

A study of Self-confidence and risk-taking behavior among adolescents :

Kumari Kalyani
Research Scholar (Psychology)
L.N.M.U, Darbhanga

ABSTRACT

The research was conducted to study the self-confidence and risk taking behavior among adolescents. For this purpose 200 school going students taken as a research sample form different schools located in Darbhanga district area in Bihar. The age range of research sample from 12 to 14 years with an average age range of 16 years. Self prepared Personal Data Sheet, Self-confidence Inventory by Rekha Agnihotri and Risk taking behavior N.P. Chaudey was administered upon research sample. The collected data were analysed with t-test method. The findings revealed that (i) Respondents of his self-confidence showed more risk-taking activities than those of respondents of low self-confidence, (ii) Boys respondents showed more risk-taking activities than girl's respondents, (iii) urban respondents showed more risk-taking activities than rural respondents and (iv) respondents of high socio-economic family showed more risk-taking activities than respondents of 200 socio economic family.

Kew Words :Self-Confidence, Risk-taking behavior, Adolescents.

INTRODUCTION :

Adolescence is a time of many changes, some of which are subtle and some are apparent. Several changes take places simultaneously during the adolescence phase, some impacting there thinking, emotions and behavior more than others. No aspect of adolescent development has received more attention from public and researcher than parent adolescent relationship. Much of the research indicates that despite altered pattern of interaction, relationship with parent remain important social and emotional resources well beyond the childhood years.

Risk taking may be defined as “an action that jeopardizes something of value”. Risk taking behavior is the voluntary participation in behavior that contain a significant degree of risk. People adopt different approaches to risk or risk orientation and there are three different risk taking types namely, ‘risk avoider’, ‘risk reducer’ and ‘risk opt ionizers’. According to

Hayes (1987) adolescents purposively seek out risk. They suggested that such behaviors permit adolescents to take control of their lives express opposition to adult authority and conventional society. Deal with anxiety, frustration, inadequacy to failure, gain admission to peer groups and demonstrate identification with sub culture, confirm personal identity and affirm maturity and mark a developmental transition into adulthood.

Self-confidence is a positive belief that in the future one can generally accomplish what one wishes to do something. Self-confidence is central to good psychological adjustment, personal happiness and effective functioning in individuals. Individuals with better confidence can easily perform many works and communicate with others.

Review of Literature :

Nelson (2007) made a study on adolescence social acceptance and found that in adolescence social acceptance by peers may be processed in way similar to other sorts of rewards including non-social reward. Chen et al. (2011) conducted a study on the risk taking behavior of males and females and found that a significantly greater proportion of males than female were ranked as high risk-factors. Jamal (2012) find out the self-esteem and risk taking behavior of adolescents. The results reveal that there is significant difference among male and female, high and moderate behavior of urban adolescents in relation to risk taking behavior and difference among self-esteem of rural and urban adolescents. There were no significant difference among male and female adolescents in relation to self-esteem and rural and urban adolescents in relation to risk-taking behavior.

OBJECTIVE AND HYPOTHESES :

The main objectives of the research was to study the self-confidence and risk taking behavior among adolescents.

HYPOTHESES OF THE STUDY :

- (i) The risk-taking behavior would be significantly differed between respondents of high and low self-confidence.
- (ii) The risk taking behavior is the significantly differed between boys and girls adolescents.
- (iii) The respondents belonging to rural areas would have fewer tendencies toward risk taking behavior than those of respondents of urban areas.

- (iv) There would be significant difference between respondents of different SES family interm of their risk taking behavior.

MEDHODOLOGY :

- (i) Sample :

Total 200 school going students were selected as a research sample from different schools located in Darbhanga district areas in Bihar State. The age ranges of sample were from 12 years to 16 years with an average age range of 14 years.

Research Scales :

Following research scales were used for data collection work :

- (i) Self-confidence inventory developed by Rekha Agnihotri (1998).
- (ii) Rihs-taking behavior scale developed by Dr. N.P. Chaubey (1992).
- (iii) Self-prepared Personal Data Sheet.

