



## **A STUDY OF RELATIONSHIP BETWEEN PATIENCE, CONFIDENCE AND STRESS LEVEL AMONG ADOLESCENTS**

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*Patience is power. Patience is not an absence of action; rather it is "timing" it waits on the right time to act, for the right principles and in the right way. - Fulton j. Sheen.*

### **Abstract**

*It's almost guaranteed that if you have low self-confidence and patience, you will tend to experience more negative stress in your life, so conversely one of the ways to handle stress is by becoming more self-confident. It's absolutely essential to be confident if you want to be more relaxed and able to handle stressful experiences effectively and relaxation is far easier when you are at ease. The present research study was designed to study the relationship between confidence, patience and stress levels among adolescents. Descriptive survey method was used for conducting the study. Random sampling technique was used to select the sample of 100 adolescents from science stream of Aurangabad city. The tools used for data collection were Students Stress Scale and Social Intelligence Scale (SIS). The major findings included that there was a negative relationship between stress and patience and stress and confidence. There was no significant difference found between the patience, confidence and stress levels of male and female adolescent students of Aurangabad city.*

### **Introduction:**

Stress is a physical and emotional manifestation of being worried or unhappy about something. When the body is physically and emotionally healthy, it is much easier to live with stress. It may well be the case that low self-esteem and confidence can harm us. It can compromise our ability to handle the challenges that invariably come with daily living and therefore increase our experience of stress in everyday life.

It's almost guaranteed that if you have low self-confidence that you will tend to experience more negative stress in your life, so conversely one of the ways to handle stress is by becoming more self-confident. It's absolutely essential to be confident if you want to be more relaxed and able to handle stressful experiences effectively and relaxation is far easier when you are at ease with yourself, you do not then over complicate things or "sweat the small stuff".(Suzanne Fetting2016).

### **Patience and Confidence:**

According to Wikipedia the exact definition of patience is the following: Patience (or forbearing) is the state of endurance under difficult circumstances, which can mean persevering in the face of delay or provocation without acting on annoyance/anger in a negative way; or exhibiting forbearance when under strain, especially when faced with longer-term difficulties. In simpler terms, patience is simply one's ability to tolerate and persevere when things get tough. It is the ability to keep calm and think clearly in times of need. But generally speaking it is the ability to wait without becoming annoyed or anxious; and it's a crucial thing to have to lead a successful life. Patience also can be defined as the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious. Confidence is essential ability to compete in society; when we don't feel confident, we are less likely to make the kind of decisions that can give us a financial and social edge over others. By driving social competition, confidence becomes central in the function of human societies, and marks the way individuals interact with each other.

### **Rahul Sinha (2015) Importance of Patience:**

1. Patience Shapes a Talent into Achievement.
2. Patience Transforms Relationships
3. Patience Helps you to be Empathetic
4. Patience Helps acquire Positive Attitude
5. Patience makes you Healthier

### **Need and Significance of the Research Study:**

Dealing with stress is something we all have to do, the magic part is in how we choose to do it and dealing with your own stress. Dealing puts keep your mind and mental process sharp and you will be better able to make judgements, assessments and decisions. In short, this puts you firmly back in control. In order to start dealing with stress develop your self-confidence. Patience helps you build empathy towards others. If things are not going the way you them to, instead of getting frustrated, you must learn to be patient. We need to see things and situations in a positive light to make your life a happier. And to get that positivity, you need to be patient. Anger and stress are two things that are enough to ruin a person's health. And patience is the antidote to both these illnesses. Being patient, you can overcome any challenging situation with more flexibility and in a better way. Being stress free and happy helps you stay you healthier. Patience is an important tool in overcoming frustration. A person with a high level of confidence will accept the situation as it is; they will not fight it or rail against it. Rather, they will work with it. To become more patient realize that patience and

confidence go hand in hand. The present study is designed to study the impact of confidence and patience on stress which will enable the adolescents to be at an ease and cover the adolescent period which is called as a period of great stress and storm.

**Objectives of the Research Study:**

1. To study the Stress, Patience and Confidence level in the adolescents.
2. To find out the correlation between stress level and patience in the adolescents.
3. To find out the correlation between stress level and confidence in the adolescents.
4. To compare the stress level, patience level and the confidence level of adolescents with respect to gender.

