

Building Self-Confidence

Fastrack REVISION

- ▶ **Self-confidence** is the belief that one can achieve success and competence. It means having firm faith in your own capabilities and having a sense of reliance and certainty.
- ▶ **Self-confidence** is the belief in one's own abilities; it tells what we are made up of and how we feel about ourselves. The level of confidence does not remain the same all the time. It changes according to situations and also varies according to events happening around us. Our previous experience leaves a great impact on our confidence level. If we have succeeded in the past in same situation, we would have a higher level of confidence and if we had failed, our confidence level would also be low.
- ▶ **Factors that Build Self-confidence:** Confidence is a state of mind and cannot be learned like a set of rules. It comes from believing in ourselves, our own skills, abilities and experiences. Positive thinking, knowledge, practice, training, talking to other people, etc., are few ways to enhance confidence. It is a trait we all want to possess. Self-confidence is a result of our upbringing, how we are taught and what we are taught. It is one of the skills that we acquire from how others think about us and how they treat us.
- ▶ **Factors Affecting Self-confidence:** There are three factors that help in building self-confidence:
 - ▶ **Social Factors:** Society plays a significant role in the making of human beings. All human beings are social animals and tend to learn and acquire from their surroundings. Our parents, relatives, siblings, neighbours, friends, peers and even strangers, all play a major role in making us who we are. And as far as self-confidence is concerned, it is an outcome of the recognition we get from others. How others treat us, how they behave with us and what they think about us are the founding pillars of self-confidence. All the people around us make us realise our real potential and worth. It is the society that gives us the opportunities for learning and showing our calibre.
 - ▶ **Cultural Factors:** The culture, religion, traditions and beliefs that we follow, all have a great impact on our personalities. We acquire our value system from the culture, race, or religion that we belong to. Our country has been a male-dominated society for a long time. The result is that men here consider themselves to be superior than their female counterparts. Though the scenario is now changing, there is still a difference in the level of confidence seen in male and a female. Higher self-confidence can easily be seen in people from the western countries as compared to the eastern countries as they have more independence. The culture, tradition and value system have evolved and advanced in due course of time.

- ▶ **Physical Factors:** Physical factors such as our environment, health, appearance, intellect, etc., play a significant role in building self-confidence. Neat and clean surroundings not only make us happy but also keep the negative thoughts at bay. Taking good care of the mind, body and spirit strengthens character and boosts the feeling of self-confidence. A physically strong and healthy body will encompass a strong mind, too. An encouraging and productive environment helps in making us strong and determined.
- ▶ **Self-confidence Building Tips:** Self-confidence is a measure of self-evaluation; it is a measure of one's own worth. Self-confident people can recognise their values, strengths and accept their weaknesses at the same time. In fact, confident people are successful at everything.
 - ▶ **Self-acceptance:** Everyone has strengths and weaknesses. Recognising your strengths and building on them will help you in gaining self-confidence. We can improve self-confidence by paying attention to our achievements and by addressing the areas of weaknesses.
 - ▶ **Focus on what you have Achieved:** We easily lose confidence whenever we fail. At times, just one failure makes us feel as if we have not achieved anything and we lose confidence in ourselves. Whenever you are stuck in such a situation, sit back and prepare a list of all the things you are proud of in your life. Be it winning a competition, scoring well in exams or mere participating in any event. Keep this list with you and add to it whenever you do something that makes you proud. Pull out this list when you feel you have lost it, and keep on reminding yourself of all your achievements.
 - ▶ **Make Personal Changes and Stay Happy with Small Things:** While observing yourself, you will notice few areas of your personality, attitude and behaviour which can be worked upon and which usually hinder your performance. Keep a note of things that you can change and that will make you feel better about yourself. It is not always possible to achieve positive results from everything. Nobody can achieve everything. When you look at your goal, ensure that it is manageable and achievable. And for tougher goals, take small steps.
- ▶ **Chatting with Positive People:** Chatting with people who like us, who feel good about us and who have faith in us also helps in increasing self-confidence. Surround yourself with positive people. Keep distance from people who are not satisfied with themselves.
- ▶ **Reward and Support:** Celebrate your achievements. Give yourself rewards to build self-confidence. Sometimes, we seek appreciation and when we do not get it on time, we lose confidence in ourselves. It is not necessary to give some materialistic reward. A simple self-praise can do wonders.
- ▶ **Set Some Goals and Look for Opportunities:** Self-confidence is not an inherited skill. It can be nurtured, developed and built. Take steps to develop self-confidence. Have a keen eye on the opportunities. Practice actually makes a man perfect.
- ▶ **Talk Yourself Out:** You cannot feel confident if you retain negative thoughts about yourself. At times, negative thinking occurs because we have a pile-up of emotions and issues that need to be talked out. It is not always good to keep things to ourselves. Talk yourself out.
- ▶ **Think Positively:** Clear your mind of negative thinking. Change your body language. Bad body language can lead to a lack of confidence. Sit up straight in a confident manner. Change the tone of your thoughts; instead of saying, 'I failed, I could not do it', say, 'I tried, will surely get through next time'. Release your negative thoughts through some creative work.
- ▶ **Stay Healthy, Hygienic and Smart:** A neat, clean and a well-dressed person is always more confident than a clumsy looking person. One's health is directly related to one's personality. Good personal hygiene gives a more pleasant perception of oneself, fosters a positive mood and brings a greater sense of achievement.

