

Impact of enrichment programme on self-confidence among adolescent girls from low socio-economic status families

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■ **ABSTRACT** : Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. The present study aimed to examine the impact of enrichment programme on self-confidence of adolescent girls living in low socio-economic conditions. The sample was comprised of 150 adolescent girls aged between 15 to 17 years studying in the Government Senior Secondary Schools of Ludhiana city and belonging to low socio-economic status. Self-Confidence Inventory developed by Gupta (2005) was administered to assess self-confidence of adolescent girls. Enrichment programme was developed and implemented on adolescent girls. The enrichment programme was purely group focused and lasted for four months. After a gap of one month of enrichment programme, the participants were re-examined by using the same instruments and the same method of testing. The results revealed significant positive change during pre-enrichment and post-enrichment programme. This shows that enrichment programme helped adolescent girls to enhance their self-confidence and discover their own identity.

■ **KEY WORDS** : Enrichment programme, Self-confidence, Self-esteem, Perception

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