

THE IMPORTANCE OF SELF-CONFIDENCE.

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Abstract: *Self-confidence plays a crucial role in various aspects of life. It influences many features of people's life journey—from career advancement to building meaningful relationships. Self confidence allows people to believe in their abilities, defeat difficulties and take risks. Despite the fact that self-assured individuals face difficulties, they are more inclined to chase after their goals and dreams. Additionally, it enhances communication abilities, boosts resilience, and fosters personal growth. It is important to mention that confidence is the feeling of being in a mindset that enables you to pursue and attain your goals in life. This article explores the importance of self-confidence and how it can transform your life.*

Key words: *Self confidence, communication, self-care, self-assurance, resilience, gradual process, self-motivation, encouragement, accomplishment, self-esteem, self-acceptance, self-worth.*

INTRODUCTION:

Self confidence is the ability to believe in yourself and your abilities. It also means that you can accept your mistakes, failures and shortcomings without being afraid of them. Building self-confidence involves acknowledging your strengths, viewing setbacks as chances to learn, and prioritizing self-care. Ultimately, cultivating self-assurance results in a rewarding and successful life marked by creativity and resilience. Self-confidence is a foundational aspect of well-being, contributing to overall life satisfaction and psychological health (Cloninger, 2004, p. 359). Self-assurance is a multifaceted trait that can be influenced by various factors, such as past experiences, skill development, improved decision-making, support systems, enhanced performance, self-acceptance, resilience and overall well-being. According to Charlie Houpert, the author of “Charisma on Command” and creator of a YouTube channel with 2.7 million subscribers, suggests that confidence not only enhances your mood but also encourages you to take risks that can lead to meaningful improvements in your life.

Self-confidence is a feeling that is extremely necessary for every person to perform a certain action or work at any time. There is no perfect person in this life, and there is certainly no need to be perfect. Everyone has certain abilities that are unique to them, people just need to start their actions with the right understanding of their ability levels and self-confidence. It is not a sin to make a mistake, the important thing is to keep trying, we should learn from mistakes and become a strong person who will not make such mistakes again in the future. There are some people who are afraid to dream, “Who has





done this job, if only I can do it” and underestimate their ability level, this is certainly a wrong idea. The most important thing is to believe in God and his plans, he will make you healthy and talented, intelligent and created without any flaws and defects from others, well, think about how you can not, after all you have all the possibilities, only if you can overcome your inner fear and strengthen your self-confidence, you can achieve everything you want in this life. Self-worth and self-confidence play critical roles in determining a student’s motivation and success in academic settings (Covington, 1992, p. 128). A survey conducted by the American Psychological Association reveals that 85% of successful individuals credit their accomplishments to self-confidence. Therefore, self-confidence stands out as a vital ally in life, whether you’re pursuing personal development, career success, or seeking to live a rewarding life. Self-confidence plays a crucial role in fostering resilience and promoting overall well-being, as it empowers individuals to confront challenges with a positive mindset (Seligman, 1990, p. 205).

Methodology:

Improving self-confidence is a gradual process that involves changing thoughts, behaviors, and attitudes. Here are several strategies that can help individuals boost their self-confidence:

1. Self-talk and self-motivation in front of the mirror:

Stand in front of the mirror and tell yourself these things every day: I’m good enough, I’m smart enough, I look great and the clothes I wear are attractive, my family and loved ones like me, I’m happy and I don’t have any problems. I hope this exercise will be useful.

2. Set achievable goals:

Break down larger ambitions into smaller, manageable tasks. Celebrate small successes along the way, as they enhance your sense of achievement and improve self confidence.

3. Ignore bad thoughts and people:


Do not care about the bad thoughts of people around you, don’t use the phrase “what people say” in your life. Even if you are good or bad, people will still gossip about you. You just don’t care about them, people don’t waste your precious time on improper people’s opinions.

4. Encouragement:

Parents, teachers, friends should always support the child. When the child achieves something, they should congratulate him and motivate him. Parents or teachers should never humiliate a child by comparing him with others, for example: his peers, neighbor’s child or siblings.

5. Participating in public speaking or group activities:





By joining clubs or organizations that promote communication can enhance your confidence in social situations. Overcoming anxiety and fear when communicating in public will increase your self-confidence.

6. Seeking support:

Do not hesitate to ask for help when necessary. Engaging in conversations with close friends, family members, or a mentor can offer important insights and comfort. Having a reliable support system boosts your confidence in tackling difficulties. Remember, asking for help is a sign of strength, not weakness!

Results::


A month ago, according to a certain task given by the institute, I conducted a psychological survey of some citizens of the city. This psychological question is as follows: Why do people lose their sense of self-confidence? I administered this questionnaire to people of different ages, such as student girls, boys, saleswomen, elderly people, and their reasons for this question were also different. The young men answered that money is the main cause of the decrease in self-confidence, if a person does not have money, property, or a career, people's self-confidence decreases. And the girls answered that the reason for the decrease in confidence is the restrictions and obstacles imposed on them by their parents or some other persons. Young children say that their parents and teachers compare them with other children because of this. Therefore, the reasons for the decrease in self-confidence differ depending on the personality and gender of people. At the end of the survey, they were given information to boost their confidence. Self-confidence is a key factor in state self-esteem, affecting how individuals perceive and react to their own worth in various social contexts (Heatherton & Polivy, 1991, p. 498)

When discussing the topic of self-confidence, we can ask 2 important questions, for example: 1) why do people lose their self-confidence? 2) How to increase self-confidence in people. There are various methods to improve your confidence and self-esteem, with one of the most impactful being the practice of positive affirmations. These affirmations serve as powerful instruments for boosting self-worth and assurance. They are statements that you repeat to yourself until they integrate into your identity. You can write them down, say them aloud, or even think them quietly in your mind; the important thing is to incorporate them into your daily habits. Cultivating a sense of high self-esteem and confidence can pave the way for success and help you reach your goals. Remember that everyone has their unique journey, so find what resonates best with you!

Conclusion:

In conclusion, self-confidence is the quality of having a strong belief in your own skills and strengths. It is your belief to how good you are at something, however is not a measure of your actual skill. Having self-confidence is an invaluable quality in today's world. It





opens up numerous opportunities and increases your likelihood of achieving success. Additionally, it enhances your relationships with family and friends and aids in building connections with new individuals. Self-esteem acts as a powerful key that opens up numerous opportunities and possibilities within everyone. Self-confidence is essential for healthy interactions and appropriate responses to various situations in life. Additionally, having self-confidence opens up opportunities for you.

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