Adolescence is considered as that period of life during which maturity is being attained. Adolescence is a bridge between childhood and adulthood. It is a rapid development of growing sexual maturity, discovering one's real self, defining personal values and social directions. The term adolescence comes from the Latin verb ‘adolescere’, which means ‘to grow up’ or ‘to grow to maturity’. Papalia (1993) defined adolescence as one yet in the nest and vainly attempting to fly while its wings have only pin feathers.

Adolescence is a period when rapid physiological changes and demands for new social roles take place. Adolescence is a time when psychological conditions such as depression and other mood disturbances become apparent, leading to a risk of suicide. Selman (1980) and Buhrmester and Furman (1987) stated that adolescence introduces a period of transition in family and social role expectations coupled with increase in the range and intimacy of social relationships. Collins (1990) and Allen, Hauser, Bell and O’Connor (1994) reported that during the early adolescence emergence of autonomy is an important developmental task. Patil (2003) reported that adolescence is accompanied by some stress, related to school, family and peers, and this stress can at times be difficult to control.

At the stage of adolescence many physical and psychological changes occur. In physical changes there is growth in height and weight, anatomical development, growth of arms and legs, their hands, feet and nose seem to play an important part in adolescent development. The marked physical and emotional growths of adolescents result in strains that frequently precipitate. Stress and anxiety as reflected in physiological, psychological and social behavior.

The social scientist looks at the adolescent as going through a period of ambiguous role expectations. The young person often can not decide whether a situation calls for acting as a child or as an adult. The purely sociological approach does not complete the portrayed of the adolescent experiences. It illuminates only social aspect. The psychological aspect deals with the crisis of identity. Erikson’s
concept ‘identity crisis’ deals with the relationship between what a person appears to be in the eyes of others and what he/she feels it. Crisis does not a break down or catastrophe but rather a ‘crucial period’ what development must move one way or another and around the young person must be established.

Adolescence also brings some emotional changes in the individuals. These changes are often accompanied by emotional tensions. The adolescence is exposed to new social situations, patterns of behavior and societal expectations, which brings a sense of insecurity. It increases the incidence of depression. They show the tendency of impulsive urge to take immediate actions, which often leads to risk taking behavior. Their body image can bring a sense of fun, pride, shyness or unhappiness, changes in habitual pattern of behavior, attitude and personality. There are marked changes in social interest. They use new set of values in selection of friends and social grouping. Along with these changes adolescence also brings in negative syndrome like self centered, showing off, emotional immaturity, stubbornness, irritability, unsatisfactory relationship with the family members and others and conflict with family and others. The period shows rapid shift between self confidence and insecurity.

**Problems of Adolescence**

The physical and psychological changes of adolescents and the nature of developmental task which they are expected to perform often poses certain challenges and problems to them. Basically adolescents face problems related to their home, school and society. The problems are such as bodily changes, identity crisis and role confusion, generational conflicts, egocentrism, emotional ubstability, delinquency, aggression and violence, eating disorders, substance abuse, teenage pregnancy, adolescent suicide, conduct disorder, sexual problems and sexual transmitted diseases.

Above are a few and very common problems which adolescents face. The more serious problems are drug addition, alcoholism, smoking, truancy, sexual obsessions etc. Adolescence is a phase which makes a person enters into the adult world. Growing into an adult that makes the child to experience the problems in various domains of life such as personal, social, educational and emotional. Through proper guidance and counseling services adolescents can be helped to solve these problems.
Psychologists have consistently proved that the proper development of the child is impossible without a good environment in the family. The word ‘family’ has been taken from the Roman word ‘famulus’ means a servant. Family is an enduring association of parents and offspring’s whose primary functions are the socialization of the child and satisfaction of the members. Gaur and Gupta (2004) stated that family provides most of the early environmental influence upon the personality which remains throughout the life. It is the greatest socializing agency in all contemporary cultures.

For every individual, his family is the first social group that one encounters after birth and for the early part of his life, one relates oneself only to one’s limited world. Every family socializes its children as per its own norms. In our culture two dominant family structures have been in existence, i.e. nuclear and joint family system. Whiting and Child (1953) described that joint family structure is that where presence of three or more generations of serial descent who share property, residence etc. Here, the child grows up in a very protective environment. He is considered to be obedient, respectful and rarely rebellious, severely disciplined and not allow to make own decision.

