

# Effect of Intervention on self-confidence levels among Rural Adolescent Girls during Covid-19 in Telangana State

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**Abstract**— *The COVID-19 pandemic and the associated measures has left many people with low self-confidence particularly the adolescents where they've been left alone as they have lost touch with their routine, friends and family, accompanied with uncertainty of exams and online classes affecting their wellbeing. Thus, the aim of this investigation was to evaluate levels of self-confidence and to know the effect of intervention on self-confidence levels among the rural adolescent girls during the COVID-19 pandemic. A sample of 60 rural adolescent girls were selected for the study. An experimental design was used with a self-confidence scale which was developed to measure the self-confidence levels of the rural adolescent girls during pre-test and post-test. The results of the study depicted that, the self-confidence levels of the majority of the rural adolescent girls were in average and low category during the pre-test has significantly improved to high category during the post-test. Further the findings also found the paired t-test value was 9.79\*\* which indicates a high significant difference at 0.01 level of probability. Therefore, it was concluded from the results of the study that the intervention on self-confidence levels was effective during the COVID-19 pandemic.*

**Keywords**— *self-confidence, Covid-19, Adolescence.*

## I. INTRODUCTION

The COVID-19 pandemic caused by the corona virus has spread globally creating a huge loss to the mankind. It has affected the physical as well the mental health and taken a toll on the self-confidence levels of millions of people around the world. But, the scenario in case of the adolescents is especially typical as the pandemic hit them hard due to various conditions associated with the adolescents like their age of transition, heightened reactivity to stress, impulsive nature, risk taking behaviour etc.

Adolescence being a period of 'storm and stress' – a perspective introduced by Hall (1904) is supported by the psychoanalytic theory (Freud, 1958). Erikson's (1968) defined adolescence as a time of identity crisis. Having said that upon the already present challenges of the developmental period which they belonged to, they were also exposed to additional challenges in the wake of COVID-19 like being away from friends and school, social isolation, the uncertainty of exams, studies and their future which was majorly impacted during these days effecting their self-confidence levels.

Rural adolescent girls as such have low self-confidence as compared to the urban adolescent girls. Parveen (2017) proved that a significant difference present between urban and rural adolescents' level of self-confidence. With the already low self-confidence if faced even with extreme challenges during the COVID-19 where the lock down had led the adolescent girls to leave their studies and increased their domestic burden as the villages are the places where high gender stereotypical parents present where the girls attend govt. schools while their brothers go to private institutions. The school is the only place where self confidence among the rural adolescent girls is promoted through achievements and hope for a better future which was completely shattered due the lockdown. Thus, it is imperative to conduct a intervention self-confidence levels of the rural adolescent girls during COVID-19.

Self-Confidence can be defined as an attitude of trust in one's abilities and not having self-doubt which can act as a psychological buffer in situations of uncertainties like pandemic. Sindhuja. and Vanitha (2019) in their study revealed a significant difference in the self-confidence of B.Ed. students in respect to their gender and that there is a significant relationship between self-confidence and mental health and proved that mental health can be effectively enhanced through the implementation of self-confidence tools. However, Hatzigeorgiadis et al. 2009 found the motivational self-talk can enhance self-confidence and reduce cognitive anxiety. Whereas, Blegur et al. (2019) restored the self-confidence in learning process using peer mentoring strategies through classroom action research. COVID-19 pandemic shattered their self-confidence as it affected their goals, learning, interest in classes, and created anxiety as mentioned in the study done by (Akbari & Sahibzada 2020).

Self-confidence is the belief an adolescent has for him/herself have about their skills and abilities and have trust their strengths. Every adolescent is unique and has different talents, strengths, abilities, and experiences which shape their self-confidence. Thus, the kind of unfavourable experiences the COVID-19 came with and its severity of the experience an adolescent face will impact their self-confidence. Self-confidence is an essential human need. It helps adolescents to have confidence in their self that they will pass through this with courage, and gives hope for a better future and helps them to be optimistic in these times of crisis. Self-confidence also helps to enhance the mental health which is in danger during COVID-19 with right reactions to such crisis. High self-confidence also leads lower risk perception of COVID-19, information about COVID-19 and higher perceived social support (Dian-Jeng Li, 2020).

Without self-confidence, during COVID-19 an adolescent's growth in his life related to personal, academic and social remains stagnant. It can create self-doubt, make them submissive. The low confident adolescents don't trust others, remain alone with increased self-criticisms, low mood which can lead to increased constant worrying, anxiety, depression affecting their mental health.

If intervention is provided at this phase can decrease the affect, COVID-19 pandemic had on their mental health increase their positive outlook for their future, belief in self and improve their motivation and focus on the goals.

## II. METHODOLOGY

### Sampling Procedure

#### Sampling criteria:

Rural adolescent girls in the age of 10-19 years of age were selected for the study.

