

A Study on the Relationship between Emotional Health and Self Confidence

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Abstract:

Emotional Health is an effective indicator which specifies a status of an individual in respect to meet the environmental requirements to adjust with the external world on the basis of a balanced pattern of psychological operations as per the nature of stimulus. Self Confidence is an effective belief system by which an individual will be able to conceptualize about own abilities or efficiencies. In this study, investigator wants to find the relationship between emotional health and self-confidence found from the responses of higher secondary students. The corresponding relationship has been analyzed on the basis of parametric as well as non-parametric analysis techniques. At the end of the study, a significant relationship between emotional health and self-confidence has been found.

Keywords: Emotion, Emotional Health, Self - Confidence

1.0. Introduction

Emotional Health is an important psychologically considerable component of modern psychology. It is an important aspect of human personality in respect to effective identification, comprehension, application, controlling of individual emotion and its effective monitoring to meet the demand of the environment. In the case of effective adjustment in the always changing situation. Through the appropriate management of individual emotion, an effective level of personality will be shaped. Emotional health specifies the status of an individual in respect to perform for effective adjustment in the always changing situation with the proper monitoring of individual emotions or related aspects of emotional life. Emotional health helps to comprehend the level of adaptability with the effective monitoring of individual emotion or corresponding systems. Careful operations or properly designed assignment will provide positive dimension to emotional as well as mental health of an individual. Carefully designed task can help to develop an effective level of comprehension in respect to deal with the matter of psycho-emotional balance of an individual (*Green, J., Howes, F., Waters, E., Mather, E., Oberklaid, F., 2005*). Careful nurturing of the caregivers (in respect to every segment of life) will produce a balancing state of mental health which may be also an effective stimulating component of appropriate development of emotional health (*Lee, J. A., Walker, M., Shoup, R., 2001*). There are so many stimulating components of mental health as well as emotional health namely biomedical

components, psychological components, genetic and social components as well as corresponding interactions respectively (Deep, C., Vahia, I. V., Jeste, D., 2010). Environmental system or the components from the environmental segments will play an important role to regulate the nature as well as the status of mental as well as emotional health of an individual (Kidger, J., Araya, R., Donovan, J., Gunnell, D., 2012). Therefore, it has been specifically established that environmental plays an important role to design or reshape the personality as well as emotional health.

Self-confidence is an effective level of awareness of an individual in respect to deal with own abilities to meet the adjustment requirement. Self-confidence is effectively related to the practical conceptualization regarding anything. It is an indicator to regulate the functionality of an individual in terms of the practical operations. In the case of effective dealing of self-confidence in respect to develop a functional conceptualization about the measurements as well as the nature of any fact or object (Bearden, W.O., Hardesty, D.M., & Rose, R.L., 2001). Through the development of self-confidence, the functionality to choose a useful product will be developed by the development of corresponding conceptualization. Through the training programme, the level variation in respect to the effective development of self-confidence has been found in significantly; in the case of male people, the rapid rate of development of self-confidence has been identified (Kukulu, K., Kurukcu, M.S.O., Bsn, Y.O., Bsn, A.B., & Bsn, C.C., 2013). Confidence is a factor related to the basic characteristics of goal and goal orientation. There is significant relationship between self-confidence and goal orientation (Heper, E., Yolacan, S., Kocaeksi, S., 2014). Through the effective practice of self-confidence, the lower level of performance variance has been found. The said result is significant than in the case of corresponding performance found for self-discrepancy (Beattie, S., Hardy, L., & Woodman, T., 2004). Self-confidence and self-efficacy is related to each other; similarly, a significant relationship between competitive anxiety and corresponding performance is also related to each other. Through the effective practice of self-confidence, the level of self-efficacy will be developed; on the basis of that interconnectedness between the efficacy and confidence must be reflected in the case of performance and competitive anxiety. Competitive anxiety level will be reduced due to the practice of confidence; by which the performance level will be enhanced (Besharat, M. A., Pourbohlool, S., 2011). Therefore, the competency will be nurtured by the effective practice of self-confidence. Variation in respect to effective manifestation of confidence in respect to improve the competency level is also found in respect to gender differences (Chusmir, L.H., Koberg, C.S., Stecher, M. D., 1992). There are so many regulating components of self-confidence namely belief system, hardworking approach, talents and abilities respectively (Smyth, P. C., 2013). Therefore, the effective practice of belief system, effective following of hardworking habits, and also the effective practice of individual talent as well as abilities, will provide a specific framework to develop the confidence. Self-confidence is also considered as a dynamic and socially constructed conception based on the effective practice of specific knowledge or related context (Xu, J., 2011).

