

Research Paper

## A Study on Self-Actualized and Non-Self-Actualized Men and Women on Self-Confidence

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### ABSTRACT

The Self may be known and experienced through the transcendence of the normal state of consciousness to a higher level of conscious functioning, known as the "peak" or mystical experience. The concerns about psychological elevation and transforming oneself due to dynamic changes in lifestyle, life perception, esteem, and quality of work-life have paved the way for this research. The present study's main objective was focused on psychological quality (Self-Confidence) of self-actualized individuals and non-self-actualized individuals. The sample constitutes 150 men and 150 women from three different professional backgrounds. The subjects belong to three different professions located in the Bengaluru district. Along with the scales and questionnaires, a semi-structured information schedule was developed by the researcher was used to collect relevant data (age, gender, education, socio-economic status, etc.). The scales used were Self-actualization questionnaire developed by Jones & Crandall (1986), Self-confidence inventory developed by Dr. Rekha Gupta (2005). 't' test was used to analyse the results. The results obtained showed that there is no gender difference in self-actualized individuals, and there is a gender difference in non-self-actualized individuals on Psychological Well-being.

**Keywords:** *Self-Actualization, Non-Self-Actualization, Self-Confidence*

In modern psychology, a new dimension of man's nature is becoming apparent. We can call it the Self. Constantly changing thoughts, emotions, and physical states are what comprise the empirical self. Thus, it is the central source and foundation of the empirical self. It is possible to know and experience the Self by transforming the "peak" or mystical experience is the transition from a normal state of awareness to a higher degree of functioning. Over hundreds of years, both Eastern and Western spiritual theoretical frameworks have created similar ways for achieving greater levels of consciousness. It is claimed that self-actualization achieved through the above-mentioned methods as a result, the individual's integration and progress are enhanced, as well as the healing of some types of neurosis. It can also lead to better creativity and interpersonal interactions.

### SELF CONFIDENCE

Self-confidence is an attitude that an individual has towards one's skills and abilities. The sense of control one has over one's life when one accepts and trusts oneself. You have a

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positive opinion of yourself and know your strengths and weaknesses well. There is some confusion about what self-confidence is, but the term is probably the most widely used outside of psychology research. One sets expectations and goals that align with one's reality, communicates assertively, and can handle criticism. The most cited source on self-confidence refers to self-confidence as simply believing and having faith in oneself (Bénabou & Tirole, 2002). Self-confidence is described as an individual's expectations of performance and judgement of the degree of one's abilities and previous performance in another article (Lenney, 1977).

Low self-confidence, on the other side, can lead to self-doubt, becoming meek or subservient, and having difficulties trusting people. Perhaps the individual feels sensitive to criticism, inferior, unloved, or uncared for. Confidence in one's self may be a factor of the circumstances an individual is placed in. In certain areas, such as academics, an individual may feel very confident, but in others, like relationships, the same individual may lack confidence.

In most cases, your perceptions determine your level of self-confidence rather than your abilities. A person's perception is how they see themselves, and these perceptions can be flawed. Low self-confidence can be caused by a variety of reasons, such as being brought up in an unsupportive environment where everybody is critical of one's actions, being separated from friends or family for the first time, or judging yourself too harshly. Thinking errors are often caused by low self-confidence. Self-confidence does not mean that a person can do everything. Confident people may not have realistic expectations. Despite this, they continue to be positive and accept themselves even when their expectations are not met.

Individuals who are self-assured are people who do not rely on the approval of others to feel good about themselves. As a result, they rarely avoid taking chances out of fear of failing. Generally, they expect to succeed. When they are on the receiving end of compliments, they often tend to ignore them or discount them. Because they generally believe in their skills, those who are confident in themselves are virtually always willing to risk the displeasure of others. They tend to accept themselves; they don't feel they need to oblige to everything that everybody has to say to be accepted.

### **Initial development of self-confidence**

Many factors influence the development of self-confidence. The attitude of parents is crucial to how children feel about themselves during the early years of their lives. Children who are accepted by their parents build a strong foundation for feeling good about themselves. If one or both parents are overly critical or demanding, or if they are overprotective and discourage independence, it can be harmful to a child. Children will learn to accept themselves and be on the way to growing self-confidence if parents foster self-reliance in their children and accept them when they make errors. Incompetence isn't necessarily accompanied with a lack of confidence. Most of the time, it's the result of putting too much emphasis on other people's excessive expectations, particularly those of parents and society. The effects of the one's friends can determine one's self-perception as much as or even more than those of one's parents and society. In college, students re-examine values and develop their own identities, so they are especially susceptible to the influence of friends.

