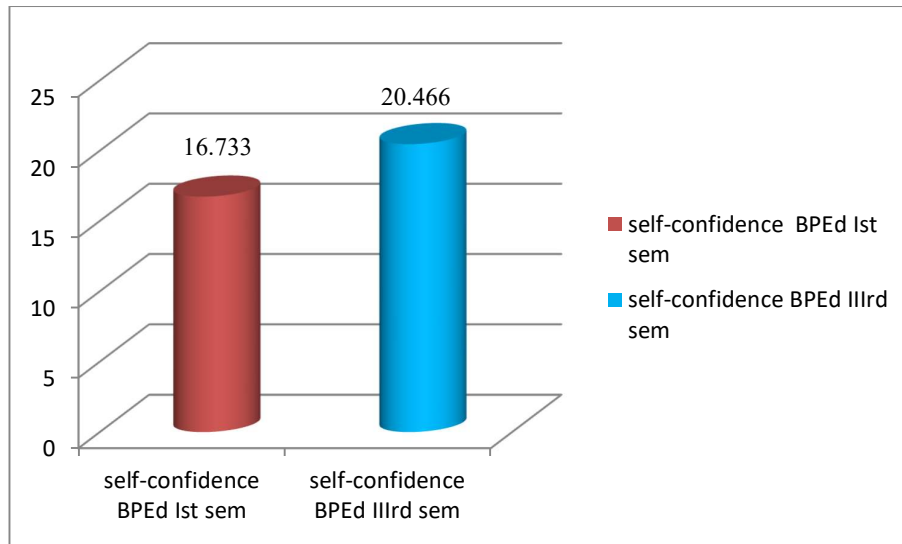
**\*significance at 0.05 level of significance  $t(14) = 2.145$**

Table II shows that Self-confidence B.P.Ed. During the semester, students received a t-value of 10.026; this value is higher than the tabulated value of 2.145.

Likewise, Self-confidence B.P.Ed. IIIrd semester students received a t-value is 12.404; this value is higher than the tabulated value of 2.145.

The above results show that the Self-confidence of B.P.Ed. Ist semester and IIIrd semester were significantly different, and the Self-confidence of B.P.Ed. IIIrd semester is higher than the B.P.Ed. Ist semester students.

Graph I



### Conclusion

In this research, self-confidence in students of B.P.Ed has been studied. Students selected by the research scholar, 15 students of B.P.Ed Ist semester and 15 students of B.P.Ed IIIrd semester, were selected who are studying in gurukul kangri university (deemed to be) haridwar. Based on the relevant result, the students of B.P.Ed IIIrd semester have a higher self-confidence level than B.P.Ed Ist semester students. The main reason for higher self-confidence in IIIrd semester students could be.

- Based on the maturity level of the IIIrd semester
- Based on the higher academic level of IIIrd semester students.

### Reference:

- <https://www.usf.edu/student-affairs/counseling-center/top-concerns/what-is-self-confidence.aspx> 1:14 time
- <https://www.theasianschool.net/blog/importance-of-self-confidence-in-students-life/> time 1:24