2.0. Objectives of the Study

At the end of study, investigator wants –

- To find out the relationship between emotional health and self-confidence of higher secondary students.

3.0. Population, Sample & Sampling method

In the present study, the researchers consider all the Bengali medium higher secondary level students as the population of the study. Representative sample group is taken from the Higher Secondary level students under the West Bengal Council of Higher Secondary Education of Malda District of West Bengal. The sample group is categories locality and gender wise and is comprised with two thousands (2000). To select the representative sample group, researchers convey purposive random sampling technique.

4.0. Hypothesis

To conduct the present study the researchers have designed the hypothesis based on different relationship between Emotional Health and Self-Confidence according to the methodology of the research. The formulated hypothesis is given below.

- **Ho:** There is no strata wise significant relationship between spiritual intelligence and emotional health of higher secondary students.

5.0. Analysis and Interpretation

Data collected from the representative sample group is analyzed according to the methodology of the study. Here the researchers analyze the collected data for descriptive and inferential analysis. Pearson correlation and non-parametric correlation by Kendall's and Spearman's method is applied here for analyze and interpret the result from the collected data.

Table -1: Descriptive Analysis of Emotional Health (strata wise) of Higher Secondary Students

	N	MEAN	MEDIAN	MODE	SD	P25	P50	P75
EHUB	500	140.7480	142.0000	138.00	11.27025	135.0000	142.0000	150.0000
EHUG	500	138.5100	139.0000	137.00	14.95357	132.0000	139.0000	149.0000
EHRB	500	135.5620	138.0000	142.00	14.01081	129.0000	138.0000	143.0000
EHRG	500	124.3620	124.0000	112.00	15.04259	112.0000	124.0000	135.0000
EHURBAN	1000	139.6290	140.0000	152.00	13.28126	132.0000	140.0000	149.0000
EHRURAL	1000	129.9620	132.0000	132.00	15.57148	120.0000	132.0000	141.0000
EHMALE	1000	138.1550	139.0000	142.00	12.97032	132.0000	139.0000	146.0000
EHFEMALE	1000	131.4360	132.0000	132.00	16.57742	121.0000	132.0000	142.0000
EHTOTAL	2000	134.7955	137.0000	142.00	15.25454	126.0000	137.0000	144.0000

From the above table – 1, the analyzed mean value of Emotional Health is found from 124.362 to 140.748 which has been specified that average and above average level of mean performance in

respect to maintenance of emotional health has been presented by higher secondary students. Calculated value of SD has been found from 11.270 to 16.577; calculated P25 has been found from 112 to 135; calculated P50 has been found from 124 to 142; calculated P75 has been found from 135 to 150 respectively. On the basis of the calculated values regarding three percentile points, it has been specified that average and above average performance in respect to the practice of emotional health in three different percentile points of measurement has been found in same interpretation index.

