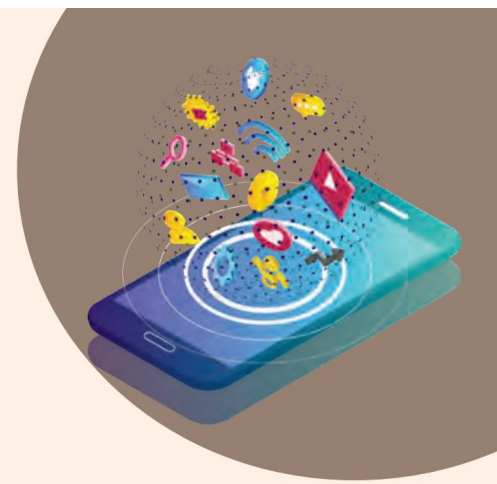


6

Self-confidence



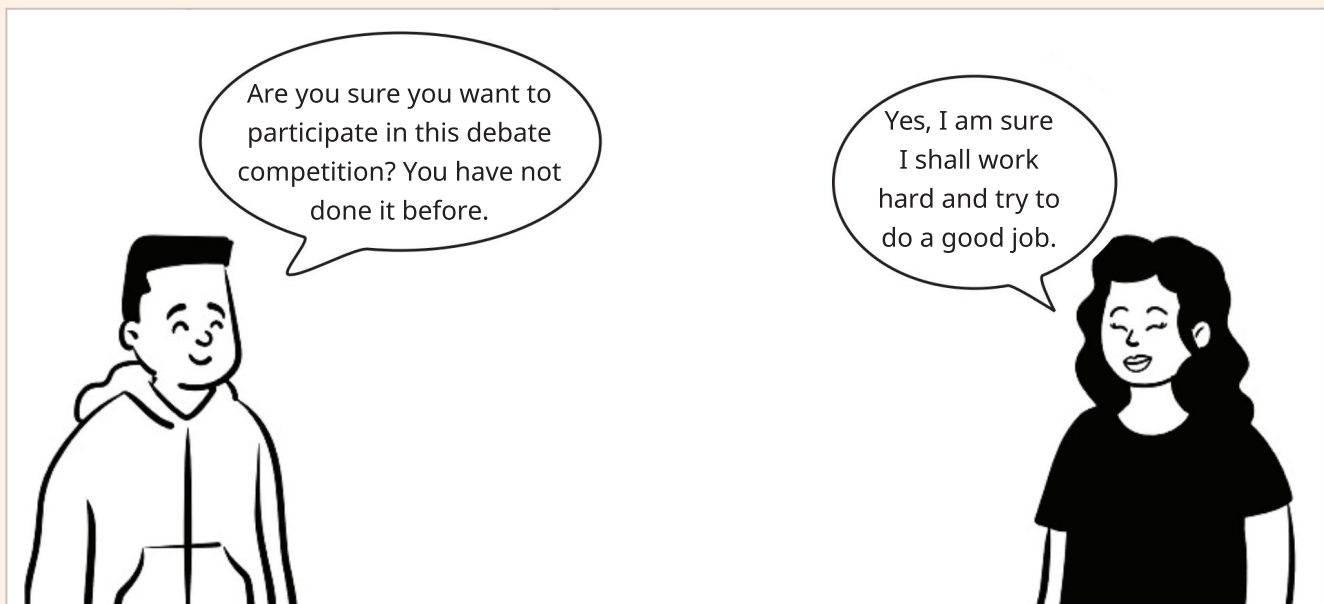
It is very important to have confidence in oneself because it helps us build our aspirations and navigate the journey of life. While one may possess intelligence, dedication, and brightness, the absence of self-confidence and initiative can make it difficult for others to recognise an individual's potential. Fortunately, there's encouraging news: it's achievable to enhance self-confidence by changing one's perspective and behaviour.

