ABSTRACT

The aim of the present study has been to examine the extent of self-confidence and mental health of first and final year degree students selected from various colleges of Gulbarga. The selected participants were matched for levels of education, faculty of study and the gender. The other demographic variables like religion, domicile, institution studied, family type, etc., were considered as independent variables for the comparison of the sample on the dependent variables. Self-confidence and mental health were treated as independent variables of the study. The finally selected sample was administered with mental health and self-confidence inventory for assessing the relative status of the sample. Thus, there were 300 participants belonging to different level of education and faculty of the study. The data collected were subjected to statistical analysis and the results were discussed.

The results clearly indicated the role of levels of education and faculty of the study in increasing the level of self confidence and mental health status of the student’s sample. The other demographic variables were also proved to generate significant differences in the mental health as well as self-confidence of the students in the categorized independent variables. Thus, the findings pronounced significant implications in the field of education.