Table -2: Descriptive Analysis of Self-Confidence (strata wise) of Higher Secondary Students

	N	MEAN	MEDIAN	MODE	SD	P25	P50	P75
SCUB	500	150.7520	152.0000	154.00	12.27011	144.0000	152.0000	160.0000
SCUG	500	144.4440	142.0000	158.00	17.45693	132.0000	142.0000	158.0000
SCRB	500	139.9960	146.0000	148.00	16.82933	128.0000	146.0000	152.0000
SCRG	500	130.0060	130.0000	136.00	17.33676	119.0000	130.0000	142.0000
SCURBAN	1000	145.3740	148.0000	148.00	15.67245	138.0000	148.0000	157.0000
SCRURAL	1000	135.0010	137.0000	148.00	17.79263	122.0000	137.0000	148.0000
SCMALE	1000	145.3740	148.0000	148.00	15.67245	138.0000	148.0000	157.0000
SCFEMALE	1000	137.2250	137.0000	136.00	18.82862	125.0000	137.0000	150.0000
SCTOTAL	2000	141.2995	143.0000	142.00 ^a	17.79132	130.0000	143.0000	154.0000

From the above table – 2, it has been observed that calculated mean value regarding the Emotional Health has been found from 130.0060 to 150.7520. The calculated mean value specified that locality and locality cum gender wise the performance of self-confidence of higher secondary level students is above average level according to interpretation index. In case of self-confidence of higher secondary level students, calculated SD has been observed from 12.27 to 18.83; calculated P25 has been found average performance in case of SCRG, SCRURAL & SCFEMALE and for rest of the strata the performance is above average. For P50 and P75 for all the strata the performance level is above average in respect to the practice of self-confidence as per interpretation index.

To test the relationship between EH and SC in respect to the responses done by the higher secondary students, the following analysis has been done.

Table-3 Analysis of Relationship between EH and SC based on response of Urban Boy Sample (by Pearson Correlation Method)

		EHUB	SCUB
EHUB	Pearson Correlation	1	.398**
	Sig. (2-tailed)		.000
	N	500	500
SCUB	Pearson Correlation	.398**	1
	Sig. (2-tailed)	.000	
	N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -3, it has been found that there is significant relationship between EH and SC reflected by the urban boy higher secondary students and calculated value is 0.398. On the basis of the calculated result, it has been interpreted that corresponding variables have been interrelated to each other. So, it can be interpreted that locality cum gender wise the relationship between emotional health and self-confidence is significant and the level of significance is 0.01 level. Therefore, corresponding null-hypothesis will be rejected in this condition of measurement.

Table-4 Analysis of Relationship between EH and SC based on response of Urban Boy Sample (by Kendall's and Spearman's Non-parametric Method)

			EHUB	SCUB
Kendall's tau_b	EHUB	Correlation Coefficient	1.000	.204**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCUB	Correlation Coefficient	.204**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500
Spearman's rho	EHUB	Correlation Coefficient	1.000	.280**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCUB	Correlation Coefficient	.280**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From table-4, it has been observed that the non-parametric correlation between EH and SC according to Kendall's and Spearman's method is significant at 0.01 level. In this case the result is also support the result found from Pearson correlation method. So, it can be said that locality cum gender wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-5 Analysis of Relationship between EH and SC based on response of Urban Girls Sample (by Pearson Correlation Method)

		EHUG	SCUG
EHUG	Pearson Correlation	1	.648**
	Sig. (2-tailed)		.000
	N	500	500
SCUG	Pearson Correlation	.648**	1
	Sig. (2-tailed)	.000	
	N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -5, it has been found from calculated result that there is significant relationship between EH and SC reflected by the urban girl higher secondary students. On the basis of the result, it has been interpreted that corresponding variables (EH & SC) have been interrelated to each other and the correlation value is 0.648. This significant result about the relationship between emotional health and self-confidence has been found from the locality cum gender wise analysis of the responses. Therefore, corresponding null-hypothesis will be rejected in this condition of measurement.