**Hypotheses:**

1. The Stress, Patience and Confidence level in the adolescents is high.
2. The correlation between stress level and patience in the adolescents is negative.
3. The correlation between stress level and confidence in the adolescents is negative.
4. There is no significant difference in the stress level, patience level and the confidence level of adolescents with respect to gender.

**Methodology:**

Descriptive survey was used for conducting the research study.

**Sample and Sampling Technique:**

A sample of 100 students (50 male and 50 female students) studying at higher secondary stage from science stream in Aurangabad city were selected through random sampling technique.

**Tools used:**

Students stress scale (SSS) designed and standardized by Dr.ZakiAkhtar and Social Intelligence scale (SIS) designed and standardized by Dr.N.KChaddha and UshaGanesan was used in the research study for the collection of the data.

**Statistical Measures:**

The statistical measures used in the research study were Pearson's coefficient of correlation, mean, S.D and t-test.

**Analysis and Interpretation of the data:**

**Table No.1: Table showing the mean scores of stress level, patience and confidence & interpretation:**

Sr.no	Aspect	Obtained mean	Range of score	Interpretation
1.	Stress level	148.52	102-154	Moderate
2.	Patience level	20.02	19-22	High
3.	Confidence level	20.36	19-21	High

**Table No.2: Table showing the correlation between stress level and patience and stress level and confidence and its interpretation:**

Aspect	Obtained co-efficient of correlation	Interpretation
Stress and Patience level	-0.223*	Negative low and significant correlation at 0.05 levels.
Stress and Confidence level	-0.171	Negligible Negative correlation

**Table No.3: Table showing the Comparison of stress patience and confidence level, with respect to gender and its interpretation:**

Sr.no	Aspect	Gender	Obtained mean	S.D	t-value	Sig. at 0.05 level	Interpretation
1.	Stress level	Male	146.14	29.27	0.851	1.96	Not Significant
		Female	150.90	26.63			
2.	Patience level	Male	20.58	3.02	1.86	1.96	Not Significant
		Female	19.46	2.98			
3.	Confidence level	Male	20.24	2.24	0.540	1.96	Not Significant
		Female	20.48	2.19			

**Testing of Hypotheses and Discussion of Results:**

From the obtained scores in Table no.1, it can be observed that the stress level found in the adolescents is moderate; the patience and confidence level in the adolescents is high. On the basis of the obtained data and the results, Hypothesis no.1 is partially accepted.

Table no.2 shows that there is a negative relationship between stress and patience and stress and confidence. It can be thus interpreted that higher the patience and confidence, less is the stress level in the adolescents. Adolescent children should build up the confidence level and practice the art of patiently dealing all the endeavours, whether academic or other environmental to deal with stressors effectively. On the basis of the obtained negative correlation the hypothesis no.2&3 are accepted.

Table no.4 shows that there was no significant difference found in the stress level, the patience level and the confidence level between the male and female adolescent students of Aurangabad city. It can be thus interpreted that the male and female adolescents do not

significantly differ in their stress, patience and confidence levels. Hence the null hypothesis no.4 is accepted.

### **How to Be More Patient & In Control of Your Life:**

#### **1. Build Self-Confidence**

Impatience usually appears when one feels let down, when you don't feel in control or perhaps feel that your hands are tied. You want something to happen now, but you cannot seem to do anything to speed things up.

A person with a high level of confidence will accept the situation as it is; they will not fight it or rail against it. Rather, they will work with it. To become more patient realize that patience and confidence go hand in hand.

#### **2. Put on Your “Positive” Glasses**

Patience is all about perspective and how you look at situations.

Always turn a negative situation into a positive situation. — Michael Jordan

#### **3. Change Your Attitude**

Realize the fact that even if something happens a few seconds or even minutes late, nothing will happen. The task will still get done and everything will still work out. Try to keep an open perspective and don't give yourself useless stress.

#### **4. Visualize**

Try to be a step ahead of the game. Visualize yourself facing the problem before it happens and set goals for how you are going to react.

#### **5. Periodically Release Tension and Stress:**

Impatience is the blowing up of a stored build-up of stress and anxiety. Therefore try throughout your day to release stress and clean your system. You can try things such as the Exercising, Breathing Exercises and Minute Yoga Sessions (Osman Abraham 2016).

### **Conclusion**

Dealing with stress is something we all have to do, the magic part is in how we choose to do it and dealing with your own stress. Dealing puts keep your mind and mental process sharp and you will be better able to make judgements, assessments and decisions. In short, this puts you firmly back in control. In order to start dealing with stress develop your self-confidence.

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