

The Role Of Self-Confidence In Mental Health And Well-Being

Chahat Verma^{1*}, Dr. Nirmala Singh Rathore²

^{1*}Research scholar, Department of psychology, NIMS University Jaipur, Rajasthan

²Guide, Professor of Psychology Faculty of Humanities and Social Sciences, Nims University, Jaipur, Rajasthan.

Abstract

Mental health together with overall well-being depends on self-confidence which influences emotional resilience and self-perception and satisfaction throughout life. The research evaluated what exists between personal assurance levels and psychological wellbeing while studying these factors' effect on mental health status. The research design followed a quantitative approach while using structured surveys to obtain data from 110 survey participants. This research established that self-confidence directly relates to mental health rating along with overall life satisfaction ratings. Data analysis revealed a positive connection between these variables ($r = 0.211$, $p = 0.027$ along with $r = 0.189$, $p = 0.049$). The output of regression testing showed that self-confidence leads to modifications in mental health along with life satisfaction but produces a small change in measurement. Research demonstrates self-confidence exists as a primary psychological element which supports mental stability together with social functioning abilities. The importance of self-confidence requires implementing psychological enhancement methods in mental health programs and educational curricula and workplace well-being initiatives. Taking part in self-affirmation activities alongside developing self-awareness and building resilience helps people gain confidence which further develops their mental health outcomes. Future investigations must examine other psychological elements which combine with self-confidence to determine well-being. This research shows that mental health interventions need self-confidence development methods so people can achieve better well-being.

Keywords: Self confidence, mental health, wellbeing, social functionality, mental well-being.

INTRODUCTION

Mental health may influence an individual's daily existence, interpersonal interactions, and physical well-being. External elements in individuals' life and relationships can also influence their mental well-being. Prioritizing mental wellness might enhance an individual's capacity to relish life. This entails harmonizing their activities, obligations, and endeavors to attain psychological resilience. Stress, despair, and anxiety can impair mental health and can interrupt an individual's routine. While healthcare workers frequently employ the phrase "mental health," physicians acknowledge that several mental health disorders have physiological origins.

The World Health Organization (WHO) asserts that mental health encompasses "more than the absence of mental disorders." Optimal mental health involves controlling existing disorders while sustaining wellbeing and enjoyment. The organization underscores the significance of conserving and repairing mental health at the individual, community, and society levels.

The National Alliance on Mental Illness estimates that about 20% of individuals in the United States encounter mental health issues annually. In 2021, over 14.1 million persons in the U.S., including about 5.5% of the adult population, experienced a severe psychiatric disorder, as reported by the National Institute of Mental Health (NIMH). (Felman and Tee-Melegrito, 2024)

Self-confidence is a concept prevalent in several situations, ranging from enhancing mental health to facilitating the achievement of corporate objectives and beyond. Self-confidence transcends mere jargon; it is a substantive idea associated with mental health, wellness, and a constructive approach to existence. Self-confidence encompasses both emotional and behavioral aspects.

Self-confidence is not only a singular concept but rather a process including an individual's self-perception, perceptions of others, and functionality in the face of obstacles and uncertainty. Self-confidence pertains to an individual's internal, personal realm as well as the external environment surrounding them.

In her book *The Portable Therapist* (1992), Susanna McMahon articulates that self-confidence is "a manner of existing in the world that enables self-awareness and self-care." Mary Welford (2013) asserts that it involves recognizing our struggles and have the fortitude to take action. Anneli Rufus (2014) posits that self-confidence

encompasses self-respect and the audacity to authentically express one's identity, preferences, and beliefs.

Self-confidence is the audacity to understand oneself, have faith in oneself, and act according to one's convictions. Self-confidence is defined as a favorable perception of oneself and the world, resulting in audacious behaviors derived from self-respect.

The above definition elucidates the concept of self-confidence. These instances exemplify the manifestation of self-confidence. Self-confidence signifies:

- Appreciating oneself for one's intrinsic worth, irrespective of mistakes made or the nature of one's professional endeavors.
- Experiencing self-affirmation; seeing intrinsic value despite flaws.
- Exhibiting the will to advocate for oneself and demonstrate assertiveness
- Recognizing your inherent value deserving of respect and companionship from others
- Recognizing and embracing your entirety, encompassing both your talents and faults. (Peterson, 2022)

OBJECTIVES

- To analyze the relationship between self-confidence and mental health.
- To assess the impact of self-confidence on mental health and overall well-being.

