Introduction

Today, in globalized world we notice that most of the persons don’t have confidence in themselves and this lack of confidence affects their performance adversely in their professional life in spite of having good enough values, qualities, abilities and potential.

Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterized by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity.

Self-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. But this faith is guided by more realistic expectations so that, even when some of their goals are not met, those with confidence continue to be positive, to believe in themselves and to accept their current limitations with renewed energy.

Two main things contribute to self confidence: self efficacy and self esteem. A child gains a sense of self efficacy when that child sees themselves mastering skills and achieving goals that matter in those skill areas. This is the confidence that, if a child learn and work hard in a particular area, will succeed and it’s this type of confidence that leads people to accept difficult challenges and persist in the face of setbacks.

This overlaps with the idea of self esteem, which is a more general sense that a person can cope up with what is going on in their lives, and that they have right to be happy. Partly, this comes from a feeling that the people around us, agreed with us, which may or may not be able to control. However, it also comes from the sense that a person is behaving virtuously, that they are competent at what we do, and that we can compete successfully when they put their minds to it.

Some people believe that self confidence can be built with affirmations and positive thinking. Self confidence is the oil that smoothly turns the wheels of the relationship between an individual and their capability- that is, their natural talents, skills and potential.

Nature of self confidence
Being confident means feeling positively for oneself and to have firm belief in what one do or say. Self confidence is mainly about-allowing a child to achieve their goals. Because self confident child:

- Deals with new situations, difficulties and opportunities’-seeing them as challenges to be tackled and overcomes rather than threats to be avoided
- Takes responsibility for making change happen rather than wish their circumstances or the people around them will change
- Realize that, while they can’t always control what happens to them, they can always control how they respond.
- Moves outside of their comfort zones to try new experiences –they feel anxiety, worry, and fear but push on regardless in order to achieve their long term goals.
- Learn from mistakes and look for ways to move on rather than letting setbacks get them down
- Have a sense of purpose and set both long and short term goals to pursue what they want from life

Types of self confidence

Mainly there are two types of self confidence. They are as follows

(1)Outer or ‘’Enforce” self confidence

There is a perception that self confidence people are bold, loud, extrovert types who can handle any personal and professional situation that they face with minimum of fuss and maximum of certainty. The truth, however, is that these people who they are and what they do are often wearing a mask of self confidence. This is the outer expression of person’s behavior, which may hide an inner fear or uncertainty from which they are trying to escape. This is not real self confidence. It is enforced self confidence and they are self confidence enforcers. They wear the mask of self confidence to ensure that they remain in control of situations, and this is borne out of the fear of not being in control. They have others the greater respect they are afforded.

(2)Inner or ‘True self confidence’
True self confidence is different; it is quiet state and beings on the inside. In this context, 'quiet’ means that there is no interference upon the natural state of affairs. No background noise, no doubts, no comparisons with others, no fear of failure, no worry about what others are thinking - this is the inner state of self confidence.

The state of no interference between the person and their capability, this allows them to perform at the peak of their ability, because there is nothing preventing them from doing so. Self confidence is not always about feeling good inside. Self confident people can feel self assured and good about themselves. But they sometimes feel scared or overwhelmed too. Self confident people can still feel anxious about important project at work or by troubles in their personal lives. The difference between more self confident people and less self confident people is not in how much they feel fear anxiety, but how self confident people put up with those feelings and deal with their situations regardless.

Level of self confidence can be shown in many ways through behavior, body language, how you speak, what you say and so on.

Self –confidence performs a vital role in the future of a teacher, a detailed knowledge about its nature and relation to other important factors will provide an objective and encouraging basis for the teachers. It was felt that the knowledge of relationship between the self-confidence and the other variables would be inspiring and beneficial. As a teacher, we need to have self-confidence in ourselves to face the crucial situation and control the situation.

**Need of the study**

Teachers are responsible for creating a safe, respectful, and caring school climate in which the students can be academically and socially successful. More and more, teachers are becoming a primary influence in children’s lives.

Twenty five years ago family structures were different, and teachers did not require the depth and variety of Social/emotional skills that are required of today’s teachers. Teachers today are not only educators, but therapists, parent substitutes, mentors, advocates, and more. So, it is necessary that teacher should have self-confidence. Self-confidence can be the vital passport to success in personal and professional life. Self-confidence enables an individual to take on new
challenges, to trust him in difficult situations, to go beyond your perceived limits, to do things which have been never done before and to make full use of your natural talent and capability. Self-confidence gives courage not to worry about the consequences of failure.

Self-confidence is even stronger than knowledge of a certain task. When a person knows herself, her inner strengths and weaknesses, she exudes self-confidence in all situations. She assesses a situation and then applies what she seems to be the best action for the given situation. Self-construct and standardized test will discover the factors those are responsible for boosting the self-confidence and will able to develop a psychological education input program for the enhancement of self-confidence and achievement motivation among teachers.

The present study is important in the context of deteriorating standard of quality education and social values which is of major concern for all of us. One of the reasons for this grim scenario is assumed to be because of lack of self-confidence both in teachers and students. The self-confidence in students can be developed by the teachers. So, this study enable to know and understand the self-confidence of the teachers in relation to gender, granted and non-granted schools, medium (English and Gujarati) of schools and categories (Open and Other).

So, the present study will help in establishing relationship between various variables (gender, medium of instruction etc.) and the level of self-confidence in teachers.