

## Self-Confidence and Self-Expression among Graduate Students from Punjabi and English Medium of Education

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### ABSTRACT

Self-confidence and Self-expression are the important factors in today's world. The students who have good self-confidence, they express themselves in better way and vice-versa. The present study was aimed to study the Self-expression and self-confidence among Punjabi medium and English medium students. The study was found that medium of instruction effect the self-confidence and self-expression of graduate students. Agnihotri's self- confidence inventory (ASCI) 1971 by Rekha Gupta and self- expression inventory 1971 by R. P. Verma and Usha Mishra were used for undertaking the study. Self-confidence and Self-expression were determined on the basis of medium of instruction. The sample was selected from the college students. For analysis and interpretation of data different statistical techniques were used. Descriptive method was used in the present study to obtain the pertinent and precise information. The sample size of the study was 74 in between the age range 16 to 24 years. Convenient sampling technique was used. The objectives of the study were to examine the effect of medium of instruction on the self-confidence and self-expression of students. To explore the relationship between the medium of instructions and self-confidence & self-expression. The investigator used quantitative technique –mean, t-test, S.D and two-tailed for data analysis and for getting the results. The result shows that there is no significant difference between the Punjabi and English medium students on self-confidence and self-expression.

**Key words:** Self-Confidence and Self-Expression, Punjabi, and English Medium.

### Introduction

Identity is described as the course of action of routine practices, bits of knowledge and excited models that advance from characteristic and natural variables. While there is no all things considered unending supply of character, most theories base on motivation and mental interchanges with one's condition. Characteristic based personality hypotheses, for instance, those described by Cattell's portray way of life as the qualities that anticipate a man's direct. On the other hand, more behaviorally based approaches portray personality through learning and inclinations. By and by, most speculations consider identity to be modestly adjusted.

**Self Confidence:** It is a feeling of trust in someone or something. Certainty is found out, it isn't acquired. On the off chance that you need certainty, it most likely implies that, as a tyke, you were condemned, undermined, or endured an intelligible unfortunate misfortune, for which you either pointed the finger at yourself or were faulted by others. Absence of certainty isn't really changeless yet it tends to be on the off chance that it isn't tended to. Sure individuals have confidence in their future and can precisely evaluate their capacities (Goel and Aggarwal, 2012). The conviction one is for the most part fit for delivering wanted outcomes. Self-assurance is simply the certainty one has, one's information and one's capacities. It is the certainty of the sort: "I can do this". "I can do this". It is the one thing that

is considerably more essential than some other capacities and qualities & capacities and a considerable measure of information, on the off chance that you don't have self-assurance you can't be a win.

**Self-Expression:** The good of an individual consists in self-realization and self-expression. The self, a variegated term, is the production of high integration in the being of man and an expression of his spirit. Radhakrishnan rightly states: "At the point when an individual draws his spirit from every outward occasion, accumulates himself together internally and endeavours with focus, there breaks upon him an affair, mystery, unusual and wondrous, which animates inside him, lays hang on him and turns into his exceptionally beautiful procedure of changing the abstract into target is both imaginative and basic. It is basically one of the sudden understandings of the truth which has gained universal significance through the all-conquering power of imagination so that the writer can identify himself just as one identifies oneself in a mirror. The selfhood of a sensitive poet is affected not only by the estranged realities of life and landscapes around him but turns to the turbulent inscape desperately searching for his self, rootedness and the essence of his being. Alexander pope in his proper study of mankind is man rightly declares life as an enigma

### **Review of Literature**

Survey of related writing is a basic part of research. It includes engineered and brief comprehension of the examination works previously led in a similar field over some undefined time frame. It gives some knowledge in regards to solid focuses and impediments of the past examinations and empowers the analyst to enhance his very own (Rais, 2011). Tripathi (2013) investigated a nearby linkage between medium of guidance and self-adequacy. The after effects of the examination demonstrated that the respondents whose medium of guidance was English shown larger amount of self-viability when contrasted with the respondents of Hindi medium of guidance. The discoveries of the investigation additionally uncovered that there exists a huge contrast among members on self-viability.

Concealment of self-articulation is by all accounts associated with psychological sickness and psychopathology (Freud, 1961; Pennebaker and Beall, 1986). It has additionally been identified with negative pressure reactions and to numerous physical issues, for example, coronary illness (Friedman and Booth-Kewly, 1987; Gross and Levenson, 1993). McNair (2004) led an examination entitled "Understudies self-assurance and the looking glass self: Perceptions of enthusiastic help, good examples, and scholarly accomplishment on a junior college grounds." Self-certainty was higher when understudies seen themselves as scholastically balanced and fruitful. Fearlessness was brought down with hoping to drop out. Relapse investigation uncovered that fearlessness relies upon understudies being scholastically balanced, scholastically fruitful. Ziegler and Heller (2000) made an investigation of conditions for fearlessness among young men and young ladies accomplishing profoundly in science. This study shown that young ladies effectively communicated fundamentally bring down levels of self-assurance with respect to science than did young men. The principle discoveries of the investigation were that there was noteworthy connection between scholastic tension and scholarly accomplishment; self-assurance and scholarly accomplishment; and no critical contrast between self-assurance levels in male and female.