Practice Exercise

? Multiple

Choice Questions

- Q 1. Which type of people can easily convince others?
- a. Rich people
 - b. Self-confident people
 - c. Talkative people
 - d. Influential people
- Q 2. Which of the following factors help in building self-confidence?
- | | |
|-------------------------|---------------------|
| a. Geographical factors | b. Climatic factors |
| c. Social factors | d. None of these |
- Q 3. Which of the following statements about self-acceptance is incorrect?
- a. We can improve and build self-confidence by accepting our strengths and weaknesses
 - b. Self-acceptance diminishes our self-worth and self-esteem
 - c. It makes us aware about self-worth
 - d. All of the above
- Q 4. What can one do to keep negative thoughts away?
- a. Use positive affirmations
 - b. Eat healthy food
 - c. Enjoy with friends
 - d. Sleep a lot

Q 5. Which of the following statements about positive thinking is correct?

- a. It helps in focussing on the bright side of the life
- b. Positive people can easily overcome problems and achieve success
- c. Positive thinking attract positive circumstances
- d. All of the above

Q 6. What is self-confidence?

- a. Knowing yourself well
- b. Staying happy with your performance
- c. Having faith in your ability
- d. Having the ability to talk flawlessly

Q 7. Which of the following statements is correct about self-confidence?

- a. It is a belief that one can achieve success
- b. It can be attained and built on
- c. It does not remain the same in all situations and at all the times
- d. All of the above

Q 8. Which of the following factors helps in building self-confidence?

- a. Cultural factors
- b. Physical factors
- c. Both a. and b.
- d. None of these

Q 9. What makes us strong and determined?

- a. Events
- b. Experience
- c. Positive thinking
- d. Medicines

Q 10. How can we build self-confidence?

- a. By focussing on our achievements
- b. By thinking positively
- c. By chatting with positive people
- d. All of the above

- c. Assertion (A) is true, but Reason (R) is false.
- d. Assertion (A) is false, but Reason (R) is true.

Q 17. Assertion (A): A neat, clean and a well-dressed person is always less confident than a clumsy looking person.

Reason (R): Good personal hygiene gives a more pleasant perception of oneself, fosters a positive mood and brings a greater sense of achievement.

Q 18. Assertion (A): Negative thinking occurs because we have a pile-up of emotions and issues that need to be talked out.

Reason (R): Self-confidence is an inherited skill. It can be nurtured, developed and built.

Q 19. Assertion (A): Chatting with people who like us, who feel good about us and who have faith in us also helps in increasing self-confidence.

Reason (R): The greatest attribute of positive people is that they not only make the environment positive, but also impart positivity in all the people around them.

Q 20. Assertion (A): Whenever you are stuck in such a situation, sit back and prepare a list of all the things you are proud of in your life.