On the other hand, nuclear family structure consists of parents and their unmarried child. Here the individual feels free to pursue his desired goals as one is not bound to follow the behavior pattern largely controlled by the community attitude. So both the family structures having their own impact upon the personality of the individuals. Chand (2007) stated that in spite of the rapid changes within the modern family the home is the still most important factor in regulating the behavior of young people.

Adolescence, a stage of turmoil and turbulence of stress and strain. This is the time when they need maximum attention and care of their parents. They need someone trustworthy with whom they can share their problems. In dual earner families, both the parents are busy and have very less time to spend with their children. It may also be possible that there may not be other right person in the family with whom the adolescents can share their problems. Adolescence attitudes towards education are highly influence by parental attitudes.
Parental Role

Parents are an efficacious force in children’s development. Parents logically have the advantage over peers, educators, counselors and other professionals of serving as a continual and perhaps more stable resources for their children over the life span. Juyal and Gaur (2007) stated that, in the family, it is the parents who play major role in the overall development of the child by using different parenting styles. These parenting styles determine the personality development of the children.

Allen, Hauser, Bell and O’Connor (1994) stated that parents are also the models for their children. Warm, supportive parent-child ties that permit young people to explore ideas and social roles foster adolescent autonomy predicting high self-reliance, work-orientation, academic competence and self esteem. Connors and Epstein (1996) reported that a child’s academic progress depends not just on activities that take place in class room. It is also promoted by parental involvement in school life and the extent to which academic learning is carried out at home.

Father’s role has been long viewed as important mediator of the link between the mother’s employment status and child outcomes. Cone, Delawyer and Wolfe (1985), Moies (1987) and Grolnick and Ryan (1989) stated that the two distinctive roles of parents include mothering and fathering. But as far as parental involvement is concerned, the general finding is that mothers are more involved than fathers. Numerous qualitative studies suggest that when mothers are employed fathers are more active in household tasks and child care. The father’s role-sharing is an effect of maternal employment and not just a selective factor. Fathers take on a large share of household tasks and child care. Their higher participation in child care operates to increase the academic performance of children.

Maternal Role

Women have been equal partners of men besides their biological and social roles through history. In modern times, due to sociocultural change, industrialization, urbanization, expansion of education, high cost of living etc. middle class women are induced and compelled to engage in work for better livelihood. Undoubtedly, it resulted into economic independence and developed self esteem (Azar, Vasudeva and Abdollahi (2006) and Singh, Thind and Jaswal (2006), but their traditional roles are deeply influenced. Confronting with times, a working mother has comparatively lesser time for child care as compared to non-working mother. Adolescence stage of
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A child in which many psychological changes occur needs intensive care and guidance from the part of parents, especially mothers. In spite of the fact that each member of the family contributes significantly in developmental process of the child, the role of the mother is of paramount importance. Maternal employment also puts psychological effect on mothers who find it difficult to engage supportive interaction with children.

Non-working mothers are those whose sole business is to bear and rear children, in place of serving at any institute or company. They are always in the service of their children. Whereas, working mothers are those who work outside the home in addition, to the work they perform at home in raising their children. The changing status of mothers influences not only their role in society but also affects their interaction with their children. It is generally assumed that working mothers are unable to provide full time child care to their children, it is also necessary that children of non working mothers comparatively remain on the advantageous side. Working mother, besides taking care of the daily needs of husband, have to perform the job and spend their most of the time as employees of any institute. Working mothers are required to play a dual role one as mother and housewife and other as an employee. This dual role of working mother diverts their attention from the children which in turn affects various aspects of their children. The contribution of mothers in shaping the personality of their children can not be ignored.

Several efforts have been made to understand the effect of maternal employment on some psychological variables such as self concept, psycho-social adjustments, self esteem, achievement motivation, academic anxiety, home environment, psychological distress and emotional competence. In the present study a few of the following psychological variables have been focused.

**EMOTIONAL MATURITY**

In the present circumstances, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upsets in day to day life. So the study of emotional life is now emerging as a descriptive science. It deals with interplay of forces with intensities and qualities. Emotion is one of the important aspects of the human behavior. It is a basic aspect of human functioning. Emotions are the personal experiences that arise from a complex interplay among cognitive, physiological and situational variables.
Emotional maturity is always relative. A five year old child has emotional maturity if he is capable of the emotional behavior one judges fit for a five year old. A child becomes more emotionally mature as the parent permits him to accept responsibilities and becomes independent and self-sufficient. Emotional maturity then is not a state in which all problems are solved but it is a continual process of clarification and evaluation, an attempt to integrate feelings, thinking and behavior. Chamberlain (1960) stated that an emotionally matured person is one whose emotional life is well under control.

