

PSYCHOLOGICAL FACTORS AFFECTING THE FORMATION OF SELF-CONFIDENCE IN ADOLESCENCE

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INTRODUCTION

Self-confidence plays a fundamental role in an individual's personal and social development, particularly during adolescence. This critical phase of maturation is characterized by numerous psychological and emotional changes, making it essential to understand the factors that contribute to the formation of self-confidence. By examining the scientific evidence surrounding these factors, we can gain insights into the complexity of adolescent self-confidence and its impact on overall well-being.

I. Body image and self-perception:

During adolescence, physical changes are a dominant concern. Body image becomes a key factor influencing self-confidence formation, with both positive and negative impacts. Research indicates that a positive perception of physical appearance is associated with higher levels of self-confidence. Conversely, experiencing negative body image can result in low self-esteem, insecurity, and diminished self-confidence. This highlights the importance of promoting a healthy body image to foster positive self-perception and overall confidence among adolescents.

II. Social relationships and peer influence:

Adolescence is a time when social relationships play a pivotal role. Peer influence significantly affects self-confidence as teenagers compare themselves to peers and seek social affirmation. Positive social interactions, supportive friendship networks, and being surrounded by peers who display confidence can positively influence self-confidence. Conversely, negative peer comparisons and experiences of social rejection can impede the formation of self-confidence. Encouraging healthy social connections and teaching adolescents to value their unique qualities can contribute to the development of robust self-confidence.

III. Academic achievement and self-efficacy:

Academic life plays an integral role in shaping an adolescent's self-confidence. Studies have shown that academic success and the perception of competence in school-related tasks are linked to increased self-confidence. Conversely, repeated failures or struggling academically can negatively impact self-confidence. Fostering a supportive educational environment, providing opportunities for growth and skill development, and promoting a growth mindset can enhance self-confidence and encourage academic achievement.

IV. Parental influence and support:

Parental influence during adolescence continues to shape self-confidence. Supportive and nurturing parental relationships provide a secure foundation for fostering self-confidence and positive self-esteem. Studies have demonstrated that parental warmth, involvement in their child's life, and offering support are associated with higher self-confidence levels in adolescents.

On the other hand, overly critical or neglectful parenting styles can hinder self-confidence development. Encouraging open communication, providing emotional support, and facilitating autonomy in decision-making can play a crucial role in shaping self-confidence during this period.

Adolescence is a critical and transformative period in a person's life, characterized by significant physical, emotional, and psychological changes. One of the most important developments during this stage is the formation of self-confidence, which plays a vital role in shaping an individual's overall well-being and future success. The psychological factors that influence the formation of self-confidence in adolescents are multi-faceted, complex, and interconnected.

Firstly, social interactions and the opinions of others have a profound impact on an adolescent's self-confidence. During this period, teenagers become acutely aware of their social standing and seek validation from their peers. Positive social experiences, such as making friends or being praised for accomplishments, can greatly boost an adolescent's self-esteem. Conversely, negative experiences, such as rejection or criticism, can significantly undermine their confidence. Adolescents value the opinions of their peers more than those of adults, making their reactions and acceptance highly influential in shaping their self-perception.

Similarly, parental influence has a significant impact on the formation of self-confidence in adolescents. Parental support, encouragement, and positive reinforcement contribute immensely to an adolescent's self-esteem. When parents provide an environment that fosters emotional security, allows independence, and promotes self-expression, adolescents are more likely to develop a strong sense of self-confidence. Conversely, overly critical or unsupportive parenting can negatively impact an adolescent's self-esteem, leading to self-doubt and reduced self-confidence.

Furthermore, academic achievements and abilities contribute to the development of self-confidence during adolescence. As teenagers transition from middle school to high school, they encounter higher academic expectations and increased competition. Success in academics, receiving good grades, and accomplishing challenging tasks can significantly boost an adolescent's self-confidence. On the other hand, struggling academically, experiencing failure, or comparing oneself unfavorably to peers can lead to a decline in self-confidence.

