An Assessment on Self-Esteem and Self-Confidence among the Women in Erode District of Tamil Nadu

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Abstract
Self-esteem does have an enormous influence on mental health. Self-esteem includes personality which affects the adjustment of people in different spheres. Self – esteem is a persistent issue which requires continuous monitoring so that the behavioral pattern could be kept in tune with the changing requirements. Self- Esteem and self- confidence is one of the critical factors which are demanded by all kind of women in the society. This chapter gives females' association between Gender, Income Level, and Family Type with Personality level. In this sense, 30 people were selected by the technique of survey method, data interpretation, and the 'self-scale' on each other. This study shows a significant and positive association between household income and personality as well as self-confidence through self- esteem in female's private lives. Also there are substantial differences among women in joint, nuclear and extended families with regard to their personality in family relations. In family relations, Womens' income has also shown the important connection to women's self-esteem create self-confidence in their life style.
> **"Without self-confidence we are babies in the cradle. ~Virginia Woolf"**

I. INTRODUCTION

Self esteem which is based upon the self confidence, performance and the Empowerment of the women. Self-confidence is indeed a useful element for enhancing and empowering one's personality, happiness and overall fellow human. Consequently, creating an environment to create trust is becoming an important ingredient in the dignified life of the society. In Day to Day life, people are valued, reliable and create a positive picture. From infancy, its values and significance must be understood directly. It can be developed in multiple configurations, like college, family, representatives of friendship groups, acquaintances and relations.

1.1.BOOSTER OF SELF-ESTEEM

Most literally, self-confidence is receiving significant, reasonable faith in one's own decision, ability and influence. It is based on mutual respect in qualities that, while correlated to self-esteem, are

quite distinct. Personality is what one thinks with his or her particular skills.

1.2. HEALTHY SELF-ESTEEM
Whenever the viable business becomes reached here between skill of the infant and the mother's interactions, positive self esteem is achieved. The inward awareness that is prepared to handle all that life can throw us which is self-esteem. Personality is a sense of identity and an appreciation that we are powerful and intelligent human beings who've been capable of doing everything If you have no self-belief so you have doubts about the ability, you won't challenge themselves and stick to stuff which are comfortable.

1.3. SELF-ESTEEM
Self Esteem is generally considered the evaluative component of the self-concept, a broader representation of the self that includes cognitive and behavioral aspects as well as evaluative or affective ones. While the construct is most often used to refer to a global sense of self-worth, narrower concepts such as self-confidence or body-esteem are used to imply a sense of self-esteem in more specific domains. It is also widely assumed that self-esteem functions as a trait, that is, it is stable across time within individuals. Self-esteem is an extremely popular construct within psychology, and has been related to virtually every other psychological concept or domain, including personality (e.g., shyness), behavioral (e.g., task performance), cognitive (e.g., attribution bias), and clinical concepts (e.g., anxiety and depression). Environment of acceptance and success raises self-esteem, while environment of failures lower it

1.4. SELF-CONFIDENCE IS AN ASSET
The 'personality,' that old saying 'Initial experience is the greatest success' definitely remains true. Any person who steps comfortably into a space earns ratings over a person that sneaks in along with slumped shoulder and a bent head. Personality is an advantage that made people sit up and notice you, value you, and believe you are a potential self confident.

1.5. POSITIVE THINKING & SELF CONFIDENCE
The Personality and strategies that are used increase the standard of living in the society. Generally, self

confidence in one's abilities which improves motivation, making it a powerful tool against people with weak willpower. It is necessary to weigh this request for peer beliefs against the risks of hubris. We are developing a notion of self on the real economy via intrinsic memories that intertwines the motivated and rational characteristics of the human cognition. While welfare can also be enhanced by "positivity," it could also be peer.

1.6. FUNDAMENTAL HUMAN IMPULSE
As a basic human instinct, the maintenance and improvement of self-esteem is still established. The critical importance performed by personality in inspiration, impact, or human relationships has also been stressed by thinkers, writers, and teachers and, of all, clinicians.