Walter, Katkovasky and Gorlow (1976) described emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personality. Emotional stability is one of the important indicators of mental health. It simply means being grown up so that one may be able to personally manage one’s desires and feelings and may be better able to cope up the adverse life situations in most benefiting and socially approved manner. Morgan, King, Weisz and Schopler (1986) stated that the view that an adequate theory of emotional maturity must take account of the full scope of the individuality, powers and his ability to enjoy the use of his powers. Singh and Bhargava (1990) stated that the emotionally mature is not one who has resolved all conditions that aroused anxiety and hostility but it is continuously in process of seeing himself in clearer perspective involved in a struggle to gain healthy integration of feeling, thinking and action. Jha and Bharti (2006) reported that emotional maturity can be understood in terms of self-control which in turn is a result of thinking and learning.

An emotionally matured person is relatively free from the well known constellation of inferiority, egotism and competitiveness. Children learn to control their hostilities, sexualities and other impulses and develop the orientation of maturity largely through the incentive of being loved. Emotional maturity means the stable mental conditions of a person that may arouse because of his or her healthy perception of the surroundings and hence enable them to maintain a healthy equilibrium. Adolescence is the period of heightened emotionality. It is the most demanding period in one’s life of storm and stress because accurate portrayal of self to others, which is an identifying criterion of healthy personality, is in the process of establishment during this period.
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The concept of ‘Emotional Maturity’ has been called the master concept of time. It is probably the most important contribution of modern psychology and psychiatry. The negative of it is that as twing is bent, the tree is inclined that faulty emotional influences during childhood account for later disorder of personality and on the group level, crime and social unrest. The positive is that knowing the data of emotional maturity provides the basis:

- In the individual’s personal life for healthy emotional attitudes, inner peace, effectiveness for proper child rearing and for understanding oneself and others.
- On education, for its true goal to help children to learn to live better.
- On national and international affairs for understanding motives and goals, the personalities of leaders, the way groups react and the ideologies they embrace.
- In the prevention of man’s inhumanity to man.

Actually emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescent development. The concept ‘Mature’ emotional behavior at any level is that which reflects the fruits of normal emotional development.

Characteristics of Emotionally Matured Person

Bernard (1965) described the criteria of matured emotional behavior which are as follows:

- Inhibition of direct expression of negative emotions.
- Cultivation of positive, up building emotions.
- Development of higher tolerance for disagreeable circumstances.
- Increasing satisfaction from socially approved responses.
- Increasing dependence of actions.
- Ability to make a choice and not broad about other choices.
- Freedom from unreasonable fear.
- Understanding and action in accordance with limitations.
- Awareness of the ability and achievement of others.
- Ability to err without feeling of disgrace.
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- Ability to carry victory and prestige with grace.
- Ability to delay with the gratification of impulses.
- The enjoyment of daily living.

The characteristics of an emotionally mature person are that one has the capacity to delay in satisfaction of need, one has the ability to tolerate a reasonable amount of frustration, one has belief in long term planning and is capable of delaying and reviving his expectations in terms of demands and situations. An emotionally mature child has the capacity to make effective adjustment with members of his family, peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully.

**Types of Emotional Maturity**

Postile Denis (2003) described the three types of emotional maturity.

- **Emotional Awareness**: Emotional awareness means knowing when feelings are present in ourselves and others. It is closely related to emotional literacy, which means being able to label feelings with specific feelings words. At its highest level it means being able to predict feelings in advance.

- **Emotional Competence**: It refers to one’s ability to express or release one’s inner feelings (emotions). It implies an ease around others and determine one’s ability to effectively and successfully lead and express. It is described as the essential social skills to recognize, interpret and respond constructively to emotions in oneself and others.

- **Emotional Integrity**: Emotional integrity is having our heart, mind and will unify. When one is in his emotional integrity one can act without hesitation or doubt. The phrase of, “my mind says one thing, but my heart says another”, may be all too common in one’s lives. When this happens one’s will is divided and their actions hesitate with conflict of doubt in the mind and emotions.

