

Self-Confidence and Strength of Personality

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Abstract

This research aimed to investigate the relationship between self-confidence and strength of personality. To achieve the study's objectives, the researcher relied on a descriptive approach based on studying and investigating the phenomenon. Previous studies and research related to the research topic have been reviewed. The research found that self-confidence and strength of personality are not necessarily innate traits and skills, they can be acquired and trained gradually. The result also confirmed that self-confident person attracts the attention of others and is able to progress and develop in their work clearly and easily.

Keywords: *Self-confidence, Personality, Strength of Personality*

1. Introduction

Strength of personality means imposing the own personal style in interactions. This is the beginning of strengthening personality in society, by conveying messages and signals that highlight the individual's importance in life. Consequently, strength of personality and developing self-confidence have become a focus of attention for human development experts around the world. Many large multinational companies use the advice of human development experts regarding employee development and finding ways to increase their profits by increasing employee productivity (Messaoud, 2022). Therefore, taking the initiative to strengthen personality is essential for both social and professional success.

Although a strong personality and self-confidence are two interconnected concepts; working to increase self-confidence can take precedence over strengthening one's personality. A person who lacks self-confidence cannot hone their personal skills and strengthen their social and professional relationships (Upadhyay et al., 2020). Therefore, self-confidence begins with focusing on and demonstrating one's strengths and capabilities, and focusing on dealing with others with dignity. This significantly improves task performance and life achievement.

Given that individuals represent the most important element in the social structure, it is essential to pay attention to their energies and abilities and direct them in the right way that serves society and responds to the various scientific developments in the contemporary world. Any defect in an individual's personality affects the social structure as a whole. Self-confidence reflects an individual's pride in their potential and ability to deal with problems effectively. Accordingly, this research aims to investigate the relationship between self-confidence and strength of personality.

1.1 Research problem and questions

Weak personality is one of the reasons for the failure of many social and professional relationships in life. The inability to face difficult situations and challenges turns a person into a dependent person who can't do anything without receiving help from others (Messaoud, 2022). Finding a way to develop and strengthen their personality is essential, especially for young men and women who are new to the job market and professional life, to achieve higher

levels of success without encountering major problems. Accordingly, the problem of the research is to investigate the relationship between self-confidence and strength of personality.

1.2 Research importance (significance)

The importance of this research stems from the importance of the variable being studied; self-confidence and strength of personality. Self-confidence is considered the key to a balanced and successful life. It is not just a feeling of self-satisfaction; it is the foundation upon which one can deal with daily challenges and achieve personal and professional goals. Building self-confidence becomes vital for every individual striving for success. Moreover, the results of this research can benefit social organizations in developing programs that target building self-confidence and developing positive thinking, contributing to the development of a strong and influential personality.

2. Research methodology

To achieve the study's objectives, the researcher will rely on a descriptive approach based on studying and investigating the phenomenon. Previous studies and research related to the research topic will be reviewed.

3. Self-Confidence concept

The concept of self-confidence refers to an individual's strong belief in their abilities and skills. They fully accept themselves, trust their ability to accomplish tasks and achieve success, and have a good sense of control over life situations and deal with difficulties (Greenacre et al., 2014). Self-confidence also refers to an individual's awareness of their strengths and weaknesses, a positive outlook on themselves, and the ability to set realistic goals and communicate and deal with others assertively without being influenced by negative criticism (Schyns and Sczesny, 2010).

Self-confidence is an individual's belief in their abilities, characteristics, and sound judgment, as well as an awareness and acceptance of their strengths and weaknesses. Beeftink et al. (2012) emphasized that self-confidence enables positive responses to challenges and successes. Therefore, it is important to learn how to enhance self-confidence, especially for those who suffer from low self-confidence, which can negatively impact their relationships, work, and possibly their mental health. Self-confidence is often driven by an individual's perception of themselves and their capabilities, reflecting their thoughts (Coffeaa et al., 2009). However, it

is not necessarily driven by their actual capabilities. For example, some people may feel highly self-confident and believe they can accomplish a task with ease, but in reality, they lack the true capabilities to do so.