II. SELF- ESTEEM OWN STRENGTHS
Personality stems from our ability to see strengths of our own. Let us admire them and have faith in ourselves. That inability of this to respect themselves performance with low personality. Let us realize that in fact, a few items are hard to achieve. Performance stems from putting in the effort based on faith in oneself. There is probably still nothing as complete but all trust in one. Rather, it is specific from each situation in issue. The person whose personality about his order to articulate may feel ambiguous about speaking. It varies depending on both necessary and desirable situations to build up one's own personality. What is absolutely important is to try, try, and try to do something again. Success, that will lay the proper foundation, will follow. The institution will be built with increasing success. Reassurance from others speed up the process, a desirable factor

2.1. SELF-CONFIDENCE BOOSTERS
➢ **Achievement:** Although failure is viewed as a step to success, success certainly increases one's personality.
➢ **Familiarity:** When the person has been exposed to it earlier, a given situation is less threatening and therefore adds to one's personality.
➢ **Amount of test results**: The more familiar a situation is due to frequent exposure, the greater one's personality would also be.
➢ **Group encouragement**: When a child embarks on an odd scary mission or attempts anything new, the friend groups'

approval and encouragement bring his personality fly higher.

- **Adulation by adult women relatives and friends**: When a particular teacher, family, etc. recognizes and understands the efforts of the infant, the student inherits renewed energy to repeat the action that has been noticed.
- **Agreeable atmosphere in the work and parents**: a positive, encouraging, semi and semi environment in the college is definitely essential for improving peer.
- **Rate of encouragement**: Higher levels of motivation will increase trust in the individual. Perseverance: One's inner strength and inner desire to excel will pep one up to increase one's confidence in self**.**

2.2. DETERMINANTS TO SELF-CONFIDENCE

- **Elevated Critique**: Frequent critism can decrease personality and the kid can lose all interest in extracurricular. The baby may recede and be removed into a shield.
- **Under Repeated Equivalences**: repeated finding of flaws can make a child wonder his someone else's abilities and abilities in comparison with other children, leading to a catastrophic loss of self-confidence.
- **Actually reduced blunders**: Related to bad environmental support, illness, etc., repetitive or regular mistakes may occur. This could mean the loss of self - development and self.
- **Disorders:** such as mental disorder, stammering, dyslexia, complexity learning. Impairments could result in a loss of confidence in themselves. The child might, but at the other hand, rise to the challenge, surmount these obstacles and surpass Socrates own aspirations.
- **Physical Disabilities**: The child may perceive the disability in either way here too. This same kid can look at existing talents, train and develop them, and reach unanticipated peaks in life with sufficient care.

2.3. LACK OF SELF-CONFIDENCE

- **Frequent failures:** The certain kid riddled by a loss of self can face numerous failures.

- Low self-esteem: Poor self esteem results in poor personality and serious implications for the college readiness of the child, peer relations, extracurricular, and thus his/her mental well-being.
- **Depression:** Kids who are suffering from lack of personality can progressively slip into mental illness due to the poor personality and also evolve schizophrenic qualities later on.
- **Self-harm tendencies**: If one's self-esteem suffers a blow, through the dangerous behaviour like personality and psychotic efforts, this same baby will try to get attention from significant others.

III. EFFECTS OF SELF-ESTEEM IN LIFE SATISFACTION

The features of person with high self esteem are those who like to meet new people; they convey oneself courageously; they are nicer to be about; they don't worry about how others will judge them; ones concepts were also met to benefit even though some people like to hear what they have to say; they generate strong options and meet new encounters. The positive personality of employees with lower personality is focused around in the society. The Most of the Women can get more achievement in their life through Self Confidence and Self Esteem.

3.1. DEVELOPING SELF-CONFIDENCE

- Demonstrate your abilities various aspects and greatly admire your own measures.
- Take risks or never believe scared of losing.
- Use self inspiring talk: Attempting your better is totally alright, but just don't shoot one down if the outcome is not flawless.
- Personality is useful to ask for others 'view but learn to independently analyze yourself. Witness out for excessive condemnation, their own in specific! When you feel dulled either by current reality, relive traditions.

3.2. STEPS TO HIGH SELF-ESTEEM

- Excuse oneself for past mistakes.
- Focus on good qualities.
- Follow talented people.
- Represent a great attitude.
- Getting plenty of rest.
- Learn skills for work.
- Trying to practice one's skills.

- ➢ Trying to learn original things.
- ➢ Improve daily conversations.
- ➢ Wear well.
- ➢ Women self motivation
- ➢ Women self confidence themselves

3.3. Self-Perception and Low Self-Assurance
The ill effects of poor self-perception and poor self assurance are experienced by numerous Indian ladies. Wearing cosmetics is something they can do to alter their appearance rapidly and momentarily, seeking certainty in this way. Both female's studies and the confidence were truly identified with how they feel regarding the body size and shape. In any case, an unique population has been provided very little thought, but movie girls can make the use beauty care products to improve the boldness. Ladies can use cosmetics to examine and depict their very own uniqueness utilizing distinctive items and hues.