Several factors such as heredity, physical characteristics, early training and experience, family group, personal, cultural and socio-economic factors, current physical and mental conditions and life situations may affect the physical and emotional development of a person. They affect not only the rate of maturity but also the degree of maturity.
Factors Affecting Emotional Maturity

Emotional development (maturity) of a child is influenced by a variety of factors which include those inherent in the child and also those present in the child’s environment. It may be family related factors and factors outside the family.

- **Role of parents**: Parents play very significant role in emotional maturity of their children. A child gets emotionally disturbed if he feels neglected or does not get adequate attention from parents and elders. There are parents who are over anxious about their children, some are over protective, over permissive or may deny the children proper experiences, each of these may lead to undesirable behavior, on the part of their child. Parents should neither be too rigid nor too permissive in dealing with their children. In this manner parents play role model for the emotional development of their child.

- **Role of family**: The child’s emotional behavior is largely based on the actions and mannerism of his parents. They should therefore be cautious, consistent and careful in their day to day behavior. Disharmony or discord between parents may results in behavior problems among children. Another important aspect of family life is sibling relationship. Parents should avoid any unhealthy competition or jealousy among children. Family types such as nuclear or joint also have great impact on children’s emotional development.

- **Role of Teacher**: A teacher should ensure that every child in the class gets his/her attention. A child should experience success more often failure. The teacher should highlight the strengths of each child instead enumerating his weakness. Controversies, ridiculism, criticism and humiliation affect the emotional development of children and can lead to a sense of inferiority complex or anxiety in them.

- **Role of community**: The community provides rich experiences for the social and emotional maturity. It is the community, where the child learns to work and cooperate with persons having different religion, social classes and backgrounds. Excess of excitement, television programmes, outdoor trips or a crowded schedule heightens the child’s emotionality.

- **Role of play**: Play in its variety of forms has an important role in emotional development. Through group games and cooperative play, children develop
interpersonal relationships and understand their own capabilities. During group play children help, share, depend on and also show concern for others. In group situation, children learn the qualities of leadership and also conformity in such encounters. In this manner one finds it that play gives important reflection to one’s emotional maturity/development.

• **Socioeconomic status**: It is an important factor that may affect one’s development. It provides rich experiences of emotional maturity of a person. It is mostly found that person/child with high socioeconomic status are more emotionally matured than the low socioeconomic status. But sometimes it also found that high socioeconomic status may lead to the emotional immaturity.

• **Employment status**: It also an important factor which effect emotionality of child in today’s scenario. It is found that, in our Indian society only fathers are employed and therefore mothers have full time to take care of their children. They may help their children during their changing years. The child would be emotionally strong. On the other hand, if both father and mother are employed, the mother doesn’t have any time to look after her child. As a result, the child may be emotionally immature.

Thus one can say that responsibilities, productivity, independence, stability, resistance, lack of hostile aggressiveness, sense of reliability, flexibility and adaptability are the characteristics of emotional maturity. These lead to mature functioning of an adult human. Emotional development of individual is complete, if his adaptability is high, his regressive tendencies are low and his vulnerability is minimal.

No one is fully mature emotionally or in perfect harmony with his desires, his conscience and the other world. The discrepancy between the desires and fulfillment is expressed in the degree of unhappiness and emotional tension.

**Emotional Immaturity**

Emotional immature people are those that have not moved onto adult ways of thinking and behaving. They seem to be trapped in a childish mentality but don’t realize it. It is not a problem confined to one specific age group or gender. Emotional immaturity doesn’t affect every person who has been through a life changing event but it does make a lot of sense. The teenage years are a huge time of preparing for adulthood (mentally or emotionally) and if a spanner gets thrown in the works with a
big event or receiving huge fame in life, he become so different that the development doesn’t continue on a normal path.

**Signs of Emotional Immaturity**

The important signs and characteristics of an emotional immature are one may reacts like a child, looks for sympathy, insecure, often defensive and low self esteem, emotionally excitable and feels very much upset to loose a game, don’t take responsibility for mistakes and always find someone else to blame, conceited, quarrelsome, infantile, self centered and demanding person, having preservative emotions and unreliable, reacting emotionally and falling apart in an emergency, day dreaming, argumentative and intolerant and easily influenced by others, instead of using mind and making own decisions.

In nutshell, an emotional immature is characterized by a degree of rigidity, lack of adaptability and flexibility, lack of self confidence, feeling of insecurity and dependence on others.

**Steps to Emotional Maturity**

There are some important steps that can help a person to become emotionally mature. These are as follows:

- **Eliminate magical thinking**: Magical thinking believes that something will happen without any real effort. This is normal thinking in children, but self defeating in adults.

