

# **THE IMPACT OF TECHNOLOGY ON DEPRESSION**

**BY**

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This Report Presented in Partial Fulfillment of the Requirements for the Degree of Masters  
of Science in Computer Science and Engineering

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**DAFFODIL INTERNATIONAL UNIVERSITY**

**DHAKA, BANGLADESH**

**2018**





## **APPROVAL**

This Thesis titled “**The impact of technology on self-confidence**” submitted by **Ali Abdi Mohamed** and ID no **181-25-669** to the Department of Computer Science and Engineering, Daffodil International University, has been accepted as acceptable for the partial contentment of the necessities for the degree of Master of Science in Computer Science and Engineering and accepted as to its style and contents. The presentation has been held on 19<sup>th</sup> September 2018.

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## **DECLARATION**

I hereby declare that, this thesis has been done by me under the supervision of **Ms. Nazmun Nessa Moon Assistant Professor, Department of CSE**, and Daffodil International University. I likewise state that neither this proposition nor any share of this thesis has remained agreed elsewhere for award of any grade or diploma.

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## ACKNOWLEDGEMENT

First commendation is to Allah, the Enormous, arranged whom eventually, I be contingent for nourishment and direction.

Additional, my honest gratitude energies to my thesis manager **Ms. Nazmun Nessa Moon** Junior Professor of CSE Department, for his persistent direction, cooperative feedback and valued suggestions during the growth of this thesis.

I would similar to fast my sincerest thankfulness to **Dr. Syed Akhter Hossain** , Bonce of Department of Computer Science and Engineering, for charitable me an opportunity to carry out the study work, without him I should not stretched my goal and also to other faculty member and the staff of CSE department of Daffodil International University.

Let me take this chance to thank exam board members **Dr. Sheak Rashed Haider Noori, Md. Zahid Hasan** as internal examiners and **Dr. Mohammad Shorif Uddin** as external examiner.

Thanks to Daffodil International University for the study opportunity and for the technical assistance through the last phase of finishing this thesis.

I am greatly obligated to my beloved Parents, my father **Abdi Mohamed SHekow** and my mother **Xabiba Mohamed Ali** may Allah protect them; they are always very sympathetic and supportive on my choices. They love me more than themselves and have sacrificed so much to care me.

And finally, also wish to thank my family, friends, roommates for their help and constant support, thank again for your understanding and reassurance in my many, many moments of crisis. Your friendship makes my life a wonderful experience thanks all

## DEDICATION

I dedicate my thesis work to my family and many friends. A special feeling of appreciation to my loving parents, to my mother **Xabiiba Mohamed Ali** a strong and gently soul who taught me to trust in Allah, believe in hard work and that so much could be done with little. To my father **Abdi Mohamed** for earning an honest living for us and for backup and cheering me to trust in myself. Also I need to thank my dear sister **Leyla Abdi Mohamed** for her encouragement

## **ABSTRACT**

Self-confidence is believe person his ability, attitude, body and capability to purpose in everyday life. Even though it's a fairly shared illness, several people don't talk about it. No one recognizes exactly what causes self-confidence, and the symptoms are not always the same in everyone. In some cases, symptoms can appear suddenly for no known apparent reason, or they may occur after a shocking event, a personal crisis or an illness. To be diagnosed with major depression, a person must have at least five of the following indications nearly every day for at least two weeks.



<b>TABLES</b>	<b>CONTENTS</b>	<b>PAGE NO</b>
<b>APPROVAL</b> .....		i
<b>DECLARATION</b> .....		ii
<b>ACKNOWLEDGEMENT</b> .....		iii
<b>DEDICATION</b> .....		iv
<b>ABSTRACT</b> .....		v
<b>CONTENTS</b> .....		vi-ix
<b>Chapter one Introduction</b> .....		<b>1</b>
1.0 Introduction.....		1
1.1 Motivation.....		2
1.2 Rational study .....		2
1.3 Research questions.....		2
1.4 Expected Outcome .....		2
Report Layout .....		3
<b>CHAPTER TWO LITERATURE REVIEW</b> .....		<b>4</b>
2.1 Introduction.....		4
2.2 Related Works.....		4
2.3 Research Summary .....		5
2.4 Scope of the Problem .....		5
2.5 Challenges.....		6
<b>CHAPTER 3 RESEARCH METHODOLOGY</b> .....		<b>7</b>
3.1 Introduction.....		7
3.2 Research Subject and Instrumentation .....		7
3.3 Data Collection Procedure .....		7
3.5 Statistical Analysis.....		8
3.6 Reliability and validity.....		8
<b>CHAPTER 4 EXPERIMENTAL RESULTS AND DISCUSSION</b> .....		<b>11</b>
4.1 Introduction.....		11
4.2 Experimental Results .....		11
4.3 Descriptive Analysis .....		11
4.4 Summary .....		44

<b>CHAPTER 5 SUMMARY OF THE STUDY, CONCLUSION AND RECOMMENDATIONS.....</b>	<b>45</b>
5.1 Introduction.....	45
5.2 Summary of the Study .....	45
5.2 Conclusion .....	46
5.3 Recommendation .....	46
References.....	47