Having self-confidence is not necessarily a characteristic that permeates every aspect of one's life. The average person has some areas of their lives in which they feel quite confident, e.g.,

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academics, athletics, while at the same time they are very insecure in other areas, e.g., personal appearance, social relationships.

### LITERATURE REVIEW

Roland Bénabou, Jean Tirole (2002) examines the importance of self-confidence to rational agents and the strategies employed to achieve it. Individuals with imperfect willpower benefit from a feeling of confidence in their abilities, which enhances motivation. There is a risk of overconfidence when self-serving beliefs (which can also be motivated by hedonic or signaling motives) are demanded. By integrating motivated and rational processes of human cognition, we establish a model of self-deception based on endogenous memory. It is common for intrapersonal games of strategic communication to result in multiple equilibrium states. Even though positive thinking improves welfare, it can also be counterproductive (and still should be pursued).

Feltz, D. L. claims Self-confidence (SC) influences athletic performance more than any other factor. An athlete's success is correlated with SC, whereas failure is closely associated with a lack of SC. Thus, the degree of confidence distinguishes successful athletes from unsuccessful ones both mentally and physically. Feltz's seminal chapter revealed the exact nature of SC. A person's confidence can be defined as their belief that they will succeed in executing a desired behavior (i.e., their belief that "I will succeed"). According to Feltz, there has not been a satisfactory scientific explanation of the relationship between SC and performance in sport. In the first part of his presentation, Feltz presented several definitions of SC and briefly discussed them in relation to constructs such as self-concept, self-esteem, perceived ability, and performance expectations. In his study of these relationships, Feltz presented three major theoretical approaches, which were: the self-efficacy theory by Albert Bandura, perceived competence model by Harter, and concept of sport confidence by Vealey. Moreover, she discussed some relevant criticisms, in addition to the theoretical approaches, along with evidence from research in sport.

As a result of comparing these three approaches, Feltz drew some important conclusions regarding the (then) latest scientific status of the relationship between SC and sport performance. The answer to SC in sport remains a mystery despite this seminal study. At that time, Sports science is a field both theoretically interesting and with significant practical implications for those involved in sport. Feltz organized and presented the scientific knowledge relevant to this field, and he probably influenced many researchers in this field.

Sabina Kleitman and Lazar Stankov (2007) describe how self-confidence works. Research into the relationship between cognition, metacognition, and personality is particularly important. Three cognitive constructs were measured in the participants (N = 296): accuracy, speed, and confidence. In addition, participants completed the Metacognitive Awareness Inventory (MAI, Schraw, G., and Dennison, R.S. (1994). Metacognitive awareness assessment. (*Contemporary Educational Psychology*), a personality test based on the Big Five factors, and the Memory and Reasoning Competence Inventory (MARCI). There is a moderate correlation (.41) between the self-confidence and metacognitive processes factors. There is a Self-confidence factor that takes into account not only processes related to performance on items with correct answers, but also sureness level in beliefs about possible future events. In a hierarchical multiple regression analysis, accuracy of performance, Metacognitive Awareness Questionnaire, and beliefs in intelligent reasoning ability all predicted the Self-confidence factor.

## METHODOLOGY

### *Aim:*

To study the difference between self-actualized men and women, and non-self-actualized men and women on Psychological well-being.

### *Objectives*

1. To study the difference between self-actualized men and women on psychological quality measure (Psychological well-being).
2. To study the difference between non-self-actualized men and women on psychological quality measure (Psychological well-being).

### *Operational Definitions*

The operational definitions were as follows

1. **Self-actualization:** is one's deepest desires or one's worthiest capacities. It is a bringing of oneself to flourishing completion, an unfolding of what is strongest or best in oneself so that it represents the successful culmination of one's aspirations or potentialities.
2. **Non-self-actualization:** Based on Buddhism, a nonself-cultivating process aims to minimize or extinguish the self and avoid desires, leading to ego-lessness or selflessness.
3. **Self-confidence:** is the psychological process that led to improved performance and a more successful life in general.

### *Hypothesis*

1. There is a significant difference in Self-confidence between self-actualized men and self-actualized women.
2. There is a significant difference in Self-confidence between non-self-actualized men and non-self-actualized women.