Reason (R): Recognising your strengths and building on them will help you in gaining self-confidence.

Q 21. Assertion (A): Self-confident people cannot recognise their values, strengths and accept their weaknesses at the same time.

Reason (R): Neat and clean surroundings not only make us happy, but also keep the negative thoughts at bay.

? Fill in the Blanks

Type Questions

Q 11. People with can easily convince others.

Q 12. The best part about self-confidence is that it can be

Q 13. and enhance the self-confidence.

Q 14. relationships boost our self-confidence.

Q 15. is a measure of self-evaluation.

Q 16. Positive people always impart to the people around them.

Answers

1. (b) 2. (c) 3. (b) 4. (a) 5. (d) 6. (c)
7. (d) 8. (c) 9. (c) 10. (d)
11. self-confidence 12. developed
13. Practice, Training 14. Healthy
15. Self-confidence 16. positivity
17. (d) 18. (c) 19. (b) 20. (b) 21. (d)

? Case Study Based

Questions

Case Study 1

Personal Grooming is probably the most important thing in every field. It may be in the field of business, designing, an executive at a corporate office, teachers or even in restaurants. Personal grooming not only means looking neat and good but includes everything that makes you more sophisticated. Looks, the conversation skills, the attitude, the posture, and the dress style even the hair-style is very important in

? Assertion and Reason

Type Questions

Directions (Q. Nos. 17-21): In the questions given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

- a. Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not correct explanation of Assertion (A).

grooming. Looks always have always played a very important role in everything a person does. If a person is good in talent, speech, etc., but looks untidy and uncivilised, the person creates a bad impression immediately.

- Q 1. Which of the following is not an example of good dressing and grooming.**
- Clean clothes
 - Clean face
 - Long hair for boys
 - Neatly tied hair for girls
- Q 2. is the action of putting on clothes and is the process of making yourself look neat, tidy and smart.**
- Dressing, Grooming
 - Grooming, Dressing
 - Dressing, Cleaning
 - None of these
- Q 3. Radha wants to grow her hair and she applies a lot of hair oil. She does not wash her hair for days and sometimes it smells bad too. What would be your suggestion to her?**
- She can leave the oil in her hair, after all it helps her hair to grow.
 - She can leave it on at night and wash her hair every day before leaving home.
 - She should not apply the oil at all
 - She can apply the oil and pour a little water on her hair before leaving home to reduce the smell
- Q 4. Dressing and grooming are important because they help us to look**
- smart
 - untidy
 - shabby
 - All of these

Answers

1. (c) 2. (a) 3. (b) 4. (a)

Case Study 2

The most important aspect of maintaining good health is good personal hygiene. Personal hygiene which is also referred to as personal care includes all of the following: Bathing and Showering, Hair care, Nail care, Foot care, Genital care, and Dental care. Personal hygiene is keeping the body clean, and helps prevent the spread of germs. Grooming is caring for fingernails and hair examples of these activities would be styling hair, shaving, trimming and painting fingernails. Maintaining good health also includes the following areas: Nutrition, Leisure/recreation opportunities, sleep, and exercise. As you can see, there are many factors that contribute to feeling and looking good. Feeling and looking good are important to each individual's emotional and physical wellbeing.

- Why personal Hygiene is Important?
- What are the three steps to personal hygiene?
- Why dressing and grooming are important?
- Write some Guidelines for dressing and grooming.

Answers

- It helps you to be healthy
 - Represents a good image of yourself
 - It also avoids the feeling ashamed due to bad body smelling etc.
- Three steps to personal hygiene:
Care: Take care of your body. Cut your nails in every week
Wash: Wash your hands frequently and take bath daily
Avoid: Avoid dirty clothes
- First of all, you look smart
 - Feel confident about yourself
 - It makes a good impression of yourself among others
- Guidelines for dressing and grooming:
Clothes: Your clothes should be neat and clean. Shoes should be polished.
Hair: Hair should be washed regularly and keep a simple style.
Face: Teeth should be clean. If you have a moustache and beards keep a style that suits on your face.