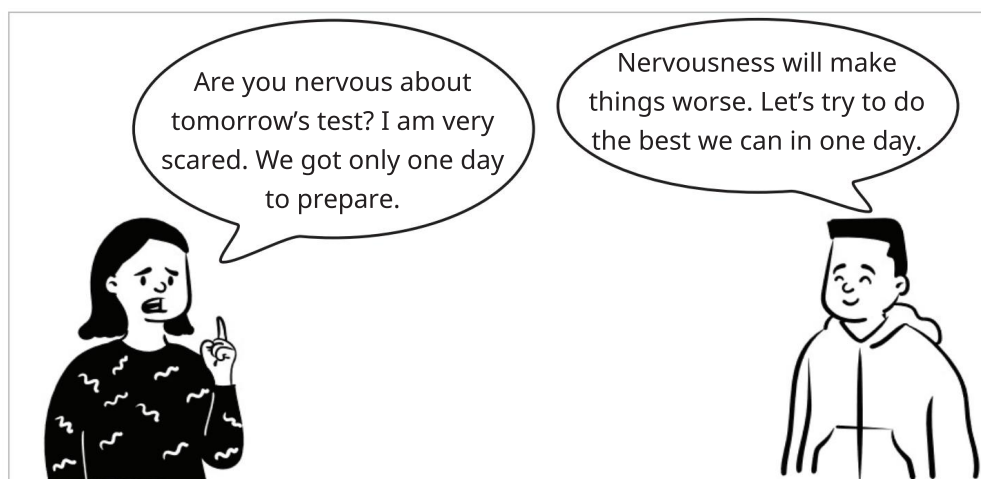
Self-confidence

Self-confidence involves believing in one's own judgement, abilities, and capabilities. It is reflected in one's thoughts, ideas, and behaviour. It allows an individual to tackle difficult challenges and communicate well with others. Confidence is very significant for the health and psychological well-being of an individual. A self-confident person believes that they are capable of achieving their goals and will be an asset to any organisation. They typically possess these three qualities:

1. Trust in their own capability
2. Readiness to accept new challenges
3. Willingness to take risks

The illustrations below demonstrate these three qualities that a confident person has.





Think and Tell

Can you think of an instance in your life where you showed all three attributes of a confident person?

Qualities of a Self-confident Person

Here are a few qualities that are commonly associated with self-confident people:

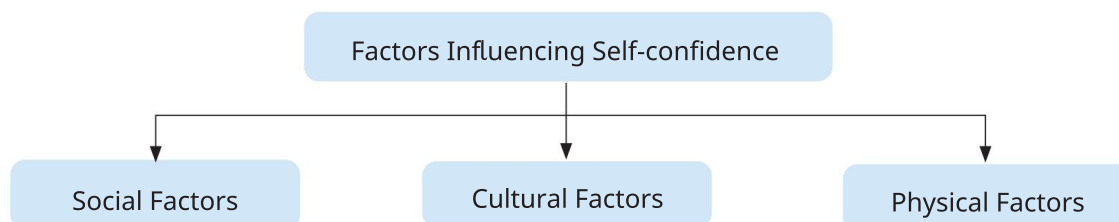
Quality	Example
Self-belief	Consider Mahendra Singh Dhoni as an example, who steered his team to a World Cup victory. He had faith in both himself and his team, ultimately guiding them to a remarkable triumph on cricket's global stage in 2011.
Hard work	Think about Dr APJ Abdul Kalam , who came from a humble background. He worked incredibly hard and became a scientist of legendary status. His dedication eventually took him all the way to becoming the President of India.
Commitment	Consider Nelson Mandela , who never wavered in his commitment to achieving independence for his country, even when he was imprisoned. His dedication and determination led his nation to freedom.
Positive attitude	Look no further than Malala Yousufzai , who faced immense challenges and even survived a life-threatening attack. Yet she maintains a positive outlook, continues her education, and fearlessly pursues her dreams, inspiring countless other young girls along the way.

Error Alert!