- **Learn to tolerate anxiety**: To become emotionally stronger, one has to learn to avoid the anxiety. One has to take time to look their anxiety, learn about it and work with it.

- **Learn to recognize and appropriately express your anger**: People who do not express their anger are usually afraid of what will happen if they do. They have distorted fantasies – fearing the floodgates and being out of control. They may have lacked family role models of appropriate anger expression. So far emotionally mature one should learn to put anger into words. One may consider an assertiveness training course, which will teach the difference between passive, assertive and aggressive expression of anger.

- **Learn to cope with pain and hurt**: Pain and hurt are natural consequences of life because of the simple fact that life involves change and loss. So if one
wants to be emotionally strong, one may learn to cope with pain and hurts in life.

- **Facing your guilt feelings**: All of us make mistakes and behave selfishly and meanly at times. Some guilt is based on reality and facing. It helps us become better people for emotionally strong; one must take responsibility for mistakes, verbally express the regrets and take action to amend.

- **Learn to live with your failure**: We can't avoid doing wrong, because perfection does not exist in humans. Being service to others and have a positive attitude. Being useful to others and being part of the solution to problems around us is help to emotionally stronger.

- **Put feelings into perspective**: Strive to see that life is gray, not black and white, tolerate ambiguity, and avoid words like never and always. Feelings are messy, mistakes are made relationships are complex, and life is ever-changing.

When all above these feelings are being put in one's life it will surely helps him to be emotionally matured. The level of emotional maturity also influences the self-confidence of individuals as emotionally matured person becomes independent, self-sufficient and accept responsibilities. All of these boost the self-confidence of that person.

**SELF-CONFIDENCE**

Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is an attribute of perceived self. Self-confidence refers to a person's perceived ability to take situations successfully without leaning on others and to have a positive self-evaluation (Breckenridge and Vincent 1965). In the words of Basavanna (1975), "self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right."

A self-confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving, fairly assertive and having leadership qualities. Confidence is learned, it is not inherited. If one lacks confidence, it probably means that, as a child, one was criticized, undermined or suffered an inexplicable tragic loss, for which one either blamed one or were blamed by others.
Confident people have deep faith in their future and can accurately assess their capabilities. They also have a general sense of control in their lives and believe that, within reason, they will be able to do what they desire, plan and expect, no matter what the foreseeable obstacle. This faith is guided by more realistic expectations. Even when their goals are not met, those confidences continue to be positive, believe in themselves and they accept their current limitations with renewed energy.

**Attributes of Truly Confident Person**

A lot of people might believe that they are confident, depending on how they feel on any given day but confidence is not a fleeting thing that is here today and takes a holiday tomorrow confidence is all pervasive. It shows itself in every aspect of our lives. The way one view oneself, perceives one’s world, approaches crises, the way one treats others, one’s world, one’s readiness to exercise, compassion and forgiveness and most important, the way one treats oneself. True confidence has following attributes.

- **Self love**: It is the first crucial attribute. If anyone has no self-love, has no confidence because it is the heart of confident; self-love and self-acceptance, which decides our self-esteem. Any lack of self-love is a prelude to misery and dissatisfaction with our lot. Happiness begins from within and when one love oneself and do no seek the approval of anyone, one reach to the next attribute.

- **Self-belief**: With self-love comes amazing self-belief in what is truly possible. People who think highly of themselves do not see barriers to achievement or obstacle in their paths. The main difference between a confident and low confident person: one believes that they have the power to affect their life; where as the other looks to others do it for them.

- **Comfort in themselves**: Confident people are happy in their own skin. They love who they are, do not wish to be anyone else and they seek no one’s approval to whom they wish to be. That is a sure sign of a strong sense of belonging and personal security. They tend to do what they please without following the fashion or being lemmings. Being natural elders, they tend to set the pace for others and to inspire them.

- **Fearlessness**: Confident people tend to be pioneers, fearless in their approach and their actions it is not that they do not the usual fears of survival. Those with high self esteem are keen to get on with it so they tend to act first and be
afraid later. Willing to take risks and to make sacrifices, they have very little fear in living their own life to the maximum.

