



SCIENTIFIC AND PRACTICAL CONFERENCE “THE
FUTURE STARTS WITH US: TOWARDS THINKING,
TECHNOLOGY AND SUSTAINABLE DEVELOPMENT”
VOLUME 1. ISSUE 2. 2025

THE INFLUENCE OF SELF-CONFIDENCE ON
CHILDREN’S ACADEMIC ACHIEVEMENT

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Abstract: This article examines the influence of self-confidence on children’s academic achievement. It discusses how self-belief affects students’ motivation, participation, ability to overcome challenges, and emotional well-being. The article argues that strong self-confidence helps children perform better at school, while low confidence can negatively impact their learning. Suggestions for supporting children’s self-confidence are also provided.

Annotatsiya: Ushbu maqolada o‘quvchilarning o‘ziga bo‘lgan ishonchi ularning o‘quv yutuqlariga qanday ta’sir qilishi haqida so‘z yuritiladi. Unda o‘ziga ishonchning motivatsiya, darslardagi faollik, qiyinchiliklarni yengish qobiliyati va hissiy holatga ta’siri tahlil qilinadi. Maqolada yuqori o‘ziga ishonch bolalarning o‘qishdagi natijalarini yaxshilashi, past ishonch esa salbiy ta’sir ko‘rsatishi ta’kidlanadi. Shuningdek, o‘quvchilarda ishonchni rivojlantirish bo‘yicha tavsiyalar berilgan.

Аннотация: В данной статье рассматривается влияние уверенности в себе на учебные достижения детей. Анализируется, как чувство самоэффективности воздействует на мотивацию учащихся, их активность на уроках, способность преодолевать трудности и эмоциональное состояние. В статье подчеркивается, что высокая уверенность в себе способствует лучшим



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учебным результатам, тогда как низкая уверенность может негативно влиять на процесс обучения. Также приводятся рекомендации по развитию уверенности у детей.

Key words: Self-confidence, Children’s education, Academic Achievement, Motivation, Emotional well-being, Learning performance

Kalit So’zlar: O‘ziga ishonch, Bolalarning ta’limi, O‘quv yutuqlari, Motivatsiya, Hissiy holat, O‘qish samaradorligi.

Ключевые слова: Уверенность в себе, Образование детей, Учебные достижения, Мотивация, Эмоциональное состояние, Успеваемость

INTRODUCTION

Academic achievement plays a vital role in an individual’s life and is highly valued in the educational context. Parents and teachers generally expect students to perform at their best. Academic performance reflects a variety of learning outcomes, including knowledge, understanding, attitude, intelligence, skills, and practical application. Based on these achievements, children are evaluated and classified as either high achievers or low achievers. Strong academic performance not only enhances a student’s personality but also earns recognition from parents, peers, teachers, neighbors, and society. It boosts morale and fosters a sense of usefulness within the family, school, and broader community. A child’s achievement is influenced by key factors such as interest, motivation, conceptual understanding, classroom engagement, adjustment, school and home environments, and reading habits. Other contributing factors include the child’s interest in the subject, study methods employed by teachers, family support, self-confidence, and study habits. Among these, self-confidence is particularly crucial for success. While many parents



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try to foster confidence in their children through praise, a significant number of individuals still feel insufficiently confident. Research findings on the topic sometimes complement each other, but at other times, they present contradictory results.

Confidence can be defined as a feeling that enables an individual to perform tasks with ease and composure. It encourages optimism and satisfaction with oneself, yet it should not be confused with a sense of superiority over others. Self-confidence is essential for good psychological adjustment, personal happiness, and effective functioning in both children and adults. Children with high self-confidence communicate effectively, express their opinions without fear, and are less easily influenced by others. Conversely, children lacking confidence often experience self-doubt, hesitate to share their views, and are more susceptible to external influence. Such children are also more likely to give up when facing challenges. Confidence equips individuals to take appropriate and effective action in any situation, regardless of its difficulty [1]. Genuine self-confidence serves as a foundation for achievement, integrating mental and physical energies and directing them toward goals. Focused confidence is essential for progress, development, and success.

MAIN PART

Self-Confidence and Motivation

Self-confidence is a key factor in motivating children to learn. Students who believe in their abilities are more likely to participate actively in classroom activities, ask questions, and take on academic challenges.[2] This motivation encourages consistent study habits, engagement in discussions, and independent problem-solving. Conversely, children with low self-confidence may avoid participation, fear making mistakes, and lack the drive to complete tasks, limiting their learning opportunities and negatively affecting academic performance.



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Coping with Challenges and Academic Pressure

Children with high self-confidence are better prepared to face academic challenges. They tend to view difficulties as opportunities for growth rather than obstacles. Confident students persist even when subjects are challenging, exploring multiple strategies until they succeed. In contrast, students with low self-confidence often feel overwhelmed, give up quickly, and avoid tasks that seem difficult. This reluctance to confront challenges can slow their academic progress and reduce overall achievement.

Social Interaction and Classroom Participation

Self-confidence also influences children’s interactions with teachers and peers. Confident students communicate effectively, express their ideas clearly, and collaborate well with others. Active participation not only improves understanding but also develops essential social and communication skills. Children who lack confidence, however, often remain silent, hesitate to express themselves, and struggle with teamwork, limiting both academic growth and social development.

Emotional Well-Being and Learning Performance

Emotional well-being is closely linked to self-confidence. Students with high self-confidence experience lower stress and anxiety, allowing them to focus better during lessons and examinations. Feeling capable and valued boosts motivation and encourages persistence. On the other hand, children with low self-confidence are more likely to experience self-doubt, worry, and fear of failure.[3] These emotions can distract them from learning, reduce participation, and negatively impact academic performance.

Enhancing Self-Confidence



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Self-confidence can be nurtured through encouragement, positive feedback, and opportunities to succeed. Teachers and parents can help children build confidence by recognizing achievements, providing constructive guidance, and creating a supportive learning environment. Gradually introducing tasks that challenge students while remaining achievable can strengthen their self-belief, which in turn improves academic outcomes.[4]



CONCLUSION

Self-confidence has a significant influence on academic achievement, learning, and performance. Studies show that higher self-confidence often predicts greater academic success. Both teachers and parents play a vital role in nurturing students' self-esteem and self-confidence, which in turn enhances their learning abilities and performance.[5]

A person's sense of self-confidence is one of the most important aspects of their personality. Confident students are better equipped to overcome challenges in social, intellectual, and educational contexts. Self-confidence fosters self-awareness and



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improves both scholastic and cognitive performance. It reflects a mindset of recognizing and trusting one’s strengths and abilities while being aware of areas for growth. With self-confidence, individuals can handle criticism constructively, communicate assertively, and set realistic goals. Moreover, students’ self-confidence is a crucial psychological requirement for success. When developed appropriately, it brings positive outcomes such as self-efficacy, a sense of capability, and competence. Conversely, a lack of self-confidence can lead to negative feelings of worthlessness, inadequacy, and helplessness, which may hinder personal and academic growth.[6] In conclusion, self-confidence is the foundation of effective learning and achievement. By fostering a supportive environment that encourages self-belief, parents and educators can help students unlock their full potential and thrive both academically and personally.

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