STATEMENT OF THE PROBLEM

The status of mental health functions as a fundamental factor which determines how well someone maintains their personal well-being while influencing their capability to function daily and their social connections combined with their productive potential. The growing mental health awareness has not decreased the number of persons facing serious disorders which include depression alongside anxiety and stress. The psychological factor of self-confidence stands central in forming mental well-being along with other psychological elements. Self-confidence brings together personal assessments with personal strength and effective management of life difficulties. Research needs to investigate more fully the exact link that exists between self-confidence and mental health specifically regarding how self-confidence supports emotional stability and motivational drive together with social interaction abilities. The goal of this research is to examine how self-confidence affects mental health by determining its strength as a factor that improves psychological health and life satisfaction.

NEED FOR THE STUDY

Research about psychological resilience and well-being factors grows essential because mental health problems continue to increase in numbers. The research has demonstrated a link between self-confidence and personal growth alongside decision-making and emotional stability yet additional investigations are needed to specify its impact on mental health. Detailed knowledge about self-confidence processes will help develop specific treatment strategies for improving both self-confidence and mental health education programs. The research findings will enable mental health practitioners alongside educational institutions and policy makers to develop strategies that use self-confidence enhancement for mental health improvement.

LITERATURE REVIEW

(Long *et al.*, 2023) It may be more difficult for children in rural settings to build self-confidence and have higher rates of life dissatisfaction. Finding out how a mental health education intervention affected the happiness and self-esteem of Chinese rural children was the driving force for this research. One thousand one students in grades four through six were randomly divided into two groups: one for an intervention group consisting of 475 boys (mean age 11.57, standard deviation 1.082 years) and another for control (526 boys, mean age 11.38, standard deviation 0.980 years). The control group did not participate in the 16-week mental health education program that the intervention group completed. All students were asked to assess their levels of self-confidence (which includes three dimensions: self-efficacy, self-assurance, and self-competence) and life satisfaction (which includes five dimensions: family, school, environment, friends, and self-satisfaction) both before and after the intervention. A paired samples t-test revealed that after the intervention, the intervention group had statistically significant gains in self-efficacy, self-confidence, and self-competence in addition to gains in familial, environmental, academic, and self-satisfaction domains. But the level of happiness felt by friends did not rise

noticeably. On the flip side, the control group had lower levels of self-efficacy, self-assurance, and self-competence in addition to lower levels of contentment with school, the surroundings, and friends. In this group, there was no discernible shift in regards to family and self-satisfaction. These results highlight the need for mental health education programs for kids in rural areas, who may have lower levels of self-esteem and life satisfaction. There are some concrete suggestions made for both practitioners and policymakers.

(Abtahi and Valladao, 2022) Topics covered in this overview include the effects of a person's emotional state on their academic achievement, motivation, career advancement, health-related behaviors (such as exercise), anxiety, stress, and motor skills. One definition of self-confidence is an optimistic outlook on one's own sense of identity. The research points to self-assurance as the hormone that helps shape a person's character. Without self-assurance, one's personal, career, and social development are impeded.

(Malkoç and Mutlu, 2019) This research investigated the influence of self-confidence and cognitive flexibility on psychological well-being. The research examined if cognitive flexibility modulates the connection between self-confidence and psychological well-being. The research included 284 university students (192 females and 92 males) enrolled in the Faculty of Education at a private institution in Istanbul, Turkey. Data was gathered using the Self-Confidence Scale, Flourishing Scale, and Cognitive Flexibility Scale. The outcomes of our multiple regression analysis indicated that self-confidence and cognitive flexibility are statistically significant predictors of psychological well-being. Self-confidence and cognitive flexibility accounted for 38% of the variation in psychological well-being. Cognitive flexibility acted as a mediator in the association between self-confidence and psychological well-being.

(Pettersson, 2018) This bibliotherapy article explores the potential benefits of reading circles for those suffering from mental health issues such as chronic anxiety and depression. A user-centered approach is taken, with an emphasis on the users' self-reported health and wellness. The article's supporting research demonstrated, using both quantitative and qualitative techniques, that guided reading circle participation was associated with a temporary improvement in participants' psychological well-being. Through interviews, we learned that their social well-being had improved in several ways, such as via an uptick in self-confidence and an expansion of their social circle. Participants benefited greatly from the selection of short stories and poetry, as well as from the group discussions that followed, the presence of an effective leader, and the chance to be a part of a consistent group throughout the sessions.