### **Objectives**

1. To discover the statistically significant relationship among gender on level of self-confidence.
2. To find out the statistically significant difference among gender on level of self-expression.
3. To explore the statistically significant association among medium of education level of self-confidence.

- To investigate the statistically significant difference among medium of education on level of self-expression.

### Hypotheses

- There will be a statistically significant relationship among gender on Self-confidence
- There will be a statistically significant difference among gender on Social Self-Expression.
- There will be a statistically significant relationship among medium of education on Self-Confidence.
- There will be a statistically significant difference among medium of education on Self-Expression.

### Research Methodology

**Sample:** The sample of 74 graduate college students of Punjab was selected through simple random sampling technique. Further the respondents were equally divided into two groups on the basis of gender English and Punjabi Medium of Education.

### Psychological Tools

- 1. Agnihotri's Self-Confidence Inventory (ASCI):** The 56 itemed Agnihotri's Self-Confidence Inventory (ASCI) constructed by Dr. Rekha Gupta was used for assessment process. The reliability of the scale was found through Cranach's alpha, which yielded the estimation of 0.88, since the esteem is  $>0.6$ , it shows high interior consistency dependability.
- 2. Self-expression inventory:** Self-expression inventory constructed by Verma and Usha Mishra The test contains 30 items with four alternatives in each. Out of the four alternatives, two are such that 'yes' response to them showed the respondent's sense of deprivation and two of the alternatives are neutral statements, the 'yes' response to which do not show any sense of deprivation. The responses made only against the alternatives that indicate sense of deprivation are to be scored. The responses made against the other two alternatives are ignored and a score of zero is assigned to them. Reliability of the test was computed by split-half method using spearman Brown prophecy formula, and it was found reliable as the value was found to be 0.81 and 0.90 respectively

**Statistical Analysis:** The primary data was statistically analysed by applying mean, S. D and t-test.

### Results and Discussion

**Table-1:** Showing Self-Confidence and Self-Expression of Punjabi medium and English medium students.

	Medium	N	Mean	S.D	Std. Error Mean
Self Confidence	Panjabi	46	26.59	10.77	1.59
	English	28	29.64	12.82	2.42
Self Expression	Panjabi	46	40.74	21.09	3.11
	English	28	35.14	19.15	3.62

The findings from the above table shows that self-confidence (M=26.58, SD. 10.76) and (M=29.64, SD=12.82) of Punjabi and English students respectively. Thus the results show that there is no significant difference among the self-confidence of Punjabi and English students. Though there is a minor difference which is almost negligible. Therefore, hypotheses that there will be a statistically significant relationship among medium of education on Self-Confidence and that there will be a statistically significant difference among medium of education on Self-Expression is rejected.

**Table-2:** Showing self-confidence and self-expression of gender.

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Self Confidence	Male	32	29.5000	13.05077	2.30707
	Female	42	26.4048	10.31943	1.59232
Self Expression	Male	32	40.4063	20.73933	3.66623
	Female	42	37.2619	20.33387	3.13758

Results of the above table shows that self-confidence (M=29.50, SD. 13.05) and (M=26.40, SD=10.31) of Male and Female students respectively. Hence, the results demonstrate that there is insignificant difference among the self-confidence of male and female students.

Also, table shows the value of self-expression (M=40.40, SD=20.73) and (M=37.26, SD=20.33) of male and female students respectively. So, the results states there are minor difference among the self-expression of male and female students which on statistically basic are not significant. Therefore, the hypotheses that there will be a statistically significant relationship among gender on Self-confidence and there will be a statistically significant difference among gender on Social Self- Expression are rejected.

**Table-3:** Comparison of Mean, SD, Mean difference, SED and t-value.

	Group	N	Mean	S.D	M.D	SED	't-value'
Self-confidence	Punjabi	46	26.587	10.767	3.095	1.57	1.14
	Other	48	29.642	12.824			
Self-expression	Punjabi	46	40.739	21.091	3.144	3.10	.65
	Other	28	35.142	19.149			

Results of the above table shows that self-confidence ('t'=1.14) of Punjabi and other students. Hence, the results demonstrate that there is no significant difference among the self-confidence of Punjabi and other students.

Also, table shows the value of self-expression ('t'=.65) of Punjabi and others students. So, the results states there are no statistical difference between self-expression of Punjabi and other students.

**Conclusions:** The research study of present topic "self-confidence and self-expression among Punjabi students and English students." Findings state the following conclusions:

1. The first hypothesis that is there will be a statistically significant relationship among gender on Self-confidence is rejected as there was no significant difference among relationship of self-confidence among students of different gender. There was very minor difference which is not statistically significant.
2. The second hypothesis that there will be a statistically significant difference among gender on Self- Expression is rejected because according to findings of the research there came no significant difference among self-expression of different gender among the students of 16 to 24 years of age.
3. There will be a statistically significant relationship among medium of education on Self-Confidence is our third hypothesis which is also rejected according to the findings of the research, as statistical calculation of data showed no significant difference of self-confidence among different medium of education in students.
4. The fourth hypothesis that there will be a statistically significant difference among medium of education on Self-Expression is also rejected as there is no significant difference between medium of education among students of different education, which state that students have similar self-expression in the students of different medium.

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