In specific appearance training, teenage ladies recognize day evening looks, basic looks, and search for distinctive events. As an answer for improving ladylike elegance beliefs, they are regularly observed and aim to protect ladies adhere to the magnificence desires of our dense population. Shift with respect to body measurement, composition of the skin, width and coloring of a hair including the use of ornamentation. Individuals frequently can wear cosmetics with the conviction that the external interacting powerful performance will be decidedly influenced.

IV. HYPOTHESIS OF THE STUDY
H1: There is Significant Association between Income Level and Self Confidence Level.
H2: There is Significant Relationship between Age and Self Esteem Level.
H3: There is Significant Association between Age and Self- Confidence of the Women.

V. REVIEW OF LITERATURE
Bruno & Njoku, 2014, Generally, the concept of self-esteem anchor by various researchers in the realm of emotions as a socially built emotion representing perceptions and feelings about individuals' various self-images and self concepts which are based upon the psychosomatic need for the aspiration of authentic and efficacious functioning, belonging and acceptance within one's social group, achievement and competence in contrast to other members of individuals' group.

Esmaeil et al., 2014, The researchers distinguished the self-esteem dimensions as personal, social and general self-esteem for Womens. When combined, these three subcomponents equal to overall self-esteem. The low self-esteem signs include: feeling incompetent, worthless, exaggerated perfectionism and unrealistic about our abilities, being overwhelmed with fear and negative thoughts, feeling unloved, fear of change, being unrealistic about goals, constant need for validation and recognition and distorted view of self and others.

Laschinger, Finegan, Shamian, & Wilk, 2004 Empowerment rooted in motivational desires of people. Any strategy which increases the employees' determination right and their self-sufficiency will lead to their empowerment. In fact, empowerment is the making of situations for improving the individuals' motivation in fulfilling their responsibilities through improving their self- esteem.

Ingersoll, 2007, In society need women self confident and self esteem who are empowered to be able to meet them win the competition. The rapid growth of technology has affected all aspects of the women progress. The self confidences are needed who have the necessary skills to deal with these changes.

VI. OBJECTIVES OF STUDY
- ➢ To feel Self Esteem and personality among women as per their typical family Life.
- ➢ To Analyzing the impact of Female earnings on their self esteem Level.
- ➢ To study the effect of age between women on personality and Self Confidence.

6.1. STATEMENT OF THE PROBLEM
A review of individual's self and peer by their family income and life satisfaction. Personality and Self Confidence between working women and non-working women get a high degree of quality with life. The research reveals that job satisfaction between Working and Non- Working Women Improve the personality. If you feel satisfied and forecast the sense of success based on confidence in self.

6.2. RESEARCH METHODOLOGY

This study was carried out in Erode District. Based on Non- Probability sampling technique & Convenience sampling technique. The primary data & secondary data are used in this study. A Well Structured questionnaire with 5 point scale is used to collect the responses using questionnaire method. The secondary data is generated out of journals, Books and magazines and the report of Erode District. SPSS version is used in this study to analyze the data is presented in the form of tables.

6.3. AIM OF THE STUDY
To study the self esteem and self confidence among the women in life satisfaction.

6.4. SIZE OF THE SAMPLE
For the study sample of thirty women participants was chosen for the analysis it through application of convenience sampling techniques.

6.5. SAMPLING DESIGN
The sample design used for the study is convenience sampling. The Convenience sampling was used as the desired population for the study in the given time was very difficult to get access with responses. The respondents who met the inclusion criteria were selected for the study.

The technique of choosing a sample as well as what is commonly referred to as the test type should be decided by the scientist. Sometimes chance samples or samples with non-probability can be samples. We used non-probability comparisons in this survey.

6.6. SAMPLING TECHNIQUES
In our analysis, the convenient technique of sampling is used. If the convenience of access is assisted by the population area unit selected for inclusion within the survey, convenient sampling may be regarded.

6.7. RESEARCH DESIGN
It is an effective design to understand the income level and self esteem level details, self-esteem and self confidence level in a specific population. Hence it helps to get the statistical result without really affecting the respondent's day to day activity. The results gathered would be accurate as the respondents answers the questions. Also descriptive research design helps the researcher gain lot of insight on the subject thus forming a "base" for further research. . Here the results can predict certain facts on the women education and level of self confidence, family size and self esteem.

6.8. PERIOD OF THE STUDY
The study was performed from Sep- 2020 to Nov- 2020 for a period of three Months.

6.9. AREA OF THE STUDY
The analysis was only carried out in the Erode District.

6.10. SOURCE OF DATA COLLECTION
(i)   Primary data
The key method for primary data collection is the questionnaire. The questionnaire was systematically structured to answer appropriate and specific questions covering all area research. In various investment and monetary evaluations, it is the main technique used widely.
(ii)   Secondary data
The history of the present analysis has been gathered from books, journals, websites and others.