(Wilhelm *et al.*, 2010) There has been a change in the focus of mental health research from determining risk factors for mental illnesses (or ill-being) to determining variables that predict mental well-being. Mental health, as defined as absence of DSM caseness, and dispositional optimism were compared using a set of characteristics from longitudinal research. Based on the results of logistic and linear regression analyses, it was found that having fewer negative life events, higher self-esteem, more perceived social support, and less anticipated depression effects when goals were not achieved were significant predictors of mental health. On the other hand, optimism was predicted by having lower neuroticism, higher femininity scores, and higher self-esteem. Following an examination of the possible consequences of either definition, it is suggested that both may serve as surrogates for mental health in situations when more direct indicators of well-being are not accessible. For future studies to be guided by objective metrics, this article stresses the significance of having clear definitions of mental health.

RESEARCH METHODOLOGY

The systematic framework used to carry out a study, including the concepts, methods, and processes needed to gather, examine, and interpret data, is referred to as research methodology. It acts as a methodical way to guarantee the authenticity, validity, and dependability of study findings. The study design, data collecting strategies, sample tactics, and data analysis processes are some of the elements that make up a clearly defined research methodology. Methodologies may be roughly divided into two categories: qualitative and quantitative. The goal of qualitative research is to investigate ideas, actions, and experiences using techniques including content analysis, interviews, and observations. On the other hand, quantitative research measures variables and finds patterns using numerical data and statistical methods. Both strategies are combined in mixed-methods research to give a more thorough grasp of a topic.

The nature of the study, the type of data needed, and the research objectives all influence the choice of research technique. A strong technique reduces biases and ensures consistency, which raises the credibility of research.

It also helps researchers choose the right instruments and methods for gathering and analyzing data. In the end, producing significant discoveries and expanding knowledge in each topic depend heavily on research methods.

RESEARCH DESIGN

The research adopted a quantitative approach to study the link between self-confidence and mental health conditions. A structured survey-based method served as the data collection approach to achieve systematic analysis of the relevant variables. The research evaluated self-confidence effects on mental well-being by using statistical methods which enabled an empirical investigation of hypothesis test results.

PROPOSED METHODOLOGY

The research depended on survey methods to acquire data from test subjects who answered questions about their self-confidence and mental health measures. The questionnaire designed for data collection incorporated demographic questions and core measures about self-confidence with psychological well-being. A statistical analysis of the obtained data was performed with SPSS 22.0 to determine variable relationships.

SAMPLE SIZE

One hundred ten respondents took part in this research project. Non-probability sampling was used for selection to achieve participant diversity in the study. The researcher determined that the selected number of participants enabled statistical testing and produced valid findings about the mental health consequences of self-confidence.

DATA COLLECTION

The questionnaire structured by researchers served as the data collection method for participant responses. The questionnaire organized its content into two sections with demographic questions occupying the first part followed by questions related to self-confidence together with mental health measurements in the second part. The study described its purpose to participants before researchers collected their responses through anonymous methods to ensure confidential data.

STATISTICAL ANALYSIS

The research team processed the gathered data through SPSS version and began with a breakdown of the demographic breakdown of survey participants using frequency and percentage methods. A regression analysis followed to investigate the effect of self-confidence on mental health results. A correlation analysis assessed both the relationship strengths and directions existing between self-confidence and mental health data points. The collected statistical data helped researchers determine the importance of self-confidence when studying mental wellness.

RESULT AND DISCUSSION

Table: 1 Age of the respondents.

Age	Frequency	Percent
18-24	14	12.7
25-30	18	16.4
31-35	27	24.5
36-40	11	10.0
41-45	18	16.4
Over 46	22	20.0
Total	110	100.0

According to the respondents' age distribution, the majority (26.4%) are in the 31–35 age range, followed by the 18–24 and 25–30 age ranges, which together account for 19.1% of the sample. 15.5% of respondents are between the ages of 41 and 45, while 10.0% are between the ages of 36 and 40 and above 46.

Graph: 1 Graphical representation of age.