Self-confidence is not a fixed trait among individuals. It can increase or decrease depending on various factors, including emotions, thoughts, life experiences, upbringing, and the surrounding environment. Receiving positive feedback and achieving goals can boost self-confidence, while negative experiences or negative criticism can decrease it.

4. The Concept of Personal Strength

The concept of personal strength refers to a set of qualities and actions that an individual possesses. These qualities enable them to influence and control their actions effectively. These qualities may include honesty, patience, steadfastness, the ability to endure and adapt to various circumstances and life pressures, as well as a strong will, determination, hard work, and commitment to achieve success (Castro and Shelton-Strong, 2023).

Personal strength means that its owner has the ability to deal with most life crises and emergencies with steadfastness and success. It is a personality that continues to develop and achieve, and does not stop at various life crises and problems (García-Álvarez et al., 2024).

5. Self-Confidence and Personal Strength

Self-confidence plays a pivotal role in shaping and strengthening social and professional relationships. Individuals with high self-confidence are often better able to build healthy and balanced relationships because they have the courage to define their own boundaries and respect those of others (Messaoud, 2024). In the workplace, self-confidence enhances an individual's ability to lead and influence others, paving the way for better professional results and a more collaborative and productive work environment.

High self-esteem and self-confidence enable an individual to face daily challenges with a positive and resilient spirit, leading to improved quality of life both personally and professionally. Coffea et al. (2009) pointed out that striving for personal and professional development and enhancing self-confidence has become an indispensable necessity for every individual who aspires to success. Moreover, low self-confidence can lead to feelings of inadequacy, excessive sensitivity to criticism, self-doubt and doubt in one's ability to succeed, as well as feelings of being unloved by others and subservient to them. Therefore, weak personality can be described as a condition in which a person finds it difficult to make decisions

and deal with various challenges with determination and resolve. This makes them prone to hesitation and an inability to acquire sound decision-making skills, which increases their sense of helplessness in various situations.

Since self-confidence and strength of personality are not necessarily innate traits and skills, they can be acquired and trained gradually by following the following:

- Continuously developing personal skills: Increasing competence in various areas of life is crucial for building self-confidence and strength of personality. Feeling knowledgeable and skilled in a particular area naturally enhances self-confidence. Therefore, it is always advisable to develop personal and professional skills through continuous learning.
- Overcoming fear and anxiety: Fear and anxiety can be a major obstacle to self-development and personal strengthening, preventing adventure or stepping outside of one's comfort zone to learn and acquire new skills that will boost self-confidence. Therefore, it is always advisable to face fears and deal with them calmly and wisely.
- Learning from others: When looking for successful role models with strong personalities in life, and trying to learn the most prominent personality traits that helped them achieve this, as well as trying to read inspiring stories of prominent figures, and learning more about the experiences and challenges they faced in their lives and how they dealt with them, all of this undoubtedly contributes to enhancing self-confidence and overall strength of personality.
- Setting realistic and achievable goals: When setting goals in life, whether personal or professional, it is recommended that they be realistic and far from perfection or idealism, as achieving them in this case is difficult, if not impossible. For goals to be realistic and achievable, they must be appropriate to the available capabilities and resources, as well as measurable and trackable within a specific timeframe. Furthermore, adopting effective goal-setting strategies helps achieve a balance between ambition and potential, which increases the chances of success and enhances self-confidence and strength of personality.

6. Research discussion and findings

Self-confidence is fundamentally related to an individual's strong personality and positive thinking. A self-confident individual is an effective social being with positive thoughts, able to address the problems and situations they encounter. Self-confidence is one of the most

important resources that enables an individual to be compatible with themselves and with the surrounding community, and it has a significant impact on their personality. A self-confident person attracts the attention of others and is able to progress and develop in their work clearly and easily. Based on the findings of the current research, the following recommendations are made:

- It is important to study the relationship between self-confidence and strong personality at various educational levels.
- It is important to study the relationship between negative thinking and low self-confidence to emphasize the importance of positive thinking in an individual's life.

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