### *Variables*

1. **Independent Variable:** Men and Women, Self-actualization and Non-self-actualization.
2. **Dependent variables:** Self-confidence.

### *Research Design*

Cross-sectional (Ex-post facto design)

### *Inclusion Criteria*

- Subjects were Professionals who possess knowledge and understanding of the English language.
- A minimum period of one year has been spent in the present profession.
- The subjects were chosen from the Bengaluru district.
- The sample includes both men and women, married and unmarried subjects.
- The population consists of subjects belonging to varied Religions, cultures, and family structures.

### *Exclusion criteria*

- Professionals who are not willing to participate.
- Subjects who do not have one year of experience as a professional.

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- Professionals other than Medical, engineering, and Teaching (Professors).

### ***Tool Description:***

#### **a. Self-actualization questionnaire developed by Jones & Crandall (1986)**

(Reliability: 0.32-0.71 Validity: 0.5)

Scoring in the Self-actualization questionnaire has 15 statements. For statements 2,5,6,8,9,11,13 and 14, the assigned point is 4 for an answer of 1, 3 for an answer of 2, 2 for an answer of 3, and 1 for an answer of 4. For all the remaining items, the assignments of points correspond to the answer (1 point for an answer of 1, 2 points for an answer of 2). A score of 15- 60 higher the score, the greater the likely hood the person is self-actualized.

#### **b. Information Schedule**

The researcher developed the Information schedule exclusively for this study which included participants' details such as age, gender, education, and other personal details such as family background (Joint Family, Nuclear Family, and Extended family), order of birth.

#### **c. Self-confidence inventory developed by Dr. Rekha Gupta (2005)**

(Reliability: 0.95-0.88 Validity: 0.25)

The self-confidence inventory has 56 items. It's a self-administered test.

A score of one is awarded for a response indicative of lack of Self-Confidence, i.e., for making cross 'x' to wrong response to item no's 2,7,23,31,40,41,43,44,45,53,54,55 and for making cross 'x' to right response to the rest of the items. Hence, the lower the score, the higher would be the level of Self-Confidence.

### ***Sampling Technique***

In the present study, the researcher adopted a purposive sampling technique. There will be no bias in using purposive sampling since the respondents voluntarily participate in the survey.

### ***Rationale Behind Selecting the Sample***

Based on the screening and pilot study it was decided to draw a sample of 300 which includes both men and women from three different background Medical, Engineering, and Academics. The study tries to investigate is there any gender differences in psychological quality such as Self-Confidence.

The sample of the present study included both men and women professionals within the age range of 40-60 years in three different professions such as Medical, Engineering, and Academics under the jurisdiction of Bengaluru district.

### ***Procedure***

The data was collected from professionals (Doctors, Engineers, and professors) between the age range of 40 years to 60 years. Prior consent was taken from the Organizations before administering the scales and questionnaires. The administration of scales and questionnaires was personally done by the researcher during the working hours and when professionals had leisure time.

The rapport was established with all the participants and the objective and the relevance of the research were explained in simple language. Once the participants were willing to be a part of the study. Demographic details were taken and instructions were given to complete the questionnaires. The subjects were allowed to go through each item of the questionnaire thoroughly and makes them understood and if there are any expected doubts were cleared by

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the researcher. The statements were self-explanatory and were easy to understand. After they answer the questionnaire. The data was analyzed and the results are interpreted.

### ANALYSIS OF RESULT

**Table 4.1:** Shows mean, SD, and 't' value of Self-actualized men and Self-actualized women on Self-Confidence scale.

Scale	Self-Actualized Men (N=75)		Self-Actualized Women (N=75)		't' value	'p'
	Mean	SD	Mean	SD		
Self-confidence	20.09	16.89	16.01	10.27	1.78	0.076

*Not significant*

The mean score of the self-actualized men is 20.09 and SD is 16.89. For Self-actualized women, the mean score is 16.01 and SD is 10.27. The obtained 't' value is 1.78 and 'p' value is 0.076 which is greater than the desired level of significance. The obtained results shows that there is no significant difference between the Self-actualized men and women on Self-confidence Scale.

**Graph 4.1:** Shows mean scores of Self-actualized men and Self-actualized women on self-confidence scale.



**Table 4.2:** Shows mean, SD, and 't' value of Non Self-actualized men and Non Self-actualized women on Self-Confidence scale.