Table-6: Analysis of Relationship between EH and SC based on response of Urban girl Sample (by Kendall's and Spearman's Non-parametric Method)

			EHUG	SCUG
Kendall's tau_b	EHUG	Correlation Coefficient	1.000	.500**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCUG	Correlation Coefficient	.500**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500
Spearman's rho	EHUG	Correlation Coefficient	1.000	.681**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCUG	Correlation Coefficient	.681**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From table-6, it has been observed from the statistical analysis that the non-parametric correlation between EH and SC according to Kendall's and Spearman's method is significant at 0.01 level. In this case the result is also support the result found from Pearson correlation method. So, it can be said that locality cum gender wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-7 Analysis of Relationship between EH and SC based on response of Rural Boy Sample (by Pearson Correlation Method)

		EHRB	SCRB
EHRB	Pearson Correlation	1	.382**
	Sig. (2-tailed)		.000
	N	500	500
SCRB	Pearson Correlation	.382**	1
	Sig. (2-tailed)	.000	
	N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -7, it has been found from calculated statistical result that there is significant relationship between EHRB and SCRB reflected by the urban girl higher secondary students. On the basis of the result, it has been interpreted that corresponding variables (EH & SC) have been interrelated to each other and the correlation value is 0.382. This significant result about the relationship between emotional health and self-confidence has been found from the locality cum gender wise analysis of the responses. Therefore, corresponding null-hypothesis will be rejected in this condition of measurement.

Table-8 Analysis of Relationship between EH and SC based on response of Rural Boy Sample (by Kendall's and Spearman's Non-parametric Method)

			EHRB	SCRB
Kendall's tau_b	EHRB	Correlation Coefficient	1.000	.218**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCRB	Correlation Coefficient	.218**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500
Spearman's rho	EHRB	Correlation Coefficient	1.000	.306**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCRB	Correlation Coefficient	.306**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From the above table, calculated value of relationship between EHRB and SCRB (through Pearson correlation method) has been verified in this segment of measurement based on the methodology of the Kendall's and Spearman's Non-parametric Method and in the both procedure the level of significance is same. Relationship between EH and SC of rural boys have been found significant at 0.01 level of significant. Result from the approach of measurement based on the principles of Kendall and Spearman, similar type of result reading the relationship has been found.

Table-9 Analysis of Relationship between EH and SC based on response of Rural Girls Sample (by Pearson Correlation Method)

		EHRG	SCRG
EHRG	Pearson Correlation	1	.734**
	Sig. (2-tailed)		.000
	N	500	500
SCRG	Pearson Correlation	.734**	1
	Sig. (2-tailed)	.000	
	N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -9, it has been found that there is significant relationship between EH and SC reflected by the rural girl higher secondary students. On the basis of the result, it has been interpreted that corresponding variables (EH & SC) have been interrelated to each other and the correlation value is 0.734. This significant result about the relationship between emotional health and self-confidence has been found from the locality cum gender wise analysis of the responses. Therefore, strata wise corresponding null-hypothesis will be rejected in this condition of measurement.

Table-10 Analysis of Relationship between EH and SC based on response of Rural Girl Sample (by Kendall's and Spearman's Non-parametric Method)

			EHRG	SCRG
Kendall's tau_b	EHRG	Correlation Coefficient	1.000	.531**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCRG	Correlation Coefficient	.531**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500
Spearman's rho	EHRG	Correlation Coefficient	1.000	.698**
		Sig. (2-tailed)	.	.000
		N	500	500
	SCRG	Correlation Coefficient	.698**	1.000
		Sig. (2-tailed)	.000	.
		N	500	500

** . Correlation is significant at the 0.01 level (2-tailed).

From above table-10, it has been observed from statistical analysis that the non-parametric correlation between EHRG and SCRG according to Kendall's and Spearman's method is significant at 0.01 level. In this regard the result is also support the result found from Pearson correlation method as in both cases the significance level is 0.01. So, it can be said that locality cum gender wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-11 Analysis of Relationship between EH and SC based on response of Urban Sample (by Pearson Correlation Method)

		EHURBAN	SCURBAN
EHURBAN	Pearson Correlation	1	.131**
	Sig. (2-tailed)		.000
	N	1000	1000
SCURBAN	Pearson Correlation	.131**	1
	Sig. (2-tailed)	.000	
	N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -11, it has been found from calculated result that there is significant relationship between EH and SC reflected by the total urban higher secondary students. On the basis of the result, it has been interpreted that emotional health and self-confidence has been interrelated to each other. This significant result about the relationship between emotional health and self-confidence has been found from the locality wise analysis of the responses and the significance level is 0.01. Therefore, corresponding null-hypothesis will be rejected in this condition of measurement.