It is a common misconception that self-confidence is natural and unchangeable. The truth is that self-confidence can be developed through conscious efforts and strategies.

Factors Influencing Self-confidence

The three main factors that influence self-confidence are:



Social Factors

A society is a collection of people living in close proximity to one another. Our society comprises our family, neighbourhood, friends, relatives, school, and even strangers. Everyone we know, and even those we don't know, is a part of our society. The way we perceive ourselves and the world is significantly influenced by our earliest interactions with the society around us. In this way, society acts like a mirror, reflecting and shaping our self-perception. Therefore, society plays a vital role in moulding and nurturing our self-confidence.



Our sense of self can be impacted by the opinions of others, such as our parents, teachers, classmates, and friends. This can lead to an increase or decrease in self-confidence over time.

Below are a few examples illustrating how the society around us positively influences our self-confidence:

Example 1

Imagine being part of a football team. During an important match, you score a goal that contributes to your team's victory. Your teammates and coach congratulate you, acknowledging your skill and quick thinking. This positive feedback boosts your self-confidence in your abilities on the field. Consequently, you begin to believe in your capacity to contribute further to your team's success, encouraging you to take on more challenging plays and put in extra effort for future matches.

Example 2

There was a young artist named Maya who loved painting. She often created beautiful artwork at home. Acknowledging her talent, her parents displayed her paintings around the house and expressed their admiration for her creativity. Maya's parents also enrolled her in art classes to enhance her skills. This support from her parents created a nurturing environment where she started believing in her artistic abilities, ultimately boosting her confidence and leading to further development of her talent.

It is also crucial to be aware of situations where social factors can negatively impact our self-confidence. Below are a few examples where negative social influences from peers, teammates, and parents can contribute to decreasing your self-confidence in different areas of life.

Example 1

Consider Mariam, a passionate science enthusiast in school. However, science was often considered a subject for boys in her school, and her classmates often mocked her enthusiasm. As time passed, Mariam became more self-conscious and less confident in openly expressing her interest. The negative comments from her peers created social pressure that undermined her confidence in pursuing her passion for science.

Example 2

Now, let us look at a scenario involving Simran. Her parents had high academic expectations and constantly compared her to her older sibling, who excelled in school. Even when Simran achieved good grades, her parents expressed disappointment and suggested she could do better. Simran's ongoing comparisons and the absence of a supportive environment provided by her parents prompt her to question her values and capabilities, resulting in a decrease in her self-confidence.

The examples above highlight how external pressures, comparisons, and discouraging comments can weaken an individual's self-belief and confidence. Lack of attention, punishments, excessive criticism, and negative remarks can break a person's confidence. Therefore, it is essential to be mindful of how our actions and words influence the self-confidence of those around us.

Cultural Factors

The term “culture” describes the customs, beliefs, traditions, and values of a specific society, community, or ethnic group. Our cultural background shapes how we understand ourselves and the world around us. Hence, it naturally influences our self-confidence as well. Influences that come out of our culture, whether direct or subtle, can play a significant role in shaping our self-confidence. For instance, in some cultures, certain roles or professions may be traditionally associated with one gender, limiting the aspirations of individuals who do not fit these norms. These cultural norms can create self-doubt and hinder the development of self-confidence.



On the other hand, cultural factors can also boost self-confidence. Embracing and celebrating one’s cultural identity can nurture a sense of belonging and pride. When individuals are encouraged to celebrate their cultural heritage, it can lead to an enhanced sense of self-worth and self-confidence. India is a culturally diverse country, and therefore, we need to delve into how cultural factors can influence our self-confidence.

Below are a few examples illustrating how cultural factors influence our self-confidence:

Example 1

Let’s look at Priya, who comes from a community that highly values music and dance. Priya’s family and community support her interest in performing arts, providing her with opportunities to learn and showcase her talents. This positive cultural influence strengthens Priya’s self-confidence, as she feels valued and empowered to pursue her passion.

