Dr. Tilak Kumar BS
Mped, Ph.D., Guest Faculty,
University College of Physical
Education, Jnana Bharathi
Campus, Bangalore University,
Bengaluru, Karnataka, India

Comparative study on self-confidence and Stress of M.A and M.com female students of Bangalore University

Dr. Tilak Kumar BS

Abstract
The purpose of the study was to assess the level of self-confidence and Stress of M.A and M.com female students of Bangalore University. For the present study total sample of 60 female students were chosen, out of which 30 were from M.A. course and 30 were from M.com course of Bangalore University, Jnana Bharathi campus, Bengaluru, Karnataka. The age of these female students were from 22 to 24 years. For the study Self Confidence questionnaire (SCQ) developed by M. Basavanna and the Stress questionnaire (SQ) developed by Kenneth B.
Matheny and Christopher J. McCarthy (2000) is used in the present study, the data collected for the study were subjected to mean, SD, and T. value calculations and were tested for significant difference between them, further the level of self-confidence was calculated. The result of study shows that, MA students have lower level of stress when compare to M.com students, the result of study also showed that, MA students have more self-confidence compare to M.com students.
It was concluded that planned and systematic approach towards academics will reduce stress and improve Self confidence for Post graduate students.

Keywords: Self confidence, stress, master of arts, master of commerce

Introduction
Success in any form, whether it is vocational or interpersonal, all leads to assurance (or at least the emergence of it). But one has to think about more proven forms of success, like scholastic act, one either do the best in the test or don't, but the level of confidence will play a key role in success One may or may not be astonished to know that confidence plays a vast part in education. Many years of investigations hold up the idea that believing in your ability to do impressive things enhances your ability to do it. The relationship between self-esteem and student outcomes is limited, at best. When it comes to academic performance, confidence is a much stronger predictor of success than self-esteem. But when we talk about boosting students' confidence, we may be focusing on the wrong thing. While general confidence refers to a person's character or personality, academic confidence more closely resembles a perceived ability to accomplish a set of tasks. Confidence is a measure of one's belief in one's own abilities and is considered a psychological trait that is related to, but distinct from, both personality and ability traits. Since confidence generally has been regarded as a personality trait, academic self-confidence can be viewed as a separate and more specific term, which can be referred to in educational settings as a predictor of academic performance. The difference between academic self-confidence and general self-confidence is that the former can more easily be influenced by elements of the situation (e.g. surroundings, people, and recent success or failure) than the latter.
Studies have found consistent and enduring evidence that academic self-confidence—confidence in one's academic abilities—is a significant predictor of academic performance. Self-confidence is considered one of the most influential motivators and regulators of behaviour in people's everyday lives. Self-confidence is not a motivational perspective by itself. It is a judgment about capabilities for accomplishment of some goal, and, therefore, must be considered with in a broader conceptualization of motivation that provides the goal context.

Correspondence
Dr. Tilak Kumar BS
Mped, Ph.D., Guest Faculty,
University College of Physical
Education, Jnana Bharathi
Campus, Bangalore University,
Bengaluru, Karnataka, India

Stress as a normal physical response to events that make you feel threatened or upset your balance in some way. The sense of danger which puts body into flight or fight mode in order to protect itself. Stress occurs naturally in college students, who are overwhelmed balancing with balancing multiple classes with work schedules and extra activities. To some students studying proves another monster conducive to stress, and they choose unhealthy way of coping alcohol, drugs, over eating. As everyone knows stress is one's body's way of responding to any kind of demand or threat. When you sense danger-whether its real or imagined the body's defenses kick into high gear in a rapid, automatic process known as the fight-flight reaction or the stress response.

Stress is not always bad. In small doses, it can help an individual perform under pressure and motivate him/ her to do their best. But when one is constantly running in emergency mode, his/her mind and body pay the price. If one frequently find themselves feeling frazzled and overwhelmed, it is time to take action to bring your nervous system back into balance. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, mood, productivity, relationships, and one's quality of life.

Purpose of the study: The purpose of the study was to assess the level of self-confidence and Stress of M.A and M.com female students of Bangalore University.

Procedure
For the present study total sample of 60 female students were chosen, out of which 30 were from M.A. course and 30 were from M.com course of Bangalore University, Jnana Bharathi campus, Bengaluru, Karnataka. The age of these female students were from 22 to 24 years.

For the study Self Confidence questionnaire (SCQ) developed by M. Basavanna and The Stress questionnaire (SQ) developed by Kenneth B. Matheny and Christopher J. McCarthy (2000) is used in the present study.

