5. RESULTS AND INTERPRETATION (Continued)
5. RESULTS AND INTERPRETATION (Continued)

5.1 Demographic Factors Significantly Contributing to the Self Confidence, Self-efficacy and Stress of Adolescent Children

Ha : Age, sex, order of birth, number of siblings, health, exercise, hobbies, academic achievement, primary education, background and type of family and type of stay of adolescents significantly contribute to their self-confidence, self-efficacy and stress.

The technique of Stepwise Multiple Regression Analysis* was applied to know the significance of the contribution of demographic variables collectively as well as individually to the overall scores of self-confidence, Self-efficacy and Stress of adolescents.

It is quite natural that human behaviour is influenced by most of the demographic factors such as age, sex, order of birth, number of siblings, health, exercise, hobbies, academic achievement, primary education, background and type of family and type of stay of adolescents etc. Thus any research becomes incomplete without studying the impact of above mentioned demographic variables on the dependent variables undertaken.

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The obtained 'R' value in this analysis indicates the correlation between the criterion and predictor variables. The square of this correlation (R^2) gives the proportion of variance, which can be predicted. For example, R^2 0.90 would imply that 90% of the variance in Y scores can be predicted on the basis of X1, X2,......Xn scores. To test the significance of the overall prediction, F-ratio is computed. The F-ratio reveals whether the amount of overall variance (R^2) predicted through regression equation is significant or not. Similarly, t-test is used to test the significance of individual regression (b) weights. That is to know whether the predictor variables can individually predict the criterion significantly or not.
in the studies. In view of this similar attempt is also made in the present study to investigate differential impact of these demographic factors on the dependent variables viz, self-confidence, self-efficacy and stress of adolescents.

5.1.1 Factors Significantly Contributing to the Self-Confidence of Adolescents:

Ha 2.1: Age, sex, order of birth, number of siblings, health, exercise, hobbies, academic achievement, primary education, background and type of family and type of stay of adolescents significantly contribute to their self-confidence

Table 5.1

Results of Stepwise Regression Analysis of the Factors Contributing to the Overall Self-confidence Scores of Adolescent Children

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Variables</th>
<th>Beta Coefficients</th>
<th>Standard Error</th>
<th>Contributed R²</th>
<th>'t'-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>No.o.Sib(2)</td>
<td>-3.04</td>
<td>0.915</td>
<td>0.022</td>
<td>-3.32 ***</td>
</tr>
<tr>
<td>02</td>
<td>Health(1)</td>
<td>-4.12</td>
<td>1.53</td>
<td>0.014</td>
<td>-2.69 **</td>
</tr>
<tr>
<td>03</td>
<td>Exercise1</td>
<td>-2.09</td>
<td>0.96</td>
<td>0.009</td>
<td>-2.18 *</td>
</tr>
<tr>
<td>04</td>
<td>OrderOBirth(3)</td>
<td>-1.97</td>
<td>0.98</td>
<td>0.008</td>
<td>-2.01 *</td>
</tr>
</tbody>
</table>

Adjusted R² = 0.053  
Overall ‘F’ ratio=6.88 &p<0.001  
*p<0.05 Significant  
**p<0.01, Highly Significant
A perusal of Table-5.1 and the Figure 5.1 reveals that out of the many demographic factors, some factors such as number of siblings, health, exercise and order of birth of adolescents have significantly contributed to their overall self-confidence.

More specifically, these four variables have collectively contributed to 5.3% of the variance for the overall self-confidence of adolescent children, which is very highly significant ($F=6.88; p<0.001$). In other words, 5.3% of variance on the overall self-confidence can be predicted on the basis of the collective operation of the four factors that are number of siblings, health, exercise and order of birth. Individually, 2.2%, 1.4%, 0.9% and 0.8% of variance on self-confidence of the adolescent children can be predicted on
the basis of number of siblings, health, exercise and order of birth respectively. Further it is evident that the adolescent children having 1 to 2 siblings ($t=−3.32;p<0.001$), having good health ($t=−2.69;p<0.01$), doing exercise ($t=−2.18;p<0.05$) and last born ($t=−2.01;p<0.05$) have contributed significantly but negatively to their overall self-confidence.