Example 2

Consider Rahul, born into a community with a long line of doctors. The cultural pressure to follow this legacy becomes overwhelming, and even though Rahul’s heart is in the arts, he feels compelled to pursue medical sciences. This conflict between his cultural expectations and personal interests impacts his self-confidence in making a choice that aligns with his passion.

In conclusion, cultural factors play a significant role in shaping our self-confidence. They can either empower us to embrace our uniqueness or limit us by imposing rigid expectations. By understanding how culture influences our self-perception, we can understand its impact and work towards building our self-confidence.

Physical Factors

Physical factors refer to elements like physique, mental state, and appearance. Our physical well-being, how we present ourselves, and how we perceive our appearances all contribute to influencing our self-confidence. It is crucial to be aware of how physical factors not only impact your confidence but also that of others. Hence, to create a self-confident society, it is important to embrace the unique appearances of people around us and treat those with physical disabilities with kindness and equality.



Here are a few examples to understand the influence of physical factors on a person’s self-confidence:

Example 1

Let us take a look at Neha, who makes it a habit to exercise regularly and eat nutritious meals. Her physical well-being directly affects her confidence levels. Regular exercise boosts her energy and improves her mood, which, in turn, enhances her self-confidence in various aspects of her life.

Example 2

Meet Rajeev, a determined individual with a physical disability. Due to his disability, everyday activities like walking demand additional effort from him. Rajeev's confidence sometimes falters when he notices people treating him differently or excluding him. These moments make him doubt himself and reduce his self-confidence when interacting with others and going out.

Example 3

Now, let us introduce you to Gita, a girl who loves art and music. Gita often comes across images on the internet of celebrities with seemingly flawless skin. She feels pressured to look just like them to fit in and be considered attractive. As Gita compares herself to these impractical beauty ideals, she begins to doubt her appearance. This self-doubt affects her confidence, and she starts avoiding social gatherings and activities that she used to enjoy.

These physical factors vary from person to person, contributing to the development, enhancement, and maintenance of self-confidence. Other factors, such as self-esteem, personality traits, and the environment, can also play a role in influencing self-confidence.

Remember

Self-confidence is a multi-faceted concept that is influenced by social, cultural, and physical factors.



Did You Know?

Studies have shown that smiling, even when you don't necessarily feel like it, can improve your mood and boost your self-confidence.

Factors That Decrease Self-confidence

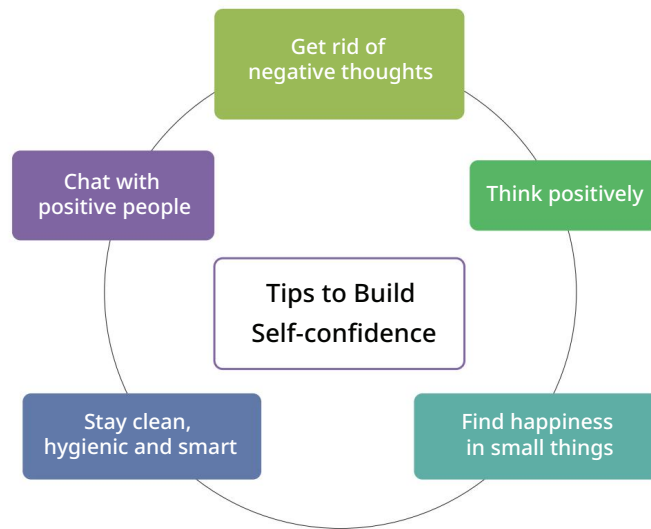
There are some factors that work against us and do not help us boost our confidence.