Table-12 Analysis of Relationship between EH and SC based on response of Urban Sample (by Kendall’s and Spearman’s Non-parametric Method)

			EHURBAN	SCURBAN
Kendall's tau_b	EHURBAN	Correlation Coefficient	1.000	.086**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCURBAN	Correlation Coefficient	.086**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000
Spearman's rho	EHURBAN	Correlation Coefficient	1.000	.121**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCURBAN	Correlation Coefficient	.121**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From table-12 it has been observed from the calculated value that the non-parametric correlation between EHURBAN and SCURBAN according to Kendall’s and Spearman’s method is significant at 0.01 level. In this case the significance level is same as the result found from Pearson correlation method. So, it can be said that locality wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-13 Analysis of Relationship between EH and SC based on response of Rural Sample (by Pearson Correlation Method)

		EHRURAL	SCRURAL
EHRURAL	Pearson Correlation	1	.609**
	Sig. (2-tailed)		.000
	N	1000	1000
SCRURAL	Pearson Correlation	.609**	1
	Sig. (2-tailed)	.000	
	N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -13, it has been found from statistical result that there is significant relationship between EH and SC reflected by the total rural higher secondary students. On the basis of the result, it has been interpreted that corresponding variables (EH & SC) have been interrelated to each other and the correlation value is 0.609. This significant result about the relationship between emotional health and self-confidence has been found from the locality wise analysis of the responses. Therefore, corresponding null-hypothesis will be rejected in this condition of measurement.

Table-14 Analysis of Relationship between EH and SC based on response of Rural Sample (by Kendall’s and Spearman’s Non-parametric Method)

			EHRURAL	SCRURAL
Kendall's tau_b	EHRURAL	Correlation Coefficient	1.000	.427**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCRURAL	Correlation Coefficient	.427**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000
Spearman's rho	EHRURAL	Correlation Coefficient	1.000	.576**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCRURAL	Correlation Coefficient	.576**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From table-14, it has been observed from the analysis that the non-parametric correlation between EH and SC according to Kendall’s and Spearman’s method is significant at 0.01 level. In this case the result is also support the result found from Pearson correlation method. So, it can be said that locality wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-15 Analysis of Relationship between EH and SC based on response of Urban Boy Sample (by Pearson Correlation Method)

		EHMALE	SCMALE
EHMALE	Pearson Correlation	1	.425**
	Sig. (2-tailed)		.000
	N	1000	1000
SCMALE	Pearson Correlation	.425**	1
	Sig. (2-tailed)	.000	
	N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -15, it has been found from calculated result that there is significant relationship between EHMALE and SCMALE reflected by the urban girl higher secondary students. On the basis of the result, it has been interpreted that corresponding variables (EH & SC) have been interrelated to each other and the correlation value is 0.425. This significant result about the relationship between emotional health and self-confidence has been found from the gender wise analysis of the responses. Therefore, corresponding null-hypothesis will be rejected in this condition of measurement.

Table-16 Analysis of Relationship between EH and SC based on response of Boy Sample (by Kendall's and Spearman's Non-parametric Method)

			EHMALE	SCMALE
Kendall's tau_b	EHMALE	Correlation Coefficient	1.000	.241**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCMALE	Correlation Coefficient	.241**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000
Spearman's rho	EHMALE	Correlation Coefficient	1.000	.334**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCMALE	Correlation Coefficient	.334**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From the above table-16, it has been observed that the correlation between EH and SC according to Kendall's and Spearman's method is significant at 0.01 level. In this case the result is also support the result found from Pearson correlation method as in both cases significance level is 0.01. So, it can be said that gender wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-17 Analysis of Relationship between EH and SC based on response of Girl Sample (by Pearson Correlation Method)