• **Experiment**: Really confident people love to experiment, to try out new situations, innovate and create. They are always pushing the boundaries of their talents because of their self belief. Unlike people of low self esteem, confident ones do not care about making mistakes, because they know that’s how they learn and grow. They are not worried about being wrong, but at arriving at a solution or a different result, no matters how many times they have to change their approach. Failure is not in their vocabulary and so they will achieve their desires no matters how long it takes, because they have tenacity, self belief and determination to keep trying even when many others have give up.

• **Happiness**: Confident people are truly happy with their life. It doesn’t mean they are never sad. It means if they are down it lasts very briefly and then they are back up again. They know they can always do something else and change the result people of low self esteem always blame themselves and reinforce that with even thoughts of their abilities, so they stay in the doldrums much longer. Above all, being contended with themselves and their bodies confident people tend to be truly happy, often cheerful and with a ready smile.

• **Self-Assuring**: Confident people believe in themselves. They know about their strengths and have accepted their weakness.

• **Ambitious**: Confident people know what they want. They easily define their goals and strive to achieve them.

• **Sociable**: Confident people know how to endear themselves to others and how to take compliments and criticisms gracefully.

• **Competitive**: Really confident people love competition, they love to test their mettle against the best efforts of anthers, because they believe they can win, even when they lose.

• **Hard working**: Confident people know best path to achieve their goals is through putting in hard efforts, no matter how exhaustive or arduous.
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- **Determined**: Confident people never give up on their goals, even when it sometimes seems impossible, they know that it is better to try and fail and try again than to give up and let doubt take over.

- **Positive**: These people are positive. They know how to assuage doubts, conquer eras and how to find every silver lining in a sky gone gray with storm clouds. They know that while failure is a part of everyday life, even in failure fresh starts are always possible.

Self-confidence seems to be related to self-esteem. According to Cohen (1959) "a person with high self-esteem tends to deal with the life confidently and values the self highly". On the other hand, a person with low self-esteem tends to deal with life less confidently and places a low value on self. Schlenker, Soraci and McCarthy (1976) suggested that individuals with high self-esteem are accustomed to experience personal success with high self-confidence levels. Individuals with low self-compassion are accustomed to experience failure.

Self-confidence also seems to be related with self-efficacy. It is a term used in psychology, roughly corresponding to a person’s belief in their own competence. Ormord (2006) defined it as the belief that one is capable of performing in a certain manner to attain certain goals. It is believed that our personalized ideas of self-efficacy affect our social interactions in almost every way. Self-confidence connotes how individuals perceive their ability to succeed at a particular endeavor or how they judge their effectiveness once the task is finished.

**Types of Confidence**

In today’s scenario three types of confidence may be found.

**False confidence** is that when person who talks big and poses like a big shot. The person often takes big risks in an effort to either impress others or to assuage their own discomfort, and the result can be terrible.

Second type of confidence is **temporary confidence**, which is conditional on recent performance. The person whose self-esteem is tied to their account equity, when a good run, they feel confident and take larger risks. And when performance is lousy they start grasping at anything.

Lastly, **true confidence**, which does not depend on recent results. It is based on a deep sense of inner trust. The person who has a history of doing the right thing
regardless the outcome. It means that they act in their own best interest and trust and understand that doing such over time has a positive impact on results.

Factors Affecting Self Confidence

Many factors affect the development of self confidence. Parents’ attitudes are crucial to children’s feelings about themselves. When parents provide acceptance, children receive a solid foundation for good feelings about themselves if one or both parents are excessively critical or demanding, if they are overprotective and discourage moves towards independence, children may come to believe that they are incapable, inadequate or inferior. If parents encourage children’s moves towards self-reliance and accept and love their children when they make mistakes, children will learn to accept themselves and will be on their way to develop self confidence.

Self confidence is also affected by focusing upon too much on unrealistic expectations or standards of others, especially parents and society. Peer group or friends also affect one’s self confidence at crucial stage of life i.e. adolescence stage.

Steps to Improve Self Confidence

A challenge to our self confidence is a part of everyday life. The important thing is to learn how to overcome failure and negative experiences. Building self confidence is dependent on breaking old habits and developing new productive ones. Below are some suggestions for how one can begin to work to become more confident.

- Stop judging yourself by what happens to you in life.
- Forgive yourself and others for past mistakes.
- Learn to think differently. When you fall into self criticism and unconfident thoughts, note them and change them to positive thoughts
- Set goals one the basis of what you can realistically achieve and then work step by step to develop your potential.
- Emphasize your strengths. Focus on what you can do rather than what you can not.