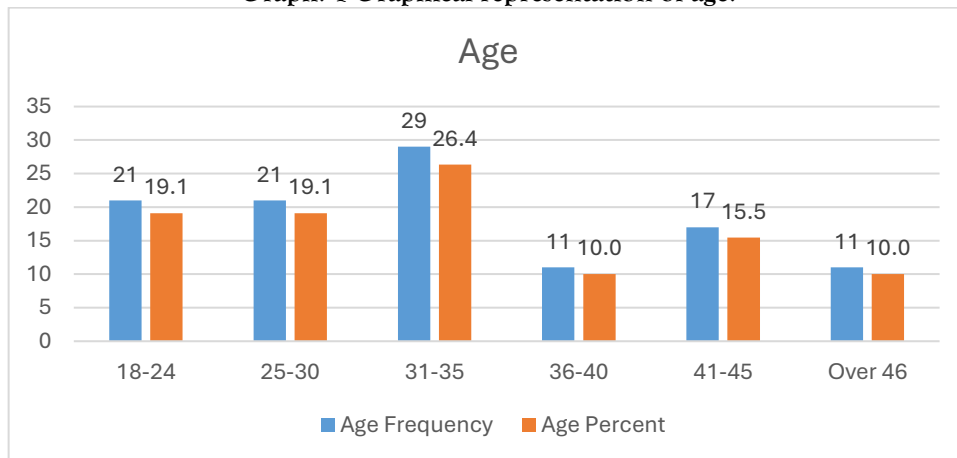


Table: 2 Gender of the respondents.

Gender		
	Frequency	Percent
Male	65	59.1
Female	45	40.9
Total	110	100.0

According to the respondents' gender distribution, men make up most of the sample (59.1%), while women make up 40.9%.

Graph: 2 Graphical representations of Gender.

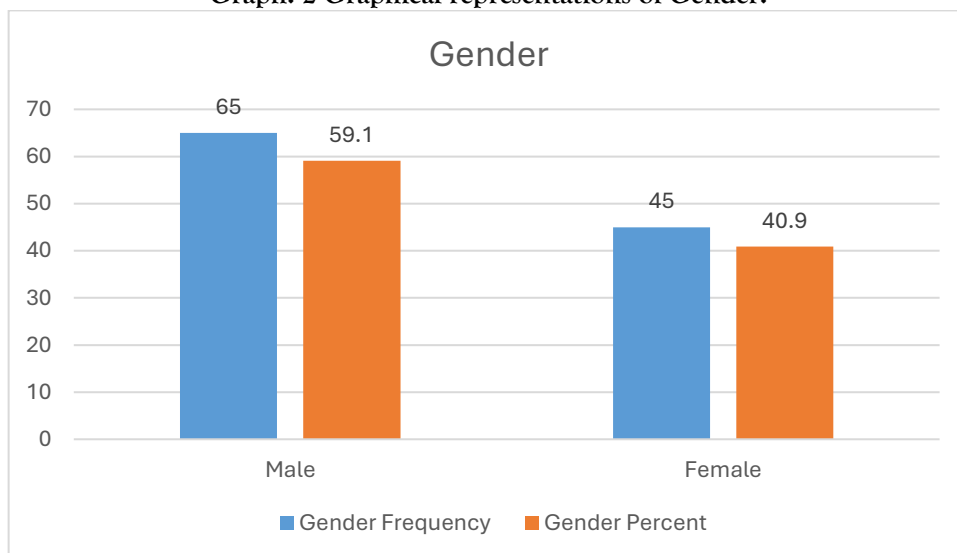


Table: 3 Education of the respondents.

Education		
	Frequency	Percent
Higher secondary	53	48.2
Graduate	27	24.5
Post-Graduate	18	16.4
Other	12	10.9
Total	110	100.0

According to the respondents' educational distribution, almost half (48.2%) have finished higher secondary school, followed by graduates (24.5%) and post-graduate students (16.4%). Although the majority of participants have completed at least a higher secondary level of education, a lesser percentage (10.9%) comes into the "Other" group, indicating a variety of educational backgrounds among the participants.

Graph: 3 Graphical representation of Education.