#### Technique for sample selection:

Purposive random sampling technique was adopted for the study

(Rural adolescent girlswere purposively selected and sample in the mentioned age was selected randomly).

#### Size of the sample:

60 rural adolescent girls were selected for the study.

#### TOOLS FOR THE STUDY:

A total of 10 statements prepared were finalized after consulting the subject matter specialists to study the self-confidence levels of rural adolescents' girls during COVID -19.

Each statement was arranged on a three-point rating scale such as Agree, Neutral and Disagree with weightage of 3, 2, 1 and 1, 2, 3 for positive items and negative statements respectively. The score of positive and negative statements were added up to get the total score. The scoring pattern for self-confidence levels was given below.

Category	No. of Statements	High level	Average	Low
Self - Confidence	10	24 - 30	17 - 23	10 - 16

**Procedure**

The rural adolescent girls belonging to the age range of 10-19 years were randomly selected from the four villages of Mahbubnagar district in Telangana to conduct the study. The data was collected in two phases, one is pre-test before the intervention and post-test after two weeks of the intervention. The collected data were coded and analysed using, paired t-test, percentages and frequencies to identify the effect of intervention on the self-confidence levels among the rural adolescent girls during COVID-19 pandemic.

**INTERVENTION:**

Intervention was given to the respondents in 4 groups, comprised of 15 respondents in each group for 60 days. Intervention package was developed based on the needs identified during the pre-test which included explaining the concept, importance of having Self-confidence during COVID-19, characteristics of the self-confident persons, activities to practice and the ways to enhance Self-confidence during COVID- 19 through various instructional methods like PPT presentations, videos, posters, games, activities, role plays, story-telling success stories. The sources for the development of the package include Psychosocial help for children during COVID-19, UNICEF (2020), Skills4girls, UNICEF (2020), Centre for clinical Interventions, The book of affirmations, (Noah St. John. 2013).

**III. RESULTS**

*Table 1 Distribution of rural adolescent girls based on the Self-Confidence levels before intervention*

Scores of self-confidence	Pre-test	
	F	%
<b>HIGH</b>	4	7%
<b>AVE</b>	30	50%
<b>LOW</b>	26	43%

**Note:** ‘F’ represents frequency and ‘P’ represents percentage

The above table 1 shows the levels of Self-Confidence among the rural adolescent girls before the intervention during COVID-19 pandemic. Self-Confidence is measured in terms their attitude of trust in their own abilities, self-doubt and how their believes are affected during uncertainties like the pandemic. It can be inferred from the table that nearly half (43%) of the rural adolescent girls had low level of self-confidence and about

exactly half (50%) of the rural adolescent girls had average level of self-confidence and only (7%) had high level of self-confidence. This indicates that the most of the rural adolescents had self-doubt and lacking self-confidence.

The rural adolescent girls (50%) had average level of self-confidence, this discloses that they were confident about things that they certainly do well and didn’t considered themselves as born failure. But most of the rural adolescent girls were less confident about their ability to manage difficult situations. They expressed that COVID-19 pandemic shattered their self-confidence as it affected their goals, learning, interest in classes, and created anxiety as mentioned in the study done by (Akbari& Sahibzada. 2020).Further this anxiety led them to had doubt on their abilities and strengths which made them to feel ambiguity about their future and success.

From the results it can be concluded that the rural adolescent girls lacking self-confidence. This might be due to rural locality where the adolescents belonged to as mentioned in the study (Praveen, 2017) who proved that there was significant difference between urban and rural adolescents’ level of self-confidence. Other reasons might be the COVID -19 created fear in their life. Further the associated measures like unverified information picking from social networking sites and mass media, isolated learning environment due to shutting of schools, educational institutes, less social interaction and support from peers might generated self-doubt and less self-confidence in them. The findings of the study are on par with the study conducted by (Li, et al. 2020) which explains that factors like lower risk perception of COVID-19, information about COVID-19 and higher perceived social support associated with high self-confidence.

*Table 2 Distribution of rural adolescent girls based on the Self-Confidence levels after the intervention*

Scores of self-confidence	Pre test		Post test	
	F	%	F	%
<b>HIGH</b>	4	7%	23	39%
<b>AVE</b>	30	50%	29	48%
<b>LOW</b>	26	43%	8	13%

**Note:** ‘F’ represents frequency and ‘P’ represents percentage

The above table 2 shows the levels of self-confidence among the rural adolescent girls before and after the intervention during COVID-19 pandemic. It can be depicted from the table that there is a noteworthy change in the percentage of adolescent girls i.e., 43% found in the

low category before the intervention which was decreased to 13% after the intervention which undoubtedly shows the increase in self-confidence levels of the respondents. This increase in self-confidence was also observed in the percentage of the adolescent girls where only (7%) who scored high before the intervention have now increased to (39%) after the intervention. In the average category the percentage of adolescent's girls before and after the intervention was remained almost similar 50% and 48% respectively as respondents from average might have moved to high category and compensated by respondents who were in low category moved to average level self-confidence category. On the whole it represents that the rural adolescent girl's self-confidence levels were increased after participating in the intervention which shows that the intervention was effective.

