SABOOJ SATHI SCHEME INCULCATES SELF-CONFIDENCE AMONG SCHOOL-GOING ADOLESCENTS

Abstract

Sabooj Sathi a Bengali term means green companion. Sabooj Sathi is a scheme for free bicycle to all secondary level school students of Government of West Bengal in India. This study aimed to know the present scenario of self-confidence among the bicycle beneficiaries of Sabooj Sathi scheme and the self-confidence of non-bicycle beneficiaries of school going adolescents and to compare the level of self-confidence between two groups. Data was collected by administering Adolescents Self-confidence Scale by Z. Ghazala on 240 secondary students randomly chosen from different govt. aided schools of Purba Bardhaman district in West Bengal. In data analyses, descriptive analysis, t-test were used. Findings of the study revealed that the levels of self-confidence differ significantly among the bicycle beneficiaries of school-going adolescents and the non-beneficiaries of the Sabooj Sathi scheme.

Keywords: Sabooj Sathi Scheme, Self-Confidence, School-Going adolescents.

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I. INTRODUCTION

Different programmes have been initiated under the National Policy of Education (1986) for securing equal educational opportunity to every student. For enhancing student's entry to education, Government of India has launched many programs and schemes. A large number studies establish that Scholarship and incentive schemes can play a vital role in entry and completing education **(Omeje et al., 2015).** Unlike central and other state governments, the Govt of West Bengal has introduced several schemes for accessing to education and also motivating students to higher studies among them Sabooj Sathischeme is one. To provide bicycle to students is now a new addition in India. Several Indian state Governments like 'Karnatak, Odisha, Madhya Pradesh, Panjub, Andra Pradesh, Assam etc. started free bicycle distribution schemes in different name.

1. **Sabooj Sathi(Free Bicycle Distribution Scheme):** Sabooj Sathi,a scheme for free distribution of bicycle to all Govt. and Govt. aided secondary and higher secondary school and Madrasah students of West Bengal, launched in the year 2015 by the Government of West Bengal. Bengali word 'Sabooj' means green colour and also indicates children and 'Sathi' means companion, hence the scheme Sabooj Sathi implies children's companion. The project has also a logo designed by Hon'ble Chief Minister Mamta Banerjee. In the logo a young boy running, with two spinning bicycle wheels alongside his legs. This programme aims at to encourage the students to complete secondary and higher secondary education, increases a sense of confidence, and help disadvantaged groups in the society. Near about 1.5 crore students have received bicycles under the scheme since 2015 (source:https://wbsaboojsathi.gov.in)

   - **Objectives of Sabooj Sathi Scheme:** The scheme Sabooj Sathi was came up with with the key objective of enhancing student entry to Secondary Education. The scheme is further expected to increase retention in schools, to encourage students to take up higher studies, to inculcate sense of confidence among the girl students by promoting mobility and to promote environment-friendly and healthy means of transportation.

2. **Self-Confidence:** Self Confidence is defined as an attitude about one's abilities, skills, capabilities or judgments in life. Self-confidence is defined as to get right an individual's perceived ability to act effectively in a situation to overcome some obstacles and to get things all right **Basavanna (1971).** A self-confident person considers himself to be socially fit, emotionally matured, successful, satisfied, decisive, optimistic, independent, self-assured, forward-moving, fairly assertive and having leadership qualities **Gupta(2013).** Self-confidence has been described as the belief that a person can successfully perform a desired behaviour **Weinberg and Gould (2023).**Positive filling and attitude towards one's self is considered as one's self-confidence and is necessary for a successful life

3. **School-going Adolescents:** Adolescent is a phase of human development. It falls from the ages 10 to 19. According to WHO this phase of life experiences a fast physical, psycho-social and cognitive changes. In case of India secondary and higher secondary level students falls under this stage.

II. OBJECTIVES OF THE STUDY

The objective of this study was to study the present scenario of self-confidence of bicycle receiver and non-receiver of school going adolescents under Sabooj Sathi Scheme and to compare self -confidence among them.

