

Article on:

SELF CONFIDENCE

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SELF CONFIDENCE

Self-confidence is understanding that we trust our own judgment and abilities, and that we value ourself and feel worthy, regardless of any imperfections or of what others may believe about us.

Self-efficacy and self-esteem are sometimes used interchangeably with self-confidence, but they are subtly different.

We gain a sense of self-efficacy when we see ourselves (and others like us) mastering skills and achieving goals. This encourages us to believe that, if we learn and work hard in a particular area, we'll succeed. It's this type of confidence that leads people to accept difficult challenges and to keep going in the face of setbacks.

Self-esteem is a more general sense that we can cope with what's going on in our lives, and that we have a right to be happy.

Also, self-esteem comes in part from the feeling that the people around us approve of us. We may or may not be able to control this, and if we experience a lot of criticism or rejection from other people, our self-esteem can easily suffer unless we support it in other ways.

Having self-confidence can bring many benefits—at home, at work, and within our relationships. Here's few of the positive effects self-confidence that we can have on our life.

Better performance: Rather than waste time and energy worrying that we aren't good enough, we can devote our energy to our efforts. So ultimately, we'll perform better when we feel confident.

Healthy relationships: Having self-confidence not only impacts how we feel about ourself, but it helps us better understand and love others. It also gives us the strength to walk away if we're not getting what we deserve.

Openness to try new things: When we believe in ourself, we're more willing to try new things. Whether we apply for a promotion or sign up for a cooking class, putting yourself out there is a lot easier when we have confidence in ourself and our abilities.

Resilience: Believing in ourself can enhance our resilience, or ability to bounce back from any challenges or adversities we face in life.

Fortunately, there are things we can do to boost our self-confidence. Whether we lack confidence in one specific area or we struggle to feel confident about anything, these strategies can help.

“We must be the change we wish to see in the world.”