



## A COMPARATIVE STUDY OF SELF CONFIDENCE IN MARRIED WOMEN AND WIDOW WOMEN

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### ABSTRACT:

The purpose of the study was to compare the level of self-confidence in married women and widow women. For the research study the survey was conducted in the year 2021 where Fifty women were selected from Block Karanprayag, District Chamoli, and Uttarakhand, India. The selected sample consisted of 25 married and 25 widow women with ages ranged between 30 to 35 years. Agnihotri's Self confidence Inventory (ASCI) was administered to assess the level of self confidence. For Statistical Analysis Mean, S.D, and t-test were used. After statistical analysis result revealed that there was a significant difference between the criterion variable.

### KEYWORDS:

**SELF-CONFIDENCE, MARRIED WOMEN, WIDOW WOMEN.**

### INTRODUCTION

Being afraid of failure is a sign of timidity or timidity, by and by which create the level of confidence is moderate in human being. A conjunction of Self efficacy and self esteem is proliferate self confidence.

Confidence is sometimes confused with the absence of uncertainty; nevertheless, when confidence is required, the conclusion is frequently unclear, As a result, true confidence is more about being at ease with ambiguity and not knowing what will happen.

"There is one corner of the universe you can be certain of improving and that is your own self."

-Aldous Huxley

### SELF CONFIDENCE

The self is a composite of a person's thoughts and feelings, adore and desire, agitation and imagination, (because researcher is using women for the purpose of research study) her respect of what she is, what she has been, what she might become, and her frame of mind regarding to her values. To consider self is an element of self confidence. A self-confident person perceives himself to be cognitive developed, socially adequate, psychologically mature, successful, individualistic, satisfied, determined, optimistic, self-reliant, family assertive and having directional & leadership qualities. In the current society, day-by-day life is becoming very intricate and shaking. If a person has well confidence only then he or she can survive without any mental illness which may result in self-assurance.

"Who has confidence in himself will gain the confidence of others"- (Leib Lazarow)

Confidence is acquired rather than inherited from equally self assured parents. If you lack self confidence, it could be because you experienced criticism, rejection, or an unexplained terrible loss as a youngster, for which you either blamed yourself or were blamed by others. The good news is that low self esteem isn't always permanent; the bad news is that it will be if it isn't treated

"Self confidence is an individual's perceived potentiality to act effectively in a condition to over some obstacles and to get everything right" (Basavanna).

Every person has different levels of confidence in different situations. For example, a student might be confident in writing but lack confidence in speaking. He may also lack confidence in meeting people. He may estimate that his probability of success is not so much as when he meets someone. Confidence is parallel to the prescribed conditions, state, presumption and task. In a whole life the display of a growing body suggests that one's perception of capability or self confidence is the central moderating construct of reaching practice (e.g. Bandura, 1977, Erickson et al, 1993; Harter, 1978; Kuhl, 1992; Nicholls, 1984 People, who has lack of confidence, mostly depend on the consent of others in order to feel good about them. Because of the fear of failure they don't want to take any risks, or don't wanna try to solve the problems. On the other hand Self confident people are ready to risk the refusal of others because they normally belief their own capabilities. They accept themselves and don't feel the necessity to please others in order to be accepted.

Every person has some zones of their lives where they are slightly self assured, it could be educational, competitive, sporting, domestic, or extra-curricular activities. The first step to success believes in us and Lack of self confidence exhaust our way of achieving something. Gradually the low level of feelings create psychosomatic.

“Take full responsibility for your actions and remember that you are only one the master of your own fate. You have all the strength and comfort you require. Therefore, take charge of your own bright destiny.”

- Swami Vivekananda

## WOMEN

“There will never be a generation of great man until there has been a generation of free women or free mother” (Ingersoll, 1899)

For a long time back, in the world every society no matter how ancient or automatically machinery advanced, regard the self confidence in widows there's a great loss as compare to married. “Women have an important role to play in the development of our country; as the women's physical and mental experiences with life are far more extensive than men's”(Bernard, 1971; Adhikari,2012).

Ironically rural's women specially those women who losses her husband are the negated section of our society. Their anguish and suffering go unnoticed. They are rarely taken into account when conducting research. It seems that they don't have any right to participate in any social activities, an omen work, or others...these all things and this type of environment makes them failure, depressed, unhappy, unhealthy and social isolated,. As a result of the overload, there is assorted varieties of health issues arise. These issues influence not just mentally, but also in term of their physically, socially, attitude-behaviour and personality.

Widows have no claim to her late husband's own cattle or belongings. Under the current system, widows are subjected to economic and sexual exploitation. Widows have no say in the matter, as they are always under the influence of other members of the family. WHO (2002) released a report that end of this century widow women are most depressed than other regarding this issues (lack of self confidence). In the rural area at the age of 20-21years girls get married. Drugs & Alcohol addiction, economic crisis, suicidal, Source of income, poverty, roads accident; these all are the causes because of which young married women turns widow at the early aged.

Based on the discussion and studies women (widow) are facing many more problems, such as:

- Explosiveness,
- Slip ups while making decisions,
- Craving for independence,
- low self steam,
- feeling of inferiority,
- low of self confidence,
- Feeling of isolation, etc.....

Hence, the study was designed to measure the level of self confidence in married and widows.

## RESEARCH METHODOLOGY

### STATEMENT OF THE PROBLEM

“A Comparative study of Self Confidence in Married Women and Widow Women”.

## OBJECTIVES

To examine the level of self confidence in married women.

To examine the level of self confidence in widow women.

## VARIABLES

Independent variable: - Self confidence

Dependent variable: - Married women, Widow women

## SAMPLE

Fifty women were selected by using survey method sample technique for the study, in which 25 married and 25 widows from Block karanprayag, District Chamoli, Uttarakhand, whose ages ranged between 30 to 35years. The purpose of study was described to each subject separately and then where the women decided the interview was held at the same location. The information was gathered using a questionnaire.

## RESEARCH TOOLS

Agnihotri's Self confidence Inventory (ASCI) by Dr. Rekha Agnihotri (1987) was used to assess the level of self confidence in married and widows. It has 56 questions with two options for answer- “yes or no”. It was created in the Hindi language and has a reliability of 0.91 and a validity coefficient of 0.81.

## STATISTICAL ANALYSIS & RESULT

The level of self confidence in married and widowed was investigated using Mean, Standard Deviation and T-test.

**TABLE-1**

Group	Mean	S.D	t
Married women	27.48	2.85	1.68
Widow women	41.48	4.37	

## CONCLUSION

In this research work “A comparative study of self confidence in married and widows”. Researcher explored that married women have a higher sense of self confidence than widows. The findings show that in rural areas, a lack of knowledge, awareness, guidance, and facilities, as well as a conservative mindset and other taboos, have a direct impact on widow women's self confidence.

Table 1 shows that married and widow women mean values are 27.48 and 41.48 whereas SD is 2.85 and 4.37 and t values is 1.68 which is significant that married women are more confident as compare to widows. Self confidence is the thing which you want or what you need to achieve. Along with self confidence, women also require constructive support in order to achieve their goals and maintain their mental health in their personal lives.

During the data collection process, it was discovered that widows were more shy, sheepish, and timid than married

women, which was unanticipated. After reviewing the findings of the study, we may conclude that widows have a difficult time adjusting to modern society.

According to Mata Bhagwati Devi Sharma- Self confidence is just as important for success as food is for survival. It is difficult to achieve any level of success without self assurance. Self confidence is a powerful force that can transform you into strom, help you overcome obstacles, and even help you navigate across water. With the support of self confidence, a man can accomplish the greatest success.

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