The onset of puberty and the physical changes that occur during adolescence also have a profound impact on self-confidence. As teenagers undergo rapid physical growth, hormone fluctuations, and changes in appearance, they may experience body image issues and self-consciousness. Adolescent girls, in particular, often face societal pressures to conform to unrealistic beauty standards, which can erode their self-confidence. However, if these physical changes are met with acceptance, understanding, and positive body image attitudes, adolescents can develop a healthy self-image, leading to enhanced self-confidence.

Moreover, the development of skills and abilities in various domains influences self-confidence during adolescence. Engaging in activities that align with one's interests and passions, such as sports, arts, or hobbies, helps adolescents develop a sense of competence and mastery. Accomplishing goals, receiving recognition, and experiencing growth in these areas can foster a strong sense of self-confidence. Conversely, a lack of opportunities or inability to excel in preferred domains may result in diminished confidence.

According to psychologists, psychological characteristics of youth are only lonely not the result of biological development and development, but of the child change of social life conditions and activities and new in this respect as a result of the emergence of social factors, to the development of the teenager and to him clearly organize the education and upbringing of teenagers in the given school it cannot be seen as a product of concrete life conditions and activities. In this period the phenomenon of incompatibility in the development of the cardiovascular system is intensified. At this time, the heart becomes much larger in size and begins to work more strongly. Most of the time, the blood pressure in the blood circulation is temporarily disturbed due to age it leads to an increase in blood pressure and an increase in heart activity. As a result Dizziness, heart palpitations, headache occur in teenagers. Adolescents' age also has physical and mental characteristics, the organism is Pavlovian according to the doctrine, it consists of a whole system, in which all tissues and organs and physiological processes are organically connected with each other. But the nervous system as a whole and the upper part connected with it is the word of I.P. Pavlov in other words, the one who manages all the events that happen in the body the head of the brain plays the main leading role. Nervousness in adolescence the upper part of the brain begins to grow qualitatively and the internal structure of the brain becomes complicated. The development of nerve cells is completed in the large hemisphere. Physical development of a teenager's body, its organs and tissues The role of control of the development of the cerebral cortex is realized, however growing tissues and organs, in turn, to the growth of the nervous system affects. At the age of adolescence, the size of the lungs increases and breathing becomes more frequent speeded up and shallow blade. How much fresh air is the child in adolescence It is more useful if you walk. During this period, the internal secretion glands are reconstructed is the period of sexual maturation. The maturation of these glands is a human body His service in his work is very great. One of the characteristics of adolescence is the process of sexual maturation. Observations show that the beginning of puberty is a boy It starts at the age of 12-13 years in boys and 11-12 years in girls. Most are boys Children reach sexual maturity at the age of 15-16, girls at the age of 13-14 observed. Teachers and class leaders must first deeply understand that sexual maturation affects the physical development of the organism, their mental has a great impact on development.

CONCLUSION

In conclusion, the formation of self-confidence in adolescence is influenced by various psychological factors. Understanding the impact of body image, social relationships, academic achievement, and parental influences on an adolescent's self-confidence is essential for promoting their overall well-being. By recognizing these factors, parents, educators, and professionals can work towards creating a nurturing environment that fosters healthy self-perception, positive social interactions, and academic success to support the development of robust self-confidence in adolescents. Empowering adolescents with a strong sense of self-confidence can have far-reaching benefits, enabling them to navigate challenges and embrace opportunities with resilience and belief in their own capabilities.

In conclusion, the formation of self-confidence is a complex process influenced by various psychological factors during adolescence. Social interactions, parental influence, academic

achievements, physical changes, and the development of skills and abilities all play significant roles. Understanding and addressing these factors can contribute to the healthy development of self-confidence in adolescents, laying the foundation for their future success and well-being.

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