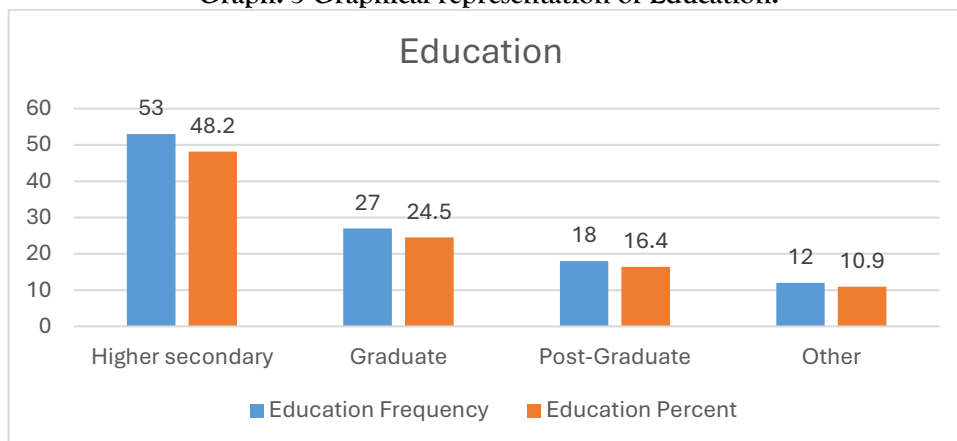


Table: 4 Marital status of respondents.

Marital status		
	Frequency	Percent
Single	63	57.3
Married	47	42.7
Total	110	100.0

The above table discusses the frequency and percentage of Marital status of respondents. In single, Frequency is 63 and percentage is 57.3%. In married, Frequency is 47 and percentage is 42.7%.

Graph: 4 Graphical representation of Marital status.

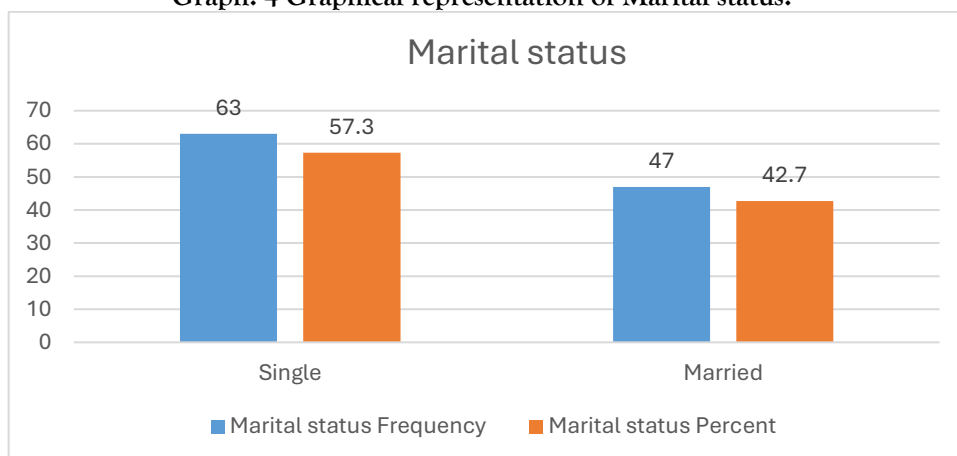


Table: 5 Regression test.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.211 ^a	.045	.036	.22401

a. Predictors: (Constant), Self- Confidence.

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	.253	1	.253	5.049	.027 ^b
	Residual	5.419	108	.050		
	Total	5.673	109			
a. Dependent Variable: Mental health.						
b. Predictors: (Constant), Self- Confidence.						

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.710	.107		15.967	.000
	Self- Confidence.	.097	.043	.211	2.247	.027
a. Dependent Variable: Mental health.						

The p-value of 0.027 from the regression analysis shows that self-confidence has a statistically significant effect on mental health. The model indicates a small but significant association, accounting for 4.5% of the variation in mental health ($R^2 = 0.045$). A favorable correlation between improved mental health and increased self-confidence is indicated by the standardized coefficient ($\beta = 0.211$). The results emphasize the significance of self-confidence as a contributing factor to mental well-being, despite the impact size being relatively minor.

Table: 6 Regression test.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.189 ^a	.036	.027	.74823
a. Predictors: (Constant), Self- Confidence.				

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.228	1	2.228	3.979	.049 ^b
	Residual	60.463	108	.560		
	Total	62.691	109			
a. Dependent Variable: Overall well-being.						
b. Predictors: (Constant), Self- Confidence.						

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.410	.358		6.738	.000
	Self-Confidence.	.287	.144	.189	1.995	.049

a. Dependent Variable: Overall well-being.

According to the regression analysis, general well-being is positively impacted by self-confidence in a statistically significant way ($p = 0.049$). The model shows a small but significant association, accounting for 3.6% of the variation in total well-being ($R^2 = 0.036$). According to the standardized coefficient ($\beta = 0.189$), greater self-confidence is linked to better general wellbeing. The results emphasize the potential advantages of cultivating self-confidence for increased life satisfaction, despite the small impact size. They also show that self-confidence is a contributing element to well-being.

Table: 7 Correlation test.

