

CHAPTER - IV

METHODOLOGY

4.1 OBJECTIVES:

The following are the major objectives of the study:

1. To study the amount of self confidence and mental health among students.
2. To study the self confidence and mental health of students in different levels of education and faculty of study.
3. To study the differences in self confidence and mental health between the categories of demographic factors.

4.2 HYPOTHESES:

The following hypotheses are framed for the study:

1. There will be a significant difference in self confidence and mental health between students of different levels of education.
2. There will be a significant difference in self confidence and mental health between the students of different faculties of study.
3. There will be significant differences in self confidence and mental health between the categories of demographic factors.

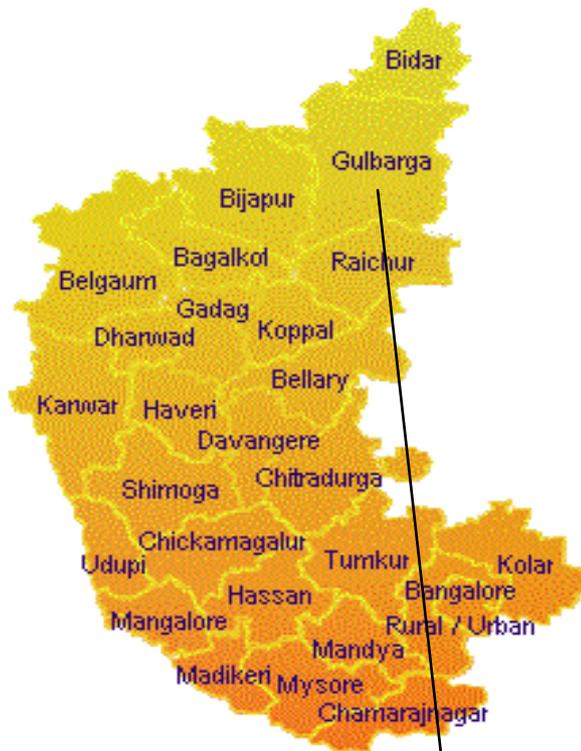
4.3 THE SAMPLE:

The sample of study consists of 300 students selected randomly from different colleges of Gulbarga. The sample design is as under:

Table - 1: Sample distribution

Level of Education	Arts		Science		Commerce		Total
	Male	Female	Male	Female	Male	Female	
I Year	25	25	25	25	25	25	150
III Year	25	25	25	25	25	25	150
Total	50	50	50	50	50	50	300

The students belonging to first and third year (educational level) degree, three faculties (Arts, Commerce and Science) of study were selected for the study. Gender (Male-Female) was also considered at the time of sample selection. Thus, the sample was matched for variables like levels of education (Class studying), faculty of study and gender. Care was taken to choose an equal number of samples on these variables. Further, other demographic variables like religion, domicile, college studied (Private v/s Government) and family type (Nucleus v/s Joint) were also treated independent variables for comparison on mental health and self confidence – the dependent variables of the study. Finally the selected sample was administered with mental health scale and self confidence inventory for assessing the relative standing of the sample.



MAP 1: GULBARGA DISTRICT MAP

4.4 TOOLS:

The following suitable standardized scales were used in the present study. They are:

1. Self Confidence Inventory:

The self confidence questionnaire is developed by M. Basavanna (1971). This questionnaire consists of 100 items. The even split half reliability was calculated and reliability co-efficient as corrected by the Spearman Brown prophecy formula was found to be 0.94 which is significant.

2. Mental Health Inventory:

This inventory is developed by Jagdish and Srivastava (1988) which is consisting of 56 items distributed along 6 dimensions of mental health, they are positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitudes, environmental mastery. There are 24 positive and 32 negative items and the scoring is of Likert type. The inventory has four response categories namely always, often, rarely and never. A score of 4, 3, 2 and 1 is assigned to response category of positive statement and for negative item the scoring is reversed. Thus, one is considered as having higher mental health status if he scores higher on dimensions as well as total. The reliability of the inventory has been found to be 0.73 and the validity is quite satisfactory (0.54).

4.5 STATISTICAL ANALYSES

The following statistical methods were used in the study:

1. t-test to compare the sample sub groups for significant differences.
2. ANOVA to assess the influence of independent variables on dependent variables.
3. Correlation test to examine the relationship between independent variables and dependent variables.