PROCEDURE OF DATA COLLECTION :

A detail plan well in advance was prepared for the purpose of collecting data by researcher. According to earlier made plan the researcher had contacted with the head of the institutions which marked for data purpose. After that with the help of other institution staff the selected scales were administered upon research sample and finished the data collection work.

ANALYSIS OF DATA :

The collected data were analysed with suitable statistical method, like t-test method.

FINDINGS :

The following results were obtained after the analysis of collected data :

Table No.- 01

Comparison of Risk-taking behavior between Respondents of High and Low Self-Confidence Level :

Group	N	Mean	SD	t-value	p-value
Respondents of high self-confidence	100	67.27	7.92	8.45	<.01
Respondents of Low self-confidence	100	76.17	9.32		

Table No.- 02

Comparison of Risk-taking behavior between Boys and Girls Respondents :

Group	N	Mean	SD	t-value	p-value
Boys Respondents	100	40.65	10.05	9.53	<.01
Girls Respondents	100	51.19	11.72		

Table No.- 03

Comparison of Risk-taking behavior between Rural and Urban Respondents :

Group	N	Mean	SD	t-value	p-value
Rural Respondents	100	53.01	8.42	5.06	<.01
Urban Respondents	100	47.69	6.34		

Table No.- 04

Comparison of Risk-taking behavior between Respondents of High SES and Low SES Family :

Group	N	Mean	SD	t-value	p-value
Respondents of High SES family	100	46.09	7.11	1.94	<.05
Respondents of Low SES family	100	30.18	4.02		

An inspection of above table no.-01 revealed that respondents of high self-confidence showed more tendency of risk taking behavior while respondents of low self-confidence showed less tendency of risk-taking behavior. In this context, the calculated t-value 8.45 was found significant at <.01 level of confidence. Thus, this result confirms our earlier made hypothesis that there would be significant difference between respondents of high and low self-confidence in term of their risk-taking behavior. Hence it is also clear that, high scores on self-confidence and risk taking majors indicate lower self-confidence and risk taking behaviour.

An observation of table no.-02 cleared that boys respondent's were obtained less mean (40.65) and SD (10.05) than those of girls respondents and the obtained t-value (9.53) was highly significant at <.01 level of confidence. Hence, it is clear that, the boy's

respondents showed more tendencies toward risk-taking activities than those of girls respondents. Thus, in this context proposed hypothesis is accepted.

The result that given in above table no.-03, showed the risk taking behavior was significantly differed between Rural and Urban respondents. In this context rural respondents were showed more risk-taking tendency while urban respondents showed less risk-taking tendency. The calculated t-value (1.94) was too found highly significant at <.05 level of confidence and confirmed our earlier made hypothesis.

The findings that presented in above table no.-04, showed that, risk-taking behavior was significantly differed between respondents of high socio-economic status and low socio-economic status family. In this context, the respondents of high socio-economic family showed more tendency for risk-taking behavior and confirm our earlier made hypothesis that, there would be significant difference between respondents of high and low socio-economic status family.

CONCLUSION :

To conclude it can be say that :

- (i) Respondents of high self-confidence showed more risk-taking activities than those of respondents of low self-confidence,
- (ii) Boys respondents showed more risk-taking activities than girls respondents,
- (iii) Urban respondents showed more risk-taking activities than rural respondents and
- (iv) Respondents of high socio-economic family showed more risk-taking activities than respondents of low socio-economic family.

REFERENCE :

- Chen, J. Xu, H. & Whinston, A.B. (2011) :** The role of marketing in social media. Journal of Management information systems, 28, (2), 260-268.
- Jamal, B.S. (2012) :** Self-esteem and risk taking behavior , Scholarly Research Journal for inter disciplinary studies, 1 (3) 635-642.
- Agnihotry, R. (1998) :** Manual of Self-confidence Inventory, Agra Psychological Corporation.
- Chaubey, N.K. (1992) :** Manual of Risk taking behavior. Agra Psychological Corporation.