Self confidence can be learned, not inherited. So lack of confidence does not have to be permanent. The level of self confidence is influenced by the feeling of security-insecurity.
SECURITY-INSECURITY

The desire of feeling safe and secure is universal. To feel safe is even more important than to be safe. Everyone alive has troubles and problems, but they react differently. One problem for the two men has different value. One person react in very easy way and feel pleasure while other always in a mood to reject or escape the problems. The feeling of security and insecurity has significant value in shaping and reshaping of personality. The term also affects the mental health of the person. The term has both positive and negative value. Security can be defined as the conditions of being in safety or free from threat or danger to life, or what he is highly valued employed in special sense by Adler, of a condition in which power or conquest is attained without struggle. This is closely related to the feelings of being at home in the world, safety, friendliness, calm, easy, relaxation uncomplicated, emotional stability, self acceptance and well based self feeling of strength. A person who has feeling of security must have tendency to accept other human being. In Alderian sense he has 'social interest', which refers cooperativeness, kindness, sympathy and sociability.

On other hand insecurity can be defined as emotional instability, feeling of rejection, inferiority, anxiety, isolation, jealousy, hostility, irritability, inconsistency and tendency to accept the worst, general pessimism or unhappy. An unsecured man always feels isolation and suffers from acute tension. They have relatively more neurotic or psychotic tendencies. The feeling of security and insecurity developed with the interactions of basic needs of the person. In other words, how one responds to these needs, with frustration or without. In other sense a by product of heredity and environment influences the personality of an individual.

Types of Security

The origins and nature of securities are related to types of threat and stress. People most frequently mention the following.

Psychological Security

Psychological security focuses on the emotional, psychological sense of belonging to a social group. A group of men and women explain, “One have a sense of security when one is free and loved by their close ones.” The youth raise both practical anxieties and more existential ones.
Physical Security

Physical security means that one is confident about the fulfillment of one’s bodily needs, getting food and shelter, protection from pain, disease and shelter in cold and hot weather.

Emotional Security

Emotional security is a state in which person feels assured of satisfaction of his emotional needs, especially of his need to be loved. On the other hand, insecurity is an indefinite condition of feeling anxious, unsafe or threatened. It is shown by with drawing reactions, by inability make friends because of lack of trust in self or in others.

Protection from Crime

The type of security protection from crime is linked to feeling safe. Insecurity arises from lack of law and order and increased crime.

Financial Security

It means a stable and steady income. Pensioners say, “There is security, stability when you have a job and stable pay”... “Jobs provide security; if there are jobs there’ll also be support for the elderly and large families.” People are now afraid, especially older people. Ultimately security is measured in terms of money; it all boils down to money.

Insecurity is a feeling of general unease or nervousness that may be triggered by perceiving of oneself to be vulnerable in some way, or a sense of vulnerability which threatens one’s self-image.

Signs of Insecurity

Following are some common signs of insecurity.

- Insecure people tend to be very sensitive to critique and respond with defensiveness. A secure person can handle criticism.

- Insecure people can’t deal with silence. They fill every void with meaningless chatter, almost to avoid having to reflect on themselves. A secure person can tolerate and often enjoys silence. If they are with some one else, they have the ability to let someone else talk without having to interject their own respective.
While a sense of humor is almost necessary for emotional health, the excessive joker doesn't seem to know the limits of appropriateness. It feels good when everyone laughs at one's joke, and an insecure person craves the sort of attention. Security gives the ability to be sensitive of others; knowing what they would consider funny and what they would consider offensive.

Insecure people tend to talk about themselves constantly, as if they feel like they have to prove themselves. A confident person doesn't need to promote himself. His qualities are displayed naturally.

Insecure people feel threatened by others, and one way to cope with this is to try and squash them. The most threatening person of all to an insecure person is a secure person, because they can sense their power.

Insecure people tend to compensate for their lack of confidence by talking out their frustrations on their subordinates.

Competitiveness is part of a healthy emotional make up. A person who is secure with himself minus or loses with grace. Some one who can't take losing by making a big emotional display by lack of confidence.

A very dangerous coping mechanism for insecurity is buying things you can't afford just show off. a secure person doesn't need to show off. He doesn't care what other people think about his possession.

Insecurity tends to be amplified in relationships. Insecure people tend to find other insecure people to date and secure people tend to date other secure people. A healthy relationship is made up of two secure people who create their own emotional energy and give to their partner.