Correlations				
		Self- Confidence	Mental health	Overall well-being
Self- Confidence.	Pearson Correlation	1	.211*	.189*
	Sig. (2-tailed)		.027	.049
	N	110	110	110
Mental health.	Pearson Correlation	.211*	1	.300**
	Sig. (2-tailed)	.027		.001
	N	110	110	110
Overall well-being.	Pearson Correlation	.189*	.300**	1
	Sig. (2-tailed)	.049	.001	
	N	110	110	110

*. Correlation is significant at the 0.05 level (2-tailed).

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

Self-confidence has a positive link with mental health ($r = 0.211$, $p = 0.027$) and overall well-being ($r = 0.189$, $p = 0.049$), according to the correlation analysis. Both correlations are statistically significant at the 0.05 level. Although the associations are not very strong, this shows that more self-confidence is linked to improved mental health and general well-being. Furthermore, there is a greater positive correlation ($r = 0.300$, $p = 0.001$) between mental health and general well-being, which is significant at the 0.01 level and suggests a more meaningful association between these two variables. These results emphasize how self-confidence, mental health, and general well-being are interrelated, and how self-confidence may contribute to psychological and general life satisfaction.

DISCUSSION

This research establishes that self-confidence directly affects mental health together with overall well-being status. The research data showed that self-confidence positively effects mental health performance but its influence remains small. The researchers found self-confidence explains 4.5% of mental health response variation while it explains 3.6% of total well-being variation in the study participants. The research demonstrates the significance of self-confidence as a mental resource in maintaining overall stability even though its direct impact is small according to statistical assessment. The research links up with previous work done by Malkoç and Mutlu (2019) that underscores how self-confidence affects psychological well-being.

People who demonstrate higher levels of self-confidence tend to maintain superior mental health status ($r = 0.211$, $p = 0.027$) as well as better well-being ($r = 0.189$, $p = 0.049$) based on the correlation analysis results. Self-confidence stands as a fundamental key in psychological resilience because strong mental health proves to play a vital role in achieving greater life satisfaction ($r = 0.300$, $p = 0.001$). The research outcome matches previous findings reported by Wilhelm et al. (2010) about how mental health research evolves to discover risk reduction factors for better well-being.

People who have self-confidence maintain emotional stability together with strong self-efficacy and assertive abilities needed to handle stress and daily challenges. Long et al. (2023) provide scientific evidence demonstrating how self-confidence programs enhance the self-image and overall satisfaction levels especially among people who face challenges. The capacity to stand up for oneself while honoring self-respect together with accepting strengths and weaknesses creates a wholesome mental perspective. The study establishes that mental health intervention programs focused on self-confidence development should be an essential method for people who experience anxiety as well as stress and doubt themselves.

This study provides relevant findings but faces two main limitations through its limited study participant numbers and their responses potentially affecting results through subjectivity. Research should expand testing by adding more participants and use longitudinal design methodology and objective measurement techniques to examine self-confidence effects properly. The investigation adds to existing evidence about how self-confidence helps boost mental wellness together with total well-being for individuals.

CONCLUSION

Research results demonstrate the essential function that self-confidence serves in mental health together with life satisfaction processes. Self-confidence shows positive statistical connections toward mental wellness and satisfaction in life thus individuals possessing higher degrees of self-confidence tend to display better psychological strength. Even though the study's impact measure was slight the research findings underscore the necessity of developing self-confidence as an approach to boost emotional stability and social capabilities. Self-confidence operates as an essential psychological resource because it links to self-awareness with self-respect and capability to handle challenges. Additional studies are necessary for investigating interventions which could boost self-confidence in order to create better mental health results. Mental health education programs should include self-confidence-building activities which will help people develop better coping responses. Field investigations should focus on additional psychological elements which merge with self-confidence to impact mental wellness. Self-confidence building represents a self-directed method for advancing mental well-being and achieving greater personal contentment throughout life.

RECOMMENDATION

- A strategic approach must be developed which uses self-confidence enhancement methods to develop psychological resilience and emotional stability levels.
- Organizations should create activities that combine goal-formulation and self-discovery and positive reinforcement methods which build confidence levels.
- Mental health professionals need to add personal belief enhancement strategies into their therapeutic approaches during therapy and counseling sessions.
- Educational institutions along with organizations must establish mentorship programs to provide self-development workshops that boost self-confidence in individuals.
- Group activities together with peer support programs and mentorship programs encourage personal development of self-confidence in people.

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