1. **Negative Self-belief:** When we convince ourselves that we cannot accomplish a certain task or goal, it creates self-doubt. This negative self-belief undermines our confidence and prevents us from even attempting to succeed. Over time, this mindset can result in opportunities being overlooked and a lack of progress.
2. **Dwelling on Past Mistakes:** Continuously replaying our past mistakes and dwelling on them can be harmful to our self-confidence. While it is important to learn from our errors, focusing on them too much and feeling bad about them can create a cycle of self-criticism and self-doubt.
3. **Fear of Failure:** Expecting instant success and avoiding situations where failure is a possibility can negatively impact self-confidence. When we fear failure, we may avoid trying new things or pursuing our goals, and this avoidance fuels the belief that we cannot succeed.
4. **Negative Surroundings:** Being surrounded by individuals with a consistently negative attitude can influence our mindset. Negative speech and pessimistic viewpoints can seep into our thoughts and self-perception, impacting our self-confidence. Constant exposure to negativity can lead us to question our abilities and values.

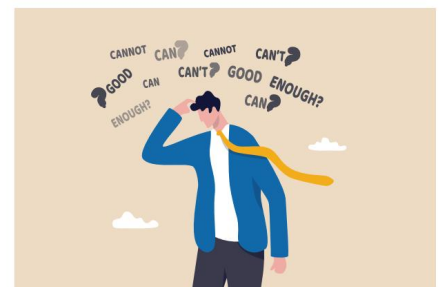
Thus, building self-confidence involves challenging negative self-beliefs, understanding past mistakes as learning experiences, embracing the possibility of failure as a part of growth, and seeking positive and supportive influences.

Tips to Build Self-confidence

Using these tips and strategies in our lives can make a remarkable difference in how we perceive ourselves and our capabilities. It is important to remember that building self-confidence is a journey that requires patience, practice, and a willingness to embrace both successes and failures.

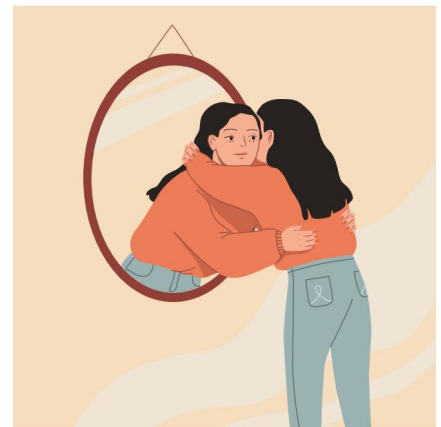


Get Rid of Negative Thoughts Getting rid of negative thoughts is a significant step in building one's self-confidence and maintaining it. A person has to change their mindset and shift their focus to more positive things in life. One should be aware of one's negative thoughts and how they get triggered. One should also look for the causes of these thoughts whether they are based on facts, some sort of assumption, or irrational fear. Then, an individual should give themselves positive self-talk and change these negative thoughts into positive ones. One should also try to set realistic and achievable expectations and goals; otherwise, it would create a lot of problems. Meditation and practising a hobby enable one to get rid of negative thoughts.



For example: Zoya is a graphic designer who faced some difficulties at work. She was getting a lot of negative thoughts about quitting her job. However, she did not let those negative thoughts get the better of her and choose to focus on the lessons she learned from her experience. She acknowledged the areas that needed improvement and took active steps to enhance her skills. This not only helped her overcome challenges but also enhanced her self-confidence in her professional abilities.

Think Positively Positive thinking involves focusing on the positives, understanding, and working towards improvement rather than focusing on the negatives. This mindset will help a person believe in their abilities, take on challenges, and achieve their goals. When faced with challenges, a positive mindset enables an individual to view difficulties as natural and perhaps even as opportunities for growth. A positive attitude has a direct impact on their energy levels and overall performance. One is more likely to feel motivated and enthusiastic about their tasks. It will enhance their ability to communicate effectively, collaborate with people, and adapt to changing environments. Thus, a positive mindset promotes overall well-being and spreads happiness to those around us. When one focuses on the positives in their life, they experience lower stress levels, improved mental health, and a greater sense of contentment.



For example: Charan had set a goal to improve his public speaking skills. He began by participating in small group discussions and gradually progressed towards giving presentations. After each successful public speaking experience, Charan took a moment to acknowledge his achievement. Even when he fumbled during a presentation, he recognised it as a chance to learn and become better. Over time, Charan's efforts and positive mindset not only improved his public speaking skills but also boosted his self-confidence.