A person who is insecure lacks confidence in their own value and one or more of their capabilities lacks trust in themselves or others, or has fears that has a present positive state is temporary and will let down and cause them loss or distress by going 'wrong' in the future. This is only common trait, which differs in degree between people. Insecurity is not an objective evaluation of one's ability but an emotional interpretation, as two people with the same capabilities may have entirely different levels of insecurity.
Factors Affecting Security-Insecurity

People across countries report a decline in security, but there are some regional and gender differences. Although reasons vary, increases in insecurity come from multiple causes that feed into one another, making it difficult for people to escape spiraling insecurity.

Gender Differences

Women in many countries feel their security is linked to the fate of their husbands. Men are more likely to associate insecurity with events outside the household that affect income, such as unemployment, natural disasters, increasing crime and lack of social and external support. Older women say it means sons should not sever ties with their mothers after the sons get married. Women’s definitions of security in some places include being financially well off, being able to provide for children, being able to provide meals for the family and having a house. In many areas women also mention respect as well as freedom from fear of robbery. Men describe security in terms of access to cultivable land, health, and employment.

Emotional Instability

Emotional instability and impulsivity are very common in adolescents, but most adolescents grow out of this behavior. Unfortunately, for some, this with borderline personality disorder experiences more than just your everyday emotional ups and downs.

Anxiety

Anxiety affects our whole being. It affects how one feels, how one behaves and has very real physical symptoms. Anxiety is often triggered by stress in our lives. Some of individuals are more vulnerable to anxiety than others, but even those who become anxious. Anxiety is a temporary or permanent state of worry and nervousness. It affects how one behaves, feels and handles situations. It can cause depression and a feeling of powerlessness.

Isolation

In Freudian psychoanalytic theory, isolation is a defense mechanism, whereby the person "isolates" the unpleasant idea from the normal emotional response. For example, describing a murder in graphic details without an emotional involvement invokes isolation.
Feeling of Rejection

We are all prone to disappointment and feelings of rejection, and that is especially true in the aftermath of a broken relationship. However, as born-again believers we have a resource in God's Word that can bring comfort and clarity to the situation. One person's rejection does not mean we are unlovable. But we can allow that one rejection to determine how we feel and allow that feeling to color our idea of who we are or we can choose to put that behind us and move forward on the basis of something that is far more lasting.

Jealousy

Jealousy is a secondary emotion and typically refers to the negative thoughts and feelings of insecurity, fear and anxiety over an anticipated loss of something that the person values, particularly in reference to a human connection. Jealousy often consists of a combination of presenting emotions such as anger, sadness and disgust. It is not to be confused with environment.

Safety

Safety is the state of being "safe" (from French sauf), the condition of being protected against physical, social, spiritual, financial, political, emotional, occupational, psychological, educational or other types or consequences of failure, damage, error, accidents, harm or any other even.

Friendliness

Friendliness is a tendency to be pleasant and accommodating in social situations. In contemporary personality psychology, agreeableness is one of the five major dimensions of personality structure, reflecting individual differences in concern for cooperation and social harmony.

Regional Trends in Security

Poor people report a decrease in security over the last 10 years in every region, though the reasons vary. In Africa they are closely related to basic agriculture and survival that depend on the vagaries of nature, rains, droughts etc. in urban areas, people feel insecure because they may be evicted. In East Asia, people cite the economic crisis, loss of jobs, and tight markets for those who are self-employed. In the Latin American and Caribbean countries, people point to lack of safety, crime and
lack of economic opportunities as key reasons for increased insecurity. In urban areas poor people also mention greater environmental vulnerability.

Insecurity has many effects in a person's life. There are several levels of it. It nearly causes some degree of isolation as a typically insecure person withdraws from people to some extent. The greater the insecurity, higher the degree of isolation. Insecurity is often rooted in a person's childhood years. Like offense and bitterness it grows in layered fashion often becoming an immobilizing force that sets a limiting factor in the person's life. Insecurity can be distressing and feel threatening to the psyche; it can often be accompanied by a controlling personality type or avoidance, as psychological defense mechanisms. Insecurity can be overcome. It takes time, patience and gradual realization that one's own worth is a purely matter of perspective and so while it may be true that insecurity can follow from concerns relating to objective reality. This is by no means necessity but more a tendency.

With this amount of information about the effects of maternal employment, emotional maturity, self confidence and security-insecurity, one may now proceed towards the related review of literature.