6.11 TOOLS USED FOR ANALYSIS
- Percentage analysis methods
- Analysis of variance (ANOVA) – One way
- Spearman' Correlation Test

VII. RESULT AND DISCUSSION
Spearman' Correlation Test

H1: There is significant Association between Income Level and present Self- Confidence Level.

H3: There is significant Association between Age and Self- Confidence.

Particulars			Income of the respondents	Present Age level of the respondents	Self-Confidence level of the respondents
Spearman's Correlation	Income of the respondent	Correlation	1000	.383	-155
		Sig (2- tailed)		.037	.413
		N	30	30	30
	Present Self – Esteem level of the respondents	Correlation	.383	1.000	.266
		Sig (2- tailed)	0.37	.	.155
		N	30	30	30
	Self-Confident level of the respondents	Correlation	-155	.266	1.000
		Sig (2- tailed)	.413	.155	.
		N	30	30	30

Correlation is significant at the 0.05 level (2 – tailed).

7.1. INFERENCES
If there is a meaning mean differential between the importance's of values greater than 0.05, there is really no significant difference if the respectable position is less than 0.05. Consequently, the Age level significant value is 0.37, the Self confidence Level is .413, which would be greater than 0.05 and it is concluded that both factors get a negative correlation. The income level and Age level of participants and the degree of Self Confidence of respondent really aren't substantially distinct.

PAIRED T- TEST
H2: There is Significant Relationship between Age level and Self Esteem Level.

Paired Samples statistics

	Mean	N	Std. Deviation	Std. Error Mean
Age level of the respondents	1.2667	30	.44978	0.8212
Self Esteem level of the respondents	2.1333	30	.81931	.14958

Paired Samples Correlations

		N	Correlation	Sig
Pair 1	Age level of the respondents & Self Esteem level of the respondents	30	.100	.600

Paired Samples Test

	Paired Sample Test							
	Mean	Std. Deviation	Std. Error Mean	95% confidence interval of the Difference		T	df	Sig.(2-tailed)
				Low	Upper			
Pair -1 Age level of the respondents & Self Esteem level of the respondents	-86667	.97320	17768	-1.23007	-50327	-4.878	29	.000

Inference: The Age level of the responders' fully engage is 1.2667 and the participants' self esteem personality level rate is 2.1333 and their overall mean is -.86667. The critical self esteem level is .000 based on the outcome provided by SPSS, and it is or less 0.05, so we are rejected the null hypothesis accepts the alternative hypothesis. There is also a major distinction here between respondent' Age level and the self esteem personality rate.

7.2. LIMITATION OF THE STUDY
- The Sample Size Restricted to 30 Women Respondents Only
- The study is restricted to Erode District only.
- The study only covered Self esteem and Self confidence among the women not covers other areas. Eg: Education, family size, profession.

7.3. FINDINGS OF THE STUDY
- There is also no important distinction between Earnings and the level of self-confidence.
- There is an important distinction between the rate of age and personality level.
- There really is no important difference among Age and self Esteem Level.

7.4 SUGGESTIONS

- It is suggested to give meaning to their activities linked to personality and health.
- It is suggested to build awareness for everyone on how people who have experience on empowering oneself and appreciating oneself.
- It is suggested that create positive and personality thoughts among the women
- It is suggested that we are valuable person.
- It is suggested that women are always great person.
- It is suggested to help the process of facilitating changes in body and enhancing women's mental health.

VIII. CONCLUSION
People have higher level of global personality in family units. Whereas, women have a moderate level of complete self confidence in family units. In private lives, women in nuclear families also have a moderate degree of self confidence. The findings of the study indicate that people who are employed people and – anti women create high-level self-confidence and self-esteem themselves. Have a decent degree of satisfaction in life level is increased.

Self-confident Women inspire in their audience, peers, team leaders, customers, and friends. Gaining the confidence of others is one of the key ways in which a self-confident person easily gets self esteem from society. The good news is that self-confidence

really can be learned and built on. Whether you're working on your own self-confidence or building the confidence of people around you, it's well-worth the effort.

Most mentally challenged Women lack self-confidence with the exception of those with their life. It is heartening to note how her self-confidence returns gradually as the individual recovers with support from the family members and society. It may be success in very small activities – dressing, combing hair or taking part in activities which give pleasure and gradually help the individual to emerge from the illness. This gives an idea of how important it is that self-confidence as an asset should be improve the women life style and get more self esteem from the society.

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