		EHFEMALE	SCFEMALE
EHFEMAL E	Pearson Correlation	1	.741**
	Sig. (2-tailed)		.000
	N	1000	1000
SCFEMAL E	Pearson Correlation	.741**	1
	Sig. (2-tailed)	.000	
	N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From the table 17, it has been found from calculated result that there is significant relationship between EH and SC reflected by the total girl higher secondary students. On the basis of the result, it has been interpreted that corresponding variables (EH & SC) have been interrelated to each other and the correlation value is 0.741. This significant result about the relationship between emotional health and self-confidence has been found from the gender wise analysis of the responses. Therefore, corresponding null-hypothesis will be rejected.

Table-18: Analysis of Relationship between EH and SC based on response of Girl Sample (by Kendall's and Spearman's Non-parametric Method)

			EHFEMALE	SCFEMALE
Kendall's tau_b	EHFEMALE	Correlation Coefficient	1.000	.558**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCFEMALE	Correlation Coefficient	.558**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000
Spearman's rho	EHFEMALE	Correlation Coefficient	1.000	.738**
		Sig. (2-tailed)	.	.000
		N	1000	1000
	SCFEMALE	Correlation Coefficient	.738**	1.000
		Sig. (2-tailed)	.000	.
		N	1000	1000

** . Correlation is significant at the 0.01 level (2-tailed).

From table-18, it has been observed that the non-parametric correlation between EH and SC according to Kendall's and Spearman's method is significant at 0.01 level. In this case the result is also support the result found from Pearson correlation method as the significance level indicates. So, it can be said that gender wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

Table-19: Analysis of Relationship between EH and SC based on response of Total Sample (by Pearson Correlation Method)

		EHTOTAL	SCTOTAL
EHTOTAL	Pearson Correlation	1	.635**
	Sig. (2-tailed)		.000
	N	2000	2000
SCTOTAL	Pearson Correlation	.635**	1
	Sig. (2-tailed)	.000	
	N	2000	2000

** . Correlation is significant at the 0.01 level (2-tailed).

From the table -19, it has been found from calculated statistical result that there is significant relationship between EHTOTAL and SCTOTAL reflected by the urban girl higher secondary students. On the basis of the result, it has been interpreted that EH and SC are interrelated to each other and the correlation value is 0.635. This significant result about the relationship between emotional health and self-confidence has been found from the locality cum gender wise analysis of the responses. Therefore, corresponding null-hypothesis will be rejected.

Table-20: Analysis of Relationship between EH and SC based on response of Total Sample (by Kendall's and Spearman's Non-parametric Method)

			EHTOTAL	SCTOTAL
Kendall's tau_b	EHTOTAL	Correlation	1.000	.440**
		Coefficient		
		Sig. (2-tailed)	.	.000
	SCTOTAL	N	2000	2000
		Correlation	.440**	1.000
		Coefficient		
Spearman's rho	EHTOTAL	Sig. (2-tailed)	.000	.
		N	2000	2000
		Correlation	1.000	.596**
	SCTOTAL	Coefficient		
		Sig. (2-tailed)	.	.000
		N	2000	2000

** . Correlation is significant at the 0.01 level (2-tailed).

From table-20, it has been observed that the non-parametric correlation between EH and SC according to Kendall's and Spearman's method is significant at 0.01 level. In this case the result is also support the result found from Pearson correlation method. So, it can be said that locality cum gender wise the relationship between emotional health and self-confidence is significant and connecting null hypothesis is rejected.

6.0. Conclusion

Emotional health and self-confidence are two fundamental variables of present study. Through the quantitative analysis of emotional health of higher secondary students as well as of self-confidence, it has been found that emotional health and self-confidence is related to each other. This relationship is accepted in the case of parametric as well as non-parametric distribution of the study.

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