? Very Short Answer

Type Questions

- Q 1. What is self-confidence?**
Ans. Self-confidence is the belief in one's own abilities. It tells what we are made up of and how we feel about ourselves.
- Q 2. Enlist any two qualities of a person with self-confidence.**
Ans. The two qualities of a person with self-confidence are:
 - They learn from their own mistakes.
 - They are always willing to take up challenges.
- Q 3. Discuss the impact of positive thinking on an individual.**
Ans. Positive thinking helps in creating a real value in our lives and also helps in building life skills. Positive thinking helps in focussing on the good and helps in transforming our lives and also in achieving our goals.
- Q 4. Write any two factors which decrease self-confidence.**
Ans. Some factors which decrease self-confidence:
 - Negative thinking that I cannot do that thing.
 - When you only think about that mistakes made in past and don't learn from the mistakes.
- Q 5. How to keep your thinking positive?**
Ans.
 - Start your day in a positive way by prayer to God or by doing something which makes you happy
 - Manage some time to relax yourself
 - Try to find good things even if you are in a bad situation

Q 6. Define Personal Hygiene.

Ans. Personal Hygiene is the thing that should not be ignored. It is a habit to keep yourself clean. It helps to maintain good health. We should keep our body clean to avoid health issues.

? Short Answer

Type Questions

Q 1. Differentiate between self-confidence and self-esteem.

Ans. Self-confidence is how we feel about our abilities. It is about trusting ourselves and our abilities to succeed and take up new challenges, tasks and opportunities. Self-esteem is how we feel about our self. It describes a person's overall sense of self-worth or personal values. In simple words, it means how much we appreciate and like ourselves. High self-esteem is a good opinion about ourselves and low self-esteem means bad opinion about ourselves.

Q 2. How does one's health affect the self-confidence?

Ans. Our health is directly related to our minds. If we are unwell it reflects on our minds and our ability to perform any task gets affected by it. A healthy body means a healthy mind. Any kind of illness affects our performance. If we are healthy, we feel more confident. Good health increases a person's capability to perform and sustain for a longer period of time.

Q 3. Discuss the role of society in building self-confidence.

Ans. Society plays a significant role in the making of human beings. All human beings learn and acquire different skills from their surroundings. Our parents, relatives, siblings, neighbours, friends, peers and even the strangers, all play a major role in making us what we are. Self-confidence is an outcome of the recognition we get from others. The way people treat us, behave with us and think about us are the founding pillars of self-confidence. The people around us make us realise our real potential and worth. It is the society that gives us the opportunities of learning and showing our calibre.

Q 4. How do positive-thinking and staying happy with small things help in building self-confidence?

Ans. Positive thinking helps in creating a real value in our lives and also helps in building life skills. Positive thinking helps in focussing on good things and helps in transforming our lives and also in achieving our goals, and when we get success, we become more confident. To be self-confident, one needs to be satisfied with his own performance. One must know how to appreciate oneself. It is not always possible to achieve the unachievable, therefore, one must learn to stay happy with small things and must celebrate small victories. All these things help in boosting one's confidence.

Q 5. Discuss the role of self-acceptance and staying in a clean and healthy environment that helps in building self-confidence.

Ans. Self-acceptance is accepting oneself. We all have strengths and weaknesses. We must recognise our strengths and try to build on those things which help in gaining self-confidence. We can improve Self-confidence by paying attention to our achievements and by addressing the areas of weaknesses. We must learn to accept failures and learn from our mistakes. In the same way, staying in a neat and clean environment boosts one's confidence. Good personal hygiene gives a more pleasant perception of oneself, fosters a positive mood and brings a greater sense of achievement. A person living in a shabby and unclean area will not only be unhealthy but will also lack confidence. Such person will always feel inferior from others. And such feelings make a person feel low about oneself, thus, leading to a lack of confidence in one's abilities.

Q 6. How to Build Self Confidence?

Ans. **Step 1:** First of all appreciate your achievements. What you get in your life enjoy it and accept the failure. Don't be demotivated by your failure
Step 2: Make sure you make a goal and start your preparation for that. Take necessary steps to achieve the goal
Step 3: Try to look at the good side. All things have good and bad side try to see the good part in it and be happy.

