

RELATIONSHIP BETWEEN SELF-CONFIDENCE AND ACADEMIC SUCCESS

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ABSTRACT

Self-confidence is defined as one's self-confidence. Being at peace with oneself, accepting himself as he is, namely, it's a positive sense of oneself. Self-confidence is important for an individual's health and psychological well-being. Having a healthy self-confidence helps to be successful in personal and professional life.

Self-confidence is important to school success because confident children believe they can learn new things, overcome difficulties, and make decisions on their own without outside influences. Lack of self-confidence constitutes a major problem that causes failure in school and other areas of life. Children who have developed healthy self-confidence find themselves sufficient in both lessons and extracurricular subjects. They feel confident in achieving something, and they strive to find solutions.

The aim of this research paper is to examine the relationship between self-confidence and academic success.

Keywords: Self-Confidence, Success, Academic Success



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Confidence; is a state of being at peace with yourself. Self-confidence is defined as one's self-confidence. Self-confident people are those who are optimistic, self-assured, develop good feelings towards themselves, are aware of their abilities, and are at peace with themselves and their environment.

Self-confidence is essential for the health and psychological well-being of an individual. Having a healthy level of self-confidence helps to be successful in personal and professional life.

When the child opens his eyes to the world, he begins to gain a sense of confidence, and this phenomenon continues to develop throughout his life. As the child strives to adapt to the physical and social environment that surrounds him from birth, he receives the most significant support from his parents in this endeavor. In this learning process, he needs love, trust, trust in those around him, and independence, in other words, to be able to do some things on his own as he grows up. If the child doesn't get appropriate duties and responsibilities for his age, ability, and gender from an early age, it will not strengthen the sense of trust. Parents need to communicate with their children from birth to consider their needs. (Yavuzer H. , ve diğerleri, 2013).

Self-respect and self-confidence develop in the child throughout his developmental years, who sees that his parents accept him as an individual, is listened to, loved, and his views are respected. (Yavuzer H. , 1998)

Children's personalities develop by observing their behavior's effect on their environment. As children grow, they build confidence and self-esteem from their interactions with others.

Self-confidence, which develops in line with the messages the family gives to the child in the first years, is fed by other sources such as teachers, friends, and family when the child starts school. (Özbey, 2004)

School is a vital resource in this sense, so they should listen to what the child has to say about the school and try to hear what they do at

school and how they feel about it. After the parents, the teachers make the most significant impact on the child's self-confidence. (Sarı E. , 2016)

Children who develop healthy self-confidence find themselves sufficient in both lessons and extracurricular subjects. They feel confident in achieving something, and they strive to find solutions. (Sarı E. , 2016)

While success in the course or any field positively affects psychology, failure pushes the person to negative emotions. Being successful in finding their personality structures, especially in the developmental age, is essential in developing their positive perspective. On the other hand, failure will adversely affect the development processes of students with adverse effects on personality, behavior, emotions, and psychology in general. In addition, while success brings happiness to the student, repetitive failure increases his unhappiness. (Abalı, 2018)

SELF-CONFIDENCE

Self-confidence is a personality element that a person needs to lead a happy and successful life. (Tarhan, 2009). According to the definition by the American Psychological Association, self-confidence refers to confidence in our abilities, capacities, and judgments. It represents the belief that one can take responsibility and complete a task successfully. (APA)

Self-confident people are those who are as optimistic people, self-assured people who develop good feelings towards themselves, are aware of their abilities, and are at peace with themselves and their environment.

Erikson argues that the most crucial task of infancy is to develop essential trust in others. According to him, the baby learns in the first months and years of his life whether the world is livable and fulfilling or filled with pain, sadness, disappointment, and indecision. (Yavuzer H. , 2018:42)

The source of self-confidence is love, acceptance, healthy communication, healthy relationships, and respect. The emotional bond established by the parents with the child, the value given to the child, and correctly meeting the needs play an essential role in developing the child's self-confidence.

Children's personalities develop by observing their behavior's effects on their environment. As children grow, they build confidence and self-esteem from their interactions with others. If the child receives positive feedback from parents and close circle, they think he is an adequate and loving individual. These thoughts also reflect the child's beliefs and personality traits.

According to Özgür Bolat, self-confidence is the feeling of being valuable. It is the relationship that the family establishes with the child that gains this.

The source of self-confidence is love, acceptance, healthy communication, healthy relationships, and respect. To build self-confidence must have support from family, school, work, and social environment. Children's self-esteem and self-confidence shape when the child understands how loved, accepted, and valued a child is. During growth, self-confidence develops and is reinforced by what parents, teachers, and people around them say. (Semerci, 2015)

Factors Affecting Self Confidence

While the child struggles to adapt to the physical and social environment surrounding him from birth, he receives the most significant support from his parents in this effort. He learns how to express himself and be a self-directed (autonomous) individual from his family. Especially parents are identification models that play a fundamental role in forming the child's personality. The child takes these identification models as an example and learns their lifestyles through imitation. In this learning process, he needs love, trust, belief in those around him, and independence; in other words, he needs to be able to do some things on his own as he grows up. (Yavuzer H. , et al., 2013)

The love and warm closeness to be shown to the baby in the first years of his life in the family play an essential role in gaining the basic sense of trust. Factors affecting self-confidence:

- Parental Attitudes
- Success
- School and Environment
- Genetic Factors

SCHOOL SUCCESS

After the family, the school is the child's first essential socialization institution. All parents want to raise a confident, responsible, and booming child.