From the results it can be inferred that the rural adolescent girl's self-confidence levels were enhanced. This was noticed through their expressed confidence and courage in the aspects like their ability to understand and face difficult situations and not considering themselves as failure. They were also able to resolve their self-doubt and mentioned that they attained confidence regarding their future and goal attainment which were all disrupted by COVID-19. This attained self-confidence is highly essential for the rural adolescent girls as it gives psychological strengths to fight against mental health issues caused by the uncertainties like COVID-19 resulting in reduced anxiety and increased self-esteem. It was noticed in Maslow's need hierarchy theory (Abraham Maslow, 1943) which explains that satisfaction of esteem needs produces a feeling of self-confidence, strength, capability and valuable as a person in the world.

From the results it can be determined that the intervention has helped the rural adolescent girls to enhance their self-confidence. This was possible because of the various activities planned under intervention like journaling, positive affirmations, storytelling and group discussions on improving and creating awareness about self-confidence. This finding is supported by the study conducted by (Blegur, 2019) which stated that forming limited and intimate group discussion was an effective strategy in restoring self-confidence. Alongside showing videos with right content and proper explanation about the importance of self-confidence during COVID-19 was found to be effective in controlling the fear, avoiding self-doubt caused by COVID-19 and paved way to the increased self-confidence.

The increased self-confidence levels also help the respondents to gain self-esteem. This finding is supported by the study conducted by (Coudeville et al. 2011) which

has shown that self-confidence is positively predicted self-esteem. Self-confident people face the uncertainty with a heightened belief in them which gives them the power and energy to undo the negative effects of the COVID-19 pandemic and leads to better adjustment.

*Table 3 Mean differences in self-confidence levels among rural adolescent girls during COVID-19 before and after intervention*

S. No	Self-confidence	Pre-test		Post-test		t value
		Mean	SD	Mean	SD	
1.	SELF - CONFIDENCE	18.02	3.24	21.00	4.10	9.79**

**\*\*p<0.01 level of significance, \*p<0.05 level of significance**

The table 3 denotes the mean score differences in self-confidence levels among the rural adolescent girls during COVID-19 before and after the intervention. It was evident from the table that the mean scores on self-confidence levels was 18.02 with SD 3.24 before the intervention which was later increased to 21.00 and 4.10 after the intervention. The calculated paired t-test value was 9.79\*\* which was found to be significant at 0.01 level of probability. This finding is on par with the study conducted by (Verma et al. 2019) who proved the effectiveness of the psychological interventions for improving Self-Confidence and found t value as -3.33 and p value as 0.004 which reflects that there is a significant difference in pre-test and the post-test conditions. It was convincing to note that the mean scores were low during pre-test and increased after the intervention. This means there was a significant change in the respondent's behaviour in terms of reduced self-doubt, and the confidence to attain the planned goals and achieve success through increased belief in their self and their abilities. Thus, it helps the rural adolescents to be ready to face the life experiences with more self-trust.

Earlier the low mean scores on self-confidence levels might be due to lack of understanding and awareness of the concept 'self-confidence' and its need and importance during the COVID-19 pandemic which created fear due to the increased exposure to COVID-19 related news created panic among the rural adolescents which attacked their self-confidence. But with the intervention the focus was made to improve their belief in their self through providing them with activities to practice self-confidence and supporting information regarding its



importance, meaning, ways to enhance their self-confidence through practicing self-affirmation which might have helped them to raise their self-confidence. The finding is on par with study conducted by (Hatzigeorgiadis,2009) which stated that self-talk enhances self-confidence. This in turn enhances their self-esteem positively which is on par with the study (Coudevylle, et al. 2011)) which self-esteem positively predicted self-confidence. Hence it can be concluded from the results that there was a significant positive effect of the intervention on the self-confidence of the respondents.

#### Major finding of the study

- Self-confidence levels of the rural adolescent girls during COVID-19 has increased after the intervention
- They were able to understand and face the uncertainty with confidence.
- They were able to combat the self-doubt created due to the pandemic.
- After the intervention on self-confidence, most of the respondents had a heightened self-belief and regained the focus on their future goals.

#### IV. CONCLUSION

Good self-confidence during times of crisis like the COVID-19 pandemic is an essential aspect that could help an adolescent to overcome the infuriating effects on their mental health and wellbeing. The findings of the study revealed COVID-19 has adversely affected the self-confidence levels of the rural adolescent girls. and the intervention was found to be significantly effective in enhancing the self-confidence levels of the rural adolescent girls during COVID-19. Thus, it is imperative to provide awareness and promote intervention programmes so that they can develop confidence in themselves, improve self-esteem and maintain good healthy relationships and can deal with situations like pandemic without panicking.

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