CHAPTER TEST

Multiple Choice Questions

Q 1. What can you do to get rid of negative thoughts or feelings?

- a. Meditate to calm down and feel positive.
- b. Act based on the negative thoughts or feelings
- c. Talk to a friend and share all your negative feelings.
- d. None of the above

Q 2. Rahul gets feedback on his project work from his class teacher. Which of these options demonstrates positive attitude in this situation?

- a. Rahul ignores the feedback.
- b. Rahul takes the feedback but does not use it.
- c. Rahul tells others that the teacher is wrong.
- d. Rahul learns from the feedback and makes his project work better

- Q 3. Aman is doing a project. To retain positive attitude he should
- look at the good in things
 - observe and understand
 - patiently work towards improving them rather than worrying and/or looking for the bad in things.
 - All of the above
- Q 4. What is the best way to start our day positively?
- Think about all that can go wrong.
 - Think about the difficult test you will face during the day.
 - Think about all your accomplishment so far and feel good about it.
 - Think about the traffic on the road and feel stressed.

Fill in the Blanks

- Q 5. Physical factors such as and play an important role in building self-confidence.
- Q 6. thinking helps in creating a real value in our lives and also helps in building life skills.

Assertion-Reason Type Questions

Directions (Q. Nos. 7-8): In the questions given below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option.

- Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
 - Both Assertion (A) and Reason (R) are true, but Reason (R) is not correct explanation of Assertion (A).
 - Assertion (A) is true, but Reason (R) is false.
 - Assertion (A) is false, but Reason (R) is true.
- Q 7. **Assertion (A):** It is the society that not gives us the opportunities for learning and showing our calibre.
Reason (R): Our parents, relatives, siblings, neighbours, friends, peers and even strangers, all play a major role in making us who we are.
- Q 8. **Assertion (A):** Self-confidence is a result of our upbringing, how we are taught and what we are taught. It is one of the skills that we acquire from how others think about us and how they treat us.
Reason (R): Self-confidence is also an outcome of our experiences and how we react to different situations.

Case Study Based Questions

- Q 9. Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well and have a positive view of yourself. You set realistic expectations and goals, communicate assertively and can handle criticism. On the other hand, low self-confidence might make you feel full of self-doubt, be passive or submissive, or have difficulty trusting others. You may feel inferior, unloved, or be sensitive to criticism. Feeling confident in yourself might depend on the situation. For instance, you can feel very confident in some areas, such as academics, but lack confidence in others, like relationships.

- Which of the following statements will help to build confidence?
 - When we think we cannot do a particular work
 - When we expect to be successful at the first attempt itself and do not try again.
 - When we loose a game, celebrate the efforts of those team members who performed well and talk to people who are confident.
 - When we keep thinking of our past mistakes and feel bad about it, instead of learning from them.
- Which of the following is a quality of a self-confident person?

a. Patient	b. Compassionate
c. Committed	d. Passionate
- is a quality we build when we believe in our strength to succeed in anything we do in life.

a. Self-confidence	b. Self-awareness
c. Self-control	d. Positive attitude
- Which of the following are qualities of self-confident people?

a. Self-belief	b. Positive Attitude
c. Hard Work	d. All of these

Q 10. Self-confidence is a result of our upbringing, how we are taught and what we are taught. It is one of the skills that we acquire from how others think about us and how they treat us. We learn from others how to think about ourselves and then treat ourselves accordingly. Self-confidence is also an outcome of our experiences and how we react to different situations. The level of confidence does not remain static throughout our lives. It increases and decreases on the basis of various tasks and situations.

- Write name of any two factors for building self-confidence.
- What includes in Physical factors?
- How cultural factors are very important for building self-confidence?
- Define Social factors for building self-confidence.

Very Short Answer Type Questions

- Q 11. What is mean by the term Self-monitoring?
- Q 12. Define Self Efficacy.
- Q 13. Mention the areas a person should work on for sharpening his self-confidence.

Short Answer Type Questions

- Q 14. Explain how self-management skills influence the rational abilities and interpersonal skills of a person.
- Q 15. Explain various factors building the self-confidence of a person.