THE IMPORTANCE OF SELF- CONFIDENCE IN SCHOOL AGED STUDENTS

Tangriqulova Muxlisa Ilyos qizi
Quliyeva Maxfurat Quvondiq qizi
Student:Bukhara state university

Abstract

The purpose of this study was to measure students' self-confidence and finds its impacts on their learning process at Korakul district. The study is descriptive in nature where quantitative questionnaire is used to collect data through stratified sampling from fifteen male and female students. The findings revealed only some of the students were low self-confident and most students were highly self-confident. In addition, students' self-confidence effected their learning in areas of students' participation, in seeking goal, developing interest in lessons, in decreasing students' anxiety, they are being comfortable with their instructors and classmates and also in sharing their opinions related to lessons in class. In conclusion, there is an association between students level of self-confidence and performance tasks. It means that students who have high level of self-confidence can easily accomplish their tasks in school and most of them are not afraid to participate in every activity. While those students who have low self-confidence showed low performance tasks and they were hesitant to participate in every activity

Keywords –Performance Tasks, Self-confidence, Students,Impacts, Learning, Measuring, Process,

Introduction

Self-confidence refers to as someone's power and abilities to perform a task (Merriam-Webster). It involves someone's feelings, thoughts and courage in improving themselves in performing tasks and activities that the teachers required to perform. It is also their belief on how to perform their tasks successfully without any hesitation. While performance tasks are different activities that teachers might required the students to perform and complete. However, performance tasks don not only refer to activities that needs to perform but also assignments, project and quizzes. Self-confidence is a problem that many students have to deal with. They were having a hard time to cope with that particular problem. Studying self-confidence and performance tasks may aid students an understanding on how important to know the correlation between the two given variables. In performing different activities it does not only require intelligence and creativity. Conducting this study is important, most especially to every student, to know the correlation between students level of self-confidence and

performance tasks. Performance task can beclassified as the different activities that require to performed and demonstrate. It needs knowledge, skills and creativity in order to accomplish the given tasks. However, performance tasks also refers to Academic requirements that need to submit like quizzes, assignments, project and other things that need to pass on time.In the study the researcher will learn the correlation between the self-confidence and performance,tasks.Theresult of the study will be the bases if there is a correlation between the two. Additionally, the result of the study is beneficial to the researcher and others, it provides them an understanding and knowledge about the two variables.

Methodology

Survey questionnaires were used in order to check the level of self-confidence and performance.The study was conducted in Karakul district in secondary school.The chosen respondents of this study were fifteen senior high school students.checklist was used as the toolinstruments which contains different question that would lead the result of this study. Two checklists for each variable were provided ,every checklist contains 10 items. The first checklist talked about self-confidence, while the second checklist talked about performance tasks. The respondents rate the checklist provided: 1 for never, 2 sometimes and 3 always. Data were collected with the aid of checklist to evaluate the correlation between students level of self-confidence and performance tasks among the Senior High School Students. This study was conducted to know the relationship between students level of selfconfidence and performance tasks.

RESULTS AND DISCUSSION

Students" level of attitude towards performance tasks was found positive when they have high selfconfidence to perform the required tasks. While if they have low self-confidence when it comes to the performance tasks their attitude might be affected. The level of the attitude of the students depends to their confidence and how they interact to the surroundings.There is an association between students level of self-confidence and performance task. Students who have high level of self-confidence can easily accomplish their tasks in school and most of them are not afraid to participate in every activity. While these students who have low level of self-confidence showed low performance in school and they were hesitant to participate in every activities.

Table 1. Self-Confidence

Indicators	WM Interpretation1
I feel that I'm a person of worth, at least on an equal plane with others.	Sometimes
I feel that I have a number of good qualities.	Sometimes

I am able to do things as well as most other people	Sometimes
I am inclined to feel that I am a failure.	Sometimes
I do not much to be proud of.	Sometimes
I take a positive attitude towards myself.	Sometimes
on the whole, I am satisfied with myself	Sometimes
I certainly feel useless at time.	Sometimes
I wish I had more respect for myself.	Sometimes
At times I think I am no good at all.	Sometimes
Oveall weighted mean.	Scale: 100-1.67: Never; 1.68-2.34: Sometimes; 2.35-3.00: Always

Table 1 presents the level of confidence of the students in which the overall weighted mean indicates high level of self-confidence. This indicates that the negative responses of the students towards selfconfidence. This indicates a normal attitude considering that they are still in the senior high school.. However, students are motivated to emulate performers on stage which primarily deals with the psychomotor domain of learning among the students. In the classroom, they tend to do similar activities. For instance, when students viewed K-pop dancing on stage, many students are amazed and delighted so that in the classroom they intend to create their own group and perform enthusiastically. Likewise, to improveacademic self-confidence the verbal communication should be used as atool of encouragement Tripathy, M., Srivastava, S.K., Vishwavidyala, G.K. and Professor (2012). This can indicate that students are more incline to kinesthetic activities than academic activities.The indicator I do not much to be proud of" with weighted mean average of 1.98 expresses that students don"t like what they are doing, most probably, with the tasks required from them. It is because the teacher based his or her task on the learning competencies as required by the Department of Education but the interests of the students are not inclined. In school, tt is noticeable that students are more interested of what they like to do and what satisfies their ego.

Conclusion

There is a significant relationship between students level of self-confidence and performance tasks.While those students who cannot perform well in school tend to have low level of selfconfidence and they were having a hard time to accomplish the required tasks. Self-confidence and academic achievement was found positive and those students with high level of self-confidence perform better in their performance.. Students" level of selfconfidence can influence to their performance tasks in school. Students self talk has a positive impact to their performance tasks and can boost their self-confidence .Self-confidence is very essential most especially to the students

Nurhayati, N., Rosmaiyadi, R. and Buyong (2017). Inthe study students level of self-confidence and performance task it is recommended that students must enhance their communication skills so that they will learn how to speak confidently in front of audience.

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