III. RESEARCH QUESTION

RQ.1 What is the present scenario of self-confidence among bicycle beneficiaries under Sabooj Sathi Scheme and the non-beneficiaries of Sabooj Sathi Scheme.

IV. HYPOTHESIS OF THE STUDY

The following hypothesis was formulated for the present study:
H0[1]. There is no significant difference of self-confidence amongbicycle receiver and non-receiver school going boys and girls.

V. REVIEW OF LITERATURE

The researcher conducted a survey of various research studies closely related to the constructs- (i) Sabooj Sathi /Bi-cycle Distribution Scheme (ii)Self-Confidence.

Sumangala (2010) revealed that the free bicycle scheme has impact on attendance, enrolment, reducedrop out, improve academic performance and help students come to schools. **Karthik and Prakash(2013**) found that because of Cycle programme there was a significant impact on female enrolment and attempting to appear the final examination. **Kumar et al. (2015)**studied that the rural students are greatly benefited by free bicycle scheme as they do not have to walk long distance to school and bicycle is environment friendly. **Satheesh and Suthakar (2016)** founded that bicycle beneficiary students possessed better self-confidence than the bicycle non-beneficiary students. **Pratichi (2017**) reported that Sabooj Sathi scheme has a huge societal impact on school going students. It enhances general mobility of the population and specially of girl students. The bicycles are not only used for schooling but also for many purposes such as going to market, health centre, local fairs and so on. **Biswas (2018)** studied that Sabooj Sathi scheme has positive impact on girls drop out and empower the girl students in higher education. **Eisenberger et al. (1999)** indicated that rewards increase perceived self-determination and that re-wards effects on intrinsic motivation depend on the performance requirement. **Van der Kloof et al. (2014)** indicated that riding bicycle substantially improved womens' feeling of self-esteem and self-confidence. **Satheesh and Suthakar (2016**) found that cycling is good for healthy life style and develops self- confidence among children. **Sahriar et al. (2020)** found that students used bicycle forgoing to coaching centers and schools.

VI. METHODOLOGY

The purpose of the present study is to study whether bicycle of Sabooj Sathi scheme works as a stimulus to self-confidence of school going adolescents. With this aim the present study carried out through the descriptive survey method. The research design is the

conceptual structure within which research is conducted. The ex-post-facto research design adopted in this present study.

1. **Variables:** The variables which were considered in this study are-

   - **Dependent Variable:** In the present study Self-Confidence was the 'dependent variable'.
   - **Independent Variable:** The 'independent variable' of this present study were Sabooj Sathi Scheme, gender and locality.

2. **Sample:** The study was conducted on secondary level boys and girls students received bicycle under Saooj Sathi Scheme and studying at various schools and Madrasahs of Purba Bardhaman district. For the study220 students from two urban and two rural area schools were selected using simple random sampling technique.

3. **Tool Used:** To measure student's self-confidence the following tool was used in the present study for data collection.

   - **Adolescents Self-Confidence Scale-ASCS(Z.Ghazala-2021):** To assess the self-confidence of students Ghazala Zia's Adolescents' Self-Confidence Scale (ASCS)was used. This scale contains 42 items on five dimensions- i.Physical, ii Social, iii. Emotional, iv. Mental and iv.Educational. This scale contains 24 positive and 18 negative items. The reliability of ASCS was determined by calculating Cronbach's Alpha Coefficient which was found to be 0.80 and is significant at.01 level of significance. Both face and content validity of this scale was determined. Each item has five possible answers (Strongly Disagree=1 to Strongly Agree=5).

4. **Procedure of Data Collection:** With the consent of the head of institution data was collected physically by the re-searcher administering the above-mentioned tool on the subjects under study in accordance with the directions provided in the manual of the tool.

5. **Statistical Analysis:** The data collected through ASCS was analyzed through descriptive statistics. In this study t-test was used to compare the self-confidence between male and female bicycle beneficiaries. To Analyze the data the researcher took help of SPSS 20 software and Graph Pad by Dotmatics. Self –confidence of bicycle beneficiaries has been calculated on the basis of ASCS. The table below shows the interpretation of the level of confidence and the result reflected in this study is as follows.