Data Analysis
As the purpose of the study was to compare of self-confidence of M.A. and M.Com students, and also to find out the differences between the M.A. and M.Com students of self-confidence the mean, SD, and T. values were calculated to test the significant difference between the two groups, further the level of self-confidence was calculated.

Results
The data analysis of the study showed the below mentioned results.

Table 1: Mean, SD and t-value of self confidence level among the MA and M.com students of Bangalore University, Jnana Bharathi campus.

Criteria of Students	Mean	SD	t-value	P-value	Remark
M.A	63.00	14.26	4.28*	.000	significant
M.Com	57.60	7.53			

Significant of 0.05=2048407 df=28(30-2)

It is evident from the Table 1 that mean of Value of M A student's self-confidence was 63.00 M.com student's self-confidence 57.60 and MA student's SD is 14.26 M.com student's SD is 7.53 of the significant between B.P.Ed and B.Ed student that-value is 4.28 is significant at the table value is 2.048407.

Table 2: Showing the mean, SD and t-value of stress level among M.A and M.com students of Bangalore University, Jnana Bharathi campus.

Criteria of Students	Mean	SD	t-value	P-value	Remark
M.A	11.44	6.35	1.41	1.11	NS
M.Com	9.56	6.79			

Significant of 0.05=204840 df=28(30-2)

It is evident that the MA students had less stress when compared to Mcom students selected for the study. The MA Student's mean value was 11.44 and SD value is 6.35 and M.com student's is mean value is 9.56 and SD value is 6.79 and Stress level of MA is not significant with M.com students.

Discussion
The result of study shows that, MA students have more self-confidence compare to M.com students. The reasons may be due to MA students are frequently subjected to the more presentations with proper preparation, they might be positively motivated to improve their presentation ability through seminars and conferences, and the optimum guidance by the teaching faculty might have lead to the present condition. They might have possessed high efficiency high mental abilities, and better Logic idea. As the MA students might have proved themselves as they are more work conscious and possess a great deal of self-concept, self-motivation, integrity and values their emotional intelligence appears to be mentally and physically very strong. Less presentation assignments and lack of opportunities to improve confidence level might have lead to the lesser level of Self-confidence when compared to MA students of Bangalore university.

The result of study shows that, MA students have lower level of stress when compare to M.com students. The reasons may be due to MA students might have better coping abilities towards stress than M.com students, the calm and passionate approach towards studies might have reduced their stress level. More of the practical assignments and mathematical calculations might have lead to the more stress in the M.com students.

Conclusion
Hence it was concluded that nature of exposure to academic activities and mode of learning and regular and comprehensive reading might have improved results in provoking different level of self-confidence among MA students and might have lowered students stress level through planned academic activities with recreational part including their life. Therefore it also concluded that nature of Teaching and learning situation causes the similar kind of abilities, and emotion and feeling among the academic participating.

References
1. Bandura A. Self Efficacy: Towards a unifying theory of behavioural change, Psychological Review, 1991-1977.
2. Barry Liddle: Dictionary of sports.
3. Calvin Hall S. Gardner Lindsey. Theories of personality.
4. Feltz DL, Doyle LA. Improving self confidence in athletic performance, motor skills: Theory into practice, 1981.
5. Richard Buttler J. Sports psychology in action. Smt. Lalita Sharma Personality perceived self. 13. Underwood B.J. Experimental psychology.
6. John Skowronski, Marin Davies F. The self-impression formation train contractility and social perception.
7. Kim Heather Renton Laura. Journal of multicultural counselling and development. 1998, 26.
8. Basavanna M. Self-confidence inventory.
9. Pluckier Jonathan A: Journal of Educational Research. 1998, 91.
10. Richard Buttler J. Sports psychology performance.
11. Amir Mohammad Sahsavarani *et al*. A Study on Stress, 2015.
12. Health status relationship to PSS: Cohen *et al*. Show correlations with PSS and: Stress Measures, Self-Reported Health and Health Services Measures, 1988.
13. The PSS Scale is reprinted with permission of the American Sociological Association, from Cohen, S., Kamarck T, Mermelstein R. A global measure of perceived stress. Journal of Health and Social Behavior. 1983; 24:386-396.
14. Cohen S, Williamson G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) The Social Psychology of Health. Newbury Park, CA: Sage, 1988.
15. Eliseth Ribeiro Leão, Daniela Reis Dal Fabbro, Rebeca Barqueiro de Oliveira, Ingrid Ribeiro dos Santos, Elivane da Silva Victor, Rita Lacerda Aquarone *et al*. Daniela Santos Ferreira.