Thus it can be learnt that overall self-confidence is significantly related to the number of siblings, health, exercise and order of birth, collectively as well as individually.

Further it can be inferred that adolescent children having 1 or 2 siblings have significantly higher self-confidence than those adolescent children not having siblings and having 3 and more than 3 siblings. Healthy children have significantly higher self-confidence than those who are not healthy. Adolescent children doing regular exercise have significantly higher self-confidence compared to those who are not doing. Last born adolescent children have significantly higher self-confidence compared to first and middle born counterparts.
5.1.2 Factors Significantly Contributing to the Self-Efficacy of Adolescents

H2: Age, Sex, order of birth, number of siblings, socio-economic status, health, exercise, hobbies, type of family, academic achievement, early background and stay of adolescents significantly contribute to their Self-efficacy

Table 5.2
Results of Stepwise Regression Analysis of the Factors Contributing to the Overall Self-Efficacy Scores of Adolescent Children

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Variables</th>
<th>Beta Coefficients</th>
<th>Standard Error</th>
<th>Contributed R²</th>
<th>‘t’-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Stay2</td>
<td>-3.37</td>
<td>0.94</td>
<td>0.025</td>
<td>-3.59***</td>
</tr>
</tbody>
</table>

Adjusted R² = 0.025

***p<0.001 Very Highly Significant

Overall ‘F’ ratio=12.86;p<0.001 Very Highly Significant

Fig. 5.2: Pie Diagram represents the Factors Contributing to the Overall Self-efficacy Scores of Adolescent Children

A glance at the above table and Fig.5.2 reveals that out of several factors only one factor viz. stay type of stay, which means staying at home
has contributed significantly to the self-efficacy of adolescent children. This factor has contributed to 2.5% of the variance on self-efficacy which is found to be significantly high (F=12.86; p<0.001). That is to say, 2.5% of the variance on stress can be predicted with high degree of confidence on the basis of stay. This means that the factor of staying at home has contributed to 2.5% of variance on self-efficacy of adolescents which is significantly very high (t=-3.59; p<0.001), but negative.

It can be inferred from the above presentation that adolescents staying at home have lesser self-efficacy compared to their counterparts (adolescents staying outside home either in hostel or on their own).

5.1.3 Factors Significantly Contributing to the Stress of Adolescents

Ha23: Age, sex, order of birth, number of siblings, health, exercise, hobbies, academic achievement, primary education, background and type of family and type of stay of adolescents significantly contribute to their stress.

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Variables</th>
<th>Beta Coefficients</th>
<th>Standard Error</th>
<th>Contributed R²</th>
<th>‘t’-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Noosib2</td>
<td>-3.74</td>
<td>0.87</td>
<td>0.036</td>
<td>-4.31***</td>
</tr>
<tr>
<td>02</td>
<td>Tfamily1</td>
<td>2.24</td>
<td>0.95</td>
<td>0.011</td>
<td>2.34**</td>
</tr>
<tr>
<td>03</td>
<td>Stay2</td>
<td>-1.83</td>
<td>0.92</td>
<td>0.008</td>
<td>-1.99*</td>
</tr>
</tbody>
</table>

Adjusted R² = 0.055
Overall ‘F’ ratio=9.46 ; p<0.001
*p<0.05 Significant
**p<0.01, Highly Significant
***p<0.001 Very Highly Significant
A glance at the above table reveals that out of several factors only three factors viz. no of siblings, type of family and stay have significantly contributed to stress of the adolescents. All these factors together collectively contributed to 5.5% of variance on the stress of adolescents which is found to be significantly high (F=9.46; p<0.001). That is to say, 5.5% of the variance on stress can be predicted with high degree of confidence on the basis of number of siblings, type of family and stay. This means that the fact of having 1 or 2 siblings has contributed to 3.6% of variance on stress of adolescents which is significantly very high but negative (t=−4.31; p<0.001). Further, type of family has contributed to 1.1% of variance on stress of.
adolescents which is significantly high ($t=2.34; p<0.01$) and stay has contributed to 0.8% of variance on stress scores of adolescents which is again significant but negative ($t=-1.99; p<0.05$).