Table 1: Interpretation of the Level of Self-Confidence

Range of Raw Score	Range of z-Score	Grade	Level of Self-Confidence	Bicycle Beneficiaries (No of Students)	Percentage	Non-Bicycle Beneficiaries (No of Students)	Percentage
167 & above	+2.01 and above	A	Extremely High	-			
152-166	+1.26 to 2.00	B	High	19	15.83	10	8.33
136-151	+0.51 to 1.25	C	Above Average	59	49.17	25	21
116 to 135	-0.50 to 0.50	D	Average	42	35	35	29
101-115	-1.25 to -0.51	E	Below Average	-		30	25
86-100	-2.00 to -1.26	F	Low	-		20	16.67
85 & below	-2.01 and below	G	Extremely Low	-			-
Total				120	100	120	100

Table 2: Mean, SD of variables

Variables	Sub Group	Observations (Students) N	Mean	SD
Bicycle Beneficiaries	Boys	60	141.07	50.83
	Girls	60	139.40	48.05
Non Bicycle Beneficiaries	Boys	60	120	41.05
	Girls	60	125	42

Table: 3

Mean, SD and t values of variables

Variables	Sub Group	Observations (Students) N	Mean	SD	t	df	P	Significance
Beneficiary Group	Girls	60	139.40	48.05				
Non-Beneficiary Group	Girls	60	125	42	2.4732	238	0.0141	S
Beneficiary Group	Boys	60	141.07	50.83				
Non-Beneficiary Group	Boys	60	120	41	3.5344	238	0.0005	S

VII. RESULTS AND DISCUSSION

RQ.1 What is the present scenario of self-confidence among bicycle beneficiaries under Sabooj Sathi Scheme and the non-beneficiaries of Sabooj Sathi Scheme.

From table 1 it is found that 15.83% out of 120 bicycle receiver have high level of self-confidence whereas 8.33% have among the non-receiver of bicycle. The range of raw score falls between 152 to 166 and the range of z score is +1.26 to 2.00. Another result shows that 49.17% of students out of 120 have above average level of self-confidence and the non-receiver of bicycle is 21%. Their range of raw score falls between136 to 151(z-score range +0.51 to 1.25) and result also shows that 35% students under Sabooj Sathi scheme have average level of self-confidence and 29% is the non-receiver of the scheme. Below average and low self-confidence of non-receiver of Sabooj Sathi scheme is 25% and 16.67% respectively.

H0[1]. There is no significant difference of self-confidence among bicycle receiver and non-receiver school going boys and girls.

Table 3 shows the scores of boys and girls and the scores of both beneficiary of Sabooj Sathi scheme and the non-beneficiary of Sabooj Sathi scheme. In case of gender there are 60 boys and 60 girl students of both groups. Self-Confidence of both boys and girls group was analyzed using t-test to study the difference of means scores of the groups. The result reveals that significant difference of self-confidence of the both groups. The null hypothesis H0[1] is rejected. The t-score is significant at 5% level. There is significant difference of self-confidence among bicycle receiver and non-receiver school going boys and girls. Self-confidence of boys and girls of both groups are not equal.

VIII. CONCLUSION

From findings of the study it can be concluded that the Sabooj Sathi (bicycle distribution scheme) beneficiaries have above average level of self-confidence. Near about 65% students are self-confident in physical, social, emotional, educational as well as mental aspect. On the other hand the non-beneficiary of Sabooj Sathi Scheme have 40% students have below average and low self-confidence. Lack of self-confidence arises various kinds of psychological problems like anxiety, maladjustment and different types of disorder. Over confidence may also sometimes make students arrogant and lethargic. Thus, maintaining the level of confidence is very important.

It is also found that self-confidence level of Sabooj Sathi beneficiaries differ significantly among the both group of students. The girls of beneficiary group and the non-beneficiary group girls mean score of self-confide is different as stated in the table no.3. It shows that difference in self-confidence is present among the school going adolescent girls students who are also receiver of bicycle under Sabooj Sathi scheme and the non-receiver of the bicycle. Difference is present in the case of both boys' groups also.

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