Moving from the family environment in which he lived to school age and managing to adapt to school, which is an entirely different environment, requires a great deal of effort for the child. The family's first expectation is the child's success in school. School success means that the grades received at school are above a certain average. However, the child must adjust to school, take on responsibilities, and accept the rules. Success comes naturally once these conditions meet. (Yavuzer H. , 2018)

The basis of success is knowing one's abilities and desires, having self-confidence, being patient, and acquiring the right skills to reach their goals. The parents must give these tools to the child. (Sarı H. F., 2019)

Self-confidence and self-esteem affect the child's success in school, relationships with others, creativity, and life success. (Schmutz, 2010)

Self-confidence is of great importance for school success because confident children believe they can learn new things, overcome difficulties, and make decisions independently without outside influences.

What is expected from the child in a healthy family is not an extraordinary success but real success in line with his capacity. Because, instead of forcing it in the direction of "what should be" in a healthy family, it aims to develop "what is" and to reveal "hidden forces." The important thing here is to ensure the balance between the child's capacity and the expectation of the parents. (Yavuzer H. , 1999)

Before parents can teach the child how to learn better or be happy at school, they must learn to see the child as they are. Accordingly, parents should know the child well and be able to make the level of expectation realistic. (Yavuzer H. , 1998)

The measure of success is not others but the individual himself. Families can raise self-confident children by accepting their children as they are and creating expectations based on the child himself, not external factors.

Factors Affecting School Success

After the family, the school is the child's first essential socialization institution. When the child starts school, he finds the rules to follow around him and the information expected to assimilate.

There is no doubt that one of the most important issues for parents and educators in the child education process is school success. Many factors play a role in school success.

- the environment to which the child belongs-interpersonal relations within the family,
- especially the behavior of the parents towards the child,
- sibling relationship, physical conditions of the house,
- the child's physical and mental health,
- the child's relations with the school, teachers, and school friends, and the form of these relations affect the child's school success in the positive or negative way

Besides all these factors, the child's inability to focus on a subject negatively impacts his school success. This problem arises when a child starts school and asks to concentrate his attention on an issue. However, focusing on a topic can be taught with education, beginning at an early age. (Özdoğan, 2001)

Knowing the factors that affect the child's school success and keeping them healthy is fundamental to school success. In addition, providing a loving and peaceful family environment is the most basic and most important condition for raising successful children.

Self-Confidence and Academic Achievement Relationship

Çevikbaş (2013) investigated the effects of the types of feedback given to student mistakes on students' self-confidence and found that while the input given to the wrong, giving a voice to others and ignoring the error harmed the students' self-confidence, the simplification and hinting feedback had a positive effect. (Kaya & Taştan, 2020)

Ceylan A. (2017) found a significant relationship between self-confidence and the perception of academic perspective. As the perception of success decreases, the level of self-confidence also decreases. And the self-confidence level of adolescents who see themselves as successful is higher.

Strassburger, L. et al. (1990) found that self-confidence explained the academic achievement variable in their study of 67 students in the 7th, 8th, and 9th grades.

Özcan (1996), in his research "The relationship between primary school students' self-confidence academic achievement and parental attitudes," found a statistically significant positive relationship between academic achievement and student self-confidence, as student self-confidence rise, academic success increases.

Roberts R et al. (1990) conducted a study on 242 6th, 7th and 8th-grade students and found a positive relationship between the academic achievement and self-confidence levels of 6th and 7th-grade boys and girls.

Bilgin's (2011) research found a positive relationship between establishing positive relationships with others and life purpose among adolescents with low, medium, and high self-confidence levels. In other words, as self-confidence increases, positive relationships with others also increase.

CONCLUSION

The source of self-confidence is love, acceptance, healthy communication, healthy relationships, and respect. To build self-confidence must have support from family, school, work, and social environment.

Every child is unique. Every child has a unique nature and different personalities. For the child to grow up healthily, parents must accept his unique personality and characteristics and take an approach in this direction.

The parenting attitude of the family is the most crucial factor affecting the child's development. If the individual grows with a democratic parental attitude, the level of self-confidence can also be high. On the contrary, if there is violence in the family and this violence applies to the child, this may negatively affect the child's self-confidence.

It allows children to grow up with love and understanding among harmonious family relationships, in a safe family environment, to mature, gain personality, and be self-sufficient. As children are loved, their feelings of trust develop, strengthened, and increased self-esteem. (Güven, ve diğerleri, 2014; 6)

Children who develop healthy self-confidence increase their school success. In authoritarian, perfectionist families dominated by oppression, children may equate failure with worthlessness. They think that when they fail, they will be ostracized and unloved. For this reason, it is significant for the development of self-confidence that the family appreciates the child's achievements, gives appropriate responsibilities to the child's development and potential, and has the right expectations. (Güenalp, 2007)

Instead of comparing the child with others, it is necessary to evaluate the child's success in line with his abilities. Taking care of the child's physical health and providing a peaceful and happy home environment affect school success. Encouraging the child's self-confidence and developing healthy self-esteem ensures that the child has the idea of "**I can do it**" and does his best, preventing it from being adversely affected by a possible failure.

All that a child needs to be happy is to feel valued. Therefore, the family must accept him unconditionally. Families can raise self-confident children by taking them as they are and creating expectations based on the child, not external factors.

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