S	Start Your Day in a Positive Way: Begin each day by setting a positive tone. Reflect on something one is grateful for. One can even read or watch something that boosts their mood.
M	Manage Time to Relax: Allocate time for relaxation and self-care. Engage in activities that bring joy and calmness, like reading, taking walks, or practising deep breathing exercises. By managing stress, one can create room for a positive mindset to flourish.
I	Imagine the Best in Any Situation: Instead of dwelling on potential failures, focus on the opportunities that lie ahead.
L	Learn to Take Feedback in a Positive Way: Consider feedback as an opportunity for learning and growth. For example, if a teacher provides feedback on an assignment, consider it valuable guidance to improve one's work.
E	Express Gratitude: Regularly express gratitude for the good things in your life. Whether it is a supportive friend or a good book, acknowledging these aspects cultivates a positive perspective.

Positive thinking is a powerful tool that can shape one's experiences and outlook on life. By embracing the 'SMILE' acronym, one can actively nurture a positive attitude and get numerous rewards.

Find Happiness in Small Things One should try to appreciate the little joys in life, as it will cultivate a positive mindset and enhance one's self-confidence. An individual can reflect on small positive things in their daily life, as it would boost their mood, help them appreciate present moments, and increase self-awareness. One can have meaningful interactions with one's friends and family, spend time in nature, celebrate minor achievements, pursue hobbies and activities that they enjoy, and be delighted by the simple everyday pleasures of life. Everyone should remind themselves of the positive aspects of their lives and the people who support them unconditionally.



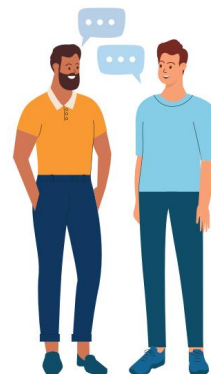
For example: Riya enjoys her life to the fullest even amid her hectic schedule as a finance manager at a marketing firm. She finds happiness in her cup of tea, spending time with her parents, and enjoying the fresh breeze while taking a walk in the park. This helps her to remain motivated and enhances her confidence.

Stay Clean, Hygienic and Smart Every individual should maintain good personal hygiene, cleanliness, and a well-groomed appearance. It will boost their confidence and help them communicate well with others. It will reduce any sort of doubt that you have in your mind regarding your appearance. Everyone must maintain a daily routine to take care of their hygiene and also try to dress appropriately according to the context of the situation. Regular physical activity and having a balanced diet will contribute to overall well-being and appearance. One should embrace their unique qualities and not try to make comparisons with other people.



Chat With Positive People Positive individuals provide encouragement, inspiration, and support, which helps other people feel more confident. They will help others believe in their abilities, reinforce their achievements, and create a supportive and uplifting atmosphere. They can also serve as role models and inspire others to adopt an optimistic attitude. It is beneficial to take feedback from positive individuals, as they can be constructive and guide us to develop our skills. Positive conversations reduce negativity and unnecessary stress.

These strategies or tips can be beneficial for all individuals and boost their self-confidence. It is a gradual process, and it is normal to have moments of self-doubt. But by adopting these tips consistently, an individual can develop a more positive mindset.



Activity Time

Activity 1: Role Play on Building Self-confidence

(Pair Work)

In pairs, participate in a role-play exercise to practice building self-confidence in a job interview scenario. Each pair will consist of one “interviewer” and one “interviewee.” The interviewer’s role is to ask relevant job interview questions and observe the interviewee’s responses, confidence, body language, and communication skills. The interviewee’s role is to respond to the questions, showcase confidence, maintain positive body language, and effectively communicate their strengths. Each pair will perform the role-play in front of the whole class.