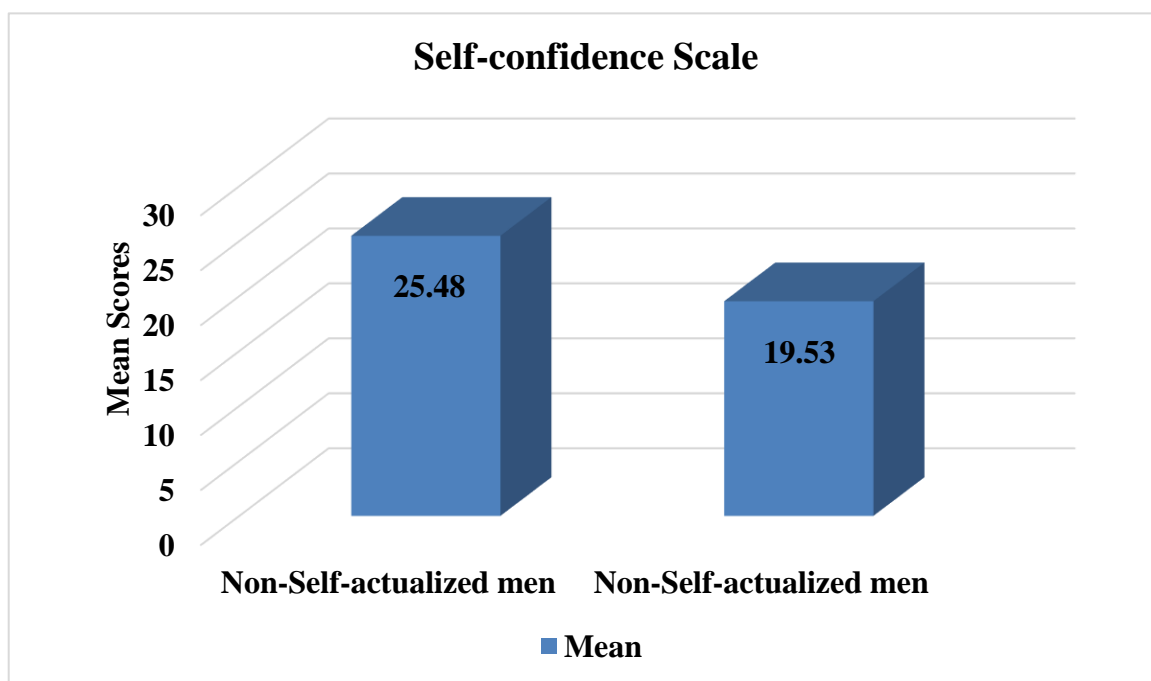
Scale	Non Self-Actualized Men (N=75)		Non Self-Actualized Women (N=75)		't' value	'p'
	Mean	SD	Mean	SD		
Self-confidence	25.48	21.73	19.53	11.86	2.08*	0.039

*\*Significant at 0.05 level*

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The mean score of the Non Self-actualized men is 25.48 and SD is 21.73. For Non Self-actualized Women, the mean score is 19.53 and SD is 11.86. The obtained 't' value is 2.08 and 'p' value is 0.039 which is lesser than the desired level of significance. The obtained results shows that there is a significant difference between the Non Self-actualized men and women on Self-confidence Scale.

**Graph 4.2:** Shows mean scores of Non-Self-actualized men and Non-Self-actualized women on self-confidence scale.



## SUMMARY AND CONCLUSION

### Summary

The present study aims to understand if there are any gender differences in Self-actualized and Non-self-actualized individuals. Current study focuses on the psychological quality of self-actualized and non-actualized individuals who are from three different professions (Doctors, Engineers, and professors) in terms of Self-confidence. The following are the major findings of the current study.

- Related to the Self-confidence of Self-actualized and Non-self-actualized professionals differences found between Self-actualized male and female professionals, and also between Non-self-actualized male and female professionals and the same could be attributed to the professional's belief system and cultural background.

### Conclusion

- The first hypothesis of the study states that "There is a significant difference in self-confidence between self-actualized men and self-actualized women". The obtained results indicate that there is no significant difference between the Self-actualized men and women on Self-confidence Scale.
- The second hypothesis of the study states that "There is a significant difference in self-confidence between non-self-actualized men and non-self-actualized women".

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The obtained results indicates that there is a significant difference between the Non Self-actualized men and women on Self-confidence Scale.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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