Thus, it can be inferred from the above presentation that adolescents having either one or two siblings have significantly lower stress compared to their counterparts viz. adolescents having no siblings and having 3 or more than 3 siblings. Adolescents of joint families have shown significantly higher stress compared to their counterparts viz. adolescents staying nuclear families. Further, adolescents who stay at home have significantly lower stress when compared to those who are staying outside the home either hostel or on their own or with relatives.
5.2 Interpretation of Results

5.2.1 Demographic Factors Significantly Contributing to the Self-Confidence, Self-Efficacy and Stress of Adolescents

According to ecological theorists Urie Bronfenbrenner and Ann Crouter (1983) environment is "any event or condition outside the organism that is presumed to influence, or be influenced by, the person's development". The social environment includes all the people who can influence and be influenced by the developing person, as well as the broader culture.

Number of siblings of adolescents especially having one or two siblings has significantly but negatively contributed to their self-confidence. Adolescents not having siblings may experience quite challenging environment like expectations from his/her parents is maximum and so may experience lower self-confidence. On the other hand when an adolescent has three and more than three siblings, it can so happen that he may be either deprived of or get lesser attention and guidance from his elders or parents which may lead to experience low self-confidence. Having one or two siblings can be ideal, where he can have companion, learn to share and may get required amount of attention from his elders and hence might be the
reason for an adolescent with one or two siblings to experience higher self-confidence.

The finding that health of adolescents showing significantly higher self-confidence endorses the saying i.e. “Health is Wealth”. A sound mind in a sound body, if one is healthy, he can have better cognitive capacity and helps to learn better and acquire skills required to have positive attitude about one’s self-concept. This might have lead to the higher self-confidence in healthy adolescents than those who are not healthy.

Also the factor of doing exercise has contributed significantly to the self-confidence of adolescents. Adolescent who is habitual of doing exercises takes good diet and gets good sleep, which improves concentration in turn this helps in better motivation by which one acquires self-confidence. Last born ones who neither takes responsibility nor experiences negligence whereas may be loved for being the youngest. Similarly younger ones are better facilitated which may further boosts up his confidence and thus it might have caused the last born adolescents to experience higher self-confidence.

The factor of staying at home has significantly but negatively contributed to their self-efficacy. This finding may be attributed to the fact that home staying children are deprived of wider exposure and variety of
experiences in life. Those who are staying out and getting exposed to outside world have greater chance to put forth their efforts independently and as a result they develop faith in their capabilities.

Adolescents from joint families have shown significantly higher stress compared to those in nuclear families. In joint families parents can not give proper care and attention to the adolescents which is very much required at this stage children at adolescent period develop a lot of demands but being in a joint family may not be able to fulfill all the demands because of limited resources, compared to their counterparts. As a result of this they might experience high stress. The fact of staying at home has contributed significantly to the lower stress in adolescent children. This is mainly due to the fact of getting full support, facility, care, protection etc., by being at home. On the contrary those who staying outside have to struggle hard to lead life every day with a lot of challenges and pressures, thus these experience high stress.
5.3 Highlights

➢ Adolescent children having one or two siblings have shown significantly higher self-confidence than those adolescent children not having siblings and having three or more than three siblings.

➢ Adolescent children who are healthy have shown significantly higher self-confidence than those who are not healthy.

➢ Adolescent children who do regular exercise have shown significantly higher self-confidence than those who are not healthy.

➢ Adolescent children who are last born have shown significantly higher self-confidence than those who are first and middle born.

➢ Adolescent children staying outside their home have shown significantly higher self-efficacy than those who are staying at home.

➢ Adolescent children having either one or two siblings have shown significantly lower stress compared to those who do not have siblings and having three and more than three siblings.