Activity 2: Chart on Positive Affirmations

(Group Work)

Positive affirmations are empowering statements that can boost self-confidence and set a positive mindset for the day ahead. Each student will be creating their own set of positive affirmations/metaphors. These affirmations will serve as reminders of their strengths, capabilities, and positive qualities. Each affirmation should begin with a positive statement, such as “I am capable of handling challenges”, “I believe in myself”, and “I am confident in expressing my thoughts and ideas”. Each student has to write at least two affirmations on the chart paper. The completed chart should be put on the class board.

Activity 3: Helping Others

(Group Work)

Form a group of three to four students. Look around your school and neighbourhood for people or animals who needs your assistance. Talk about your experience in the class and how you felt after extending your help.

Chapter Checkup

A Select the correct option.

1. How does a person's self-confidence get impacted?
 - a By getting rid of negative thoughts
 - b By chatting with negative people
 - c By finding happiness in small things
 - d By thinking positively
2. Which of the following is NOT a quality of a confident person?
 - a Trust in their own capability
 - b Readiness to accept challenges
 - c Fear of taking risks
 - d Willingness to learn
3. Which of the following factors impact your self-confidence?
 - a Physical
 - b Cultural
 - c Social
 - d All of these

B Fill in the blanks with the most suitable words.

- 1 Regularly express for the good things in your life.
- 2 Embracing one's identity can foster a sense of belonging and pride.
- 3 Physical factors refer to elements like physique, mental state, and
- 4 Positive individuals provide, inspiration and support, which help other people feel more confident.

C State whether the following is *True* or *False*. Correct the statements that are false.

- 1 Self-confidence is natural and unchangeable.
- 2 Dwelling on past mistakes can harm self-confidence.
- 3 Fear of failure can positively impact self-confidence.
- 4 Society and culture have a strong influence on an individual's self-confidence.

D Answer the following questions. (Solved)

Q1. Define self-confidence.

A1. Self-confidence involves believing in one's own judgement, abilities, and capabilities. It is reflected in one's thoughts, ideas, and behaviour. It allows you to tackle difficult challenges and communicate well with others. A self-confident person believes that they are capable of achieving their goals and will be an asset to any organisation. They typically possess these three qualities:

- Trust in their own capability.
- Readiness to accept new challenges.
- Willingness to take risks.

Q2. How can physical factors influence a person's self-confidence?

A2. Physical factors like health, appearance, and physical abilities can significantly influence self-confidence. Our physical well-being, how we present ourselves, and how we perceive our appearances all contribute to influencing our self-confidence. For example, if a person is in good physical health and feels confident about their appearance, they may have high self-confidence. Conversely, physical challenges or disabilities may impact self-confidence if the individual perceives these challenges as limitations.

Q3. Jayesh works as a consultant at Recent Publishing House. He is feeling very low these days and not able to bring any new ideas to the table. Due to his messed-up professional life, his personal life is also getting impacted. How do you think he can regain his self-confidence?

A3. Jayesh can regain his self-confidence by:

- Getting rid of negative thoughts that are arising in his mind.
- Thinking positively and ensuring himself that he will be able to perform well in the future.
- Being grateful for positive things in his life.
- Enjoying small things in his daily routine and spending time with his family.
- Going out for nature walks which will help him to think clearly and release the pressure from his mind.
- Having conversations with positive people around him who will encourage and inspire him.

Answer Key

A 1. b 2. c 3. d

B 1. gratitude 2. cultural 3. appearance 4. encouragement

C 1. False. Self-confidence can be developed through conscious efforts and strategies.
2. True.
3. False. Fear of failure negatively impacts self-confidence.
4. True.

Unit Reflection

Key Terms

Self-awareness: It is to know oneself as an individual—be it one's likes, dislikes, strengths, or weaknesses, and reflect on one's experiences to gain valuable insights into their personality.

Self-confidence: Self-confidence involves believing in one's own judgement, abilities, and capabilities. It is reflected in one's thoughts, ideas, and behaviour.

Self-management: Self-management is the capability of an individual to exercise control over one's feelings, ideas, thoughts, emotions, and behaviour to achieve the desired goals in both personal and professional settings.

Self-motivation: It is an intrinsic feeling that encourages one to complete tasks and achieve goals independently. It is an internal drive or enthusiasm that prompts one to take initiative.

Stress management: It is the coping mechanism that enables an individual to handle work efficiently, even under pressure or difficulties.

Time management: It is the ability to successfully complete tasks within specified deadlines and the ability of an individual to minimise distractions and unproductive activities.

Things to Remember

- Various self-management skills that an individual should possess are self-awareness, self-confidence, self-motivation, problem solving, teamwork, time management, goal setting, decision-making, and stress management.
- Effective self-management helps in achieving goals, managing one's time, reducing stress, making a person more organised, improving relationships, enhancing problem solving abilities, career advancement and instilling discipline.
- A self-confident person is ready to accept new challenges, willing to take risks, and has trust in their own capabilities.
- A few qualities that are commonly associated with self-confident people are self-belief, hard work, commitment, and a positive attitude.
- The three main factors that influence self-confidence are social, cultural, and physical.
- There are some factors that work against us and do not help us boost our confidence, like negative self-belief, dwelling on past mistakes, fear of failure, and negative surroundings.
- To build self-confidence, one should think positively, stay clean, hygienic and smart, find happiness in small things, chat with positive people, and get rid of negative thoughts.

Test Your Knowledge

A. Select the correct option.

- is to know about one's likes, dislikes, strengths, and weaknesses, and reflect on one's experiences.
a. Self-confidence ☐ b. Self-awareness ☐
c. Self-management ☐ d. Self-motivation ☐
- Which factor can decrease an individual's self-confidence?
a. Dwelling on past mistakes ☐ b. Positive surroundings ☐
c. Positive self-belief ☐ d. No fear of failure ☐
- Which of the following is not a self-management skill?
a. Teamwork ☐ b. Time management ☐
c. Decision making ☐ d. Taking a lot of stress ☐
- A benefit of managing one's own self can be:
a. can't achieve goals ☐ b. time efficiency ☐
c. can't solve problems ☐ d. no discipline in life ☐
- Which of the following is not a quality of a self-confident person?
a. Self-belief ☐ c. Hard work ☐
c. Negative attitude ☐ d. Commitment ☐

B. Fill in the blanks with the most suitable words.

- is the capability of an individual to exercise control over one's feelings, ideas, thoughts, emotions, and behaviour to achieve the desired goals.
- The factors which impact self-confidence are social,, and physical.
- SMART goals stand for specific, measurable,, relevant, and time-bound.
- A is a collection of people living in close proximity to one another.
- is the ability to successfully complete tasks within specified deadlines.

C. State whether the following is *True* or *False*. Correct the statements that are false.

- Self-management makes a person trustworthy and reliable.
- Being surrounded by individuals with a consistently negative attitude can influence our mindset.
- One should not appreciate the little joys in life.
- Self-management is about eliminating all uncertainties or challenges.
- Self-confidence is a multi-faceted concept that is not influenced by any factor.

D. Short answer-type questions.

- Define self-management.
- How will staying smart, hygienic, and clean affect a person's self-confidence?
- What are a few qualities that a self-confident person possesses?

E. Long answer-type questions.

1. How can social factors impact an individual's self-confidence?
2. What are the self-management skills that can help a person manage his overall personality?
3. Give a few tips to build self-confidence in an individual.

F. Competency-based questions.

1. Tanuj works as an associate product analyst in a multinational firm. He has learnt to manage himself very well. How will these skills help him to ensure that he is more productive than his colleagues?
2. Kashika and her colleagues share a great bond. They share their emotions, achievements, and failures with each other. Kashika has begun to notice that her work friends mock the failures of others. So much so that she stopped sharing things with them. This had an impact on her, and she began to feel insecure and underconfident when being around them. What is the factor that has impacted Kashika's confidence?