<b>Figure name</b>	<b>page no</b>
Figure 4.1: Gender respondent.....	12
Figure 4.2: Age respondent.....	13
Figure 4.3: Cell phone.....	14
Figure 4.4: Accessing the internet respondent.....	15
Figure 4.5: Positive or negative of technology respondent.....	16
Figure 4.6: Using mobile phone meal with family and friends' respondent .....	17
Figure 4.8: Using social network respondent .....	19
Figure 4.9: Spending time the internet on social network respondent.....	20
Figure 4.10: spending time the internet on reading respondent.....	21
Figure 4.11: Friends you have on your social media respondent .....	22
Figure 4.12 Feeling up, self-confidence, or self-esteem respondent .....	23
Figure 4.13 Feeling tired after the use of internet respondent .....	25
Figure 4.14 Feeling good about yourself respondent.....	26
Figure 4.15 positive attitude respondents .....	27
Figure 4.16 positive attitude respondents .....	28
Figure 4.17 positive attitude respondents .....	29
Figure 4.17 comes to achievement and success respondents.....	Error! Bookmark not defined.
Figure 4.18 social interactions respondents .....	32
Figure 4.18 Compared to other people respondents .....	34
Figure 4.20 Generally I feel respondents.....	35
Figure 4.21 Impact of websites on students' self-confidence (female) respondents.....	36
Figure 4.2 Impact of websites on students' self-confidence (male) respondents.....	37
Figure 4.24 Positive Social Situations respondents .....	38
Figure 4.24 Pleasant Emotions respondents .....	39
Figure 4.26 tell the truths to yourself respondents.....	41
Figure 4.27 your successes instead of your failures respondents .....	42
Figure 4.28 you always finish what you started respondents .....	43
Figure 4.29 confident all the time respondents.....	44

<b>Table name</b>	<b>page no</b>
Table 4.1: Gender respondent .....	12
Table 4.2: Age respondent .....	13
Table 4.3: Cell phone .....	14
Table 4.4: Accessing the internet respondent .....	15
Table 4.5: Positive or negative of technology respondent.....	16
Table 4.6: Using mobile phone meal with family and friends' respondent.....	17
Table 4.8: Using social network respondent.....	19
Table 4.9: Spending time the internet on social network respondent .....	20
Table 4.10: spending time the internet on reading respondent .....	21
Table 4.11: Friends you have on your social media respondent.....	22
Table 4.12 Feeling up, self-confidence, or self-esteem respondent.....	23
Table 4.13 Feeling tired after the use of internet respondent .....	25
Table 4.14 Feeling good about yourself respondent.....	26
Table 4.15 positive attitude respondents.....	27
Table 4.16 positive attitude respondents.....	28
Table 4.17 positive attitude respondents.....	29
Table 4.17 comes to achievement and success respondents .....	Error! Bookmark not defined.
Table 4.18 social interactions respondents .....	32
Table 4.18 Compared to other people respondents.....	34
Table 4.20 Generally I feel respondents .....	35
Table 4.21 Impact of websites on students' self-confidence (female) respondents .....	36
Table 4.2 Impact of websites on students' self-confidence (male) respondents .....	37
Table 4.24 Positive Social Situations respondents .....	38
Table 4.24 Pleasant Emotions respondents.....	39
Table 4.26 tell the truths to yourself respondents .....	41
Table 4.27 your successes instead of your failures respondents.....	42
Table 4.28 you always finish what you started respondents.....	43
Table 4.29 confident all the time respondents .....	44



## **Chapter one Introduction**

### **1.0 Introduction**

There are many ways in which technology profits us. It has a substantial possible to help our efforts to recover our self-confidence and self-esteem. One of the details why people go into treatment is to surge their self-confidence and/or their self-esteem. Also, customers whose main effort might be edginess, a phobia, a weight, desolation or an weight often also have self-esteem and self-confidence issues which are hard to separate from what seems to be the main issue. There are very few people who enter counselling or psychotherapy who are free from issues around self-confidence. In practice, consuming a sensible estimation of your abilities and your worth is indispensable to psychological well-being. I doubt whether anyone is born with a lack of self-confidence. Freud referred to “His majesty, the baby”, a phrase which points to the baby's innate sense of confidence in imminent the world and locking the satisfaction of needs. There are many deep causes of a lack of self-confidence which can usefully be explored and worked upon in therapy but the process can be helped by dealing with the issue in the present as well, both within and outside of therapy. There are few areas of our life that have not been distorted by modern technology; psychologically, the good news is that technology can help us convert ourselves. You can use modern technology to remind yourself of your worth, your value to yourself and your friends and of your measurements and comforts. Fir

St with possibly the greatest plentiful example: your Mobile phone – pardon is your mobile phone screensaver? Is it of somewhat you have elect up on the internet or is it a photo of roughly or somebody that you love? If you love your wife, your children or your pets, then have a photo as your sunshade saver and prompt yourself every time you pick up your mobile that you have something very unusual. Have you ever won a cup, a certificate or a rosette for a Sports Day, a Quiz Night, for your saxophone playing, or for stirring a Fun Run? Technology has virtually been in the schoolroom since the 20th Century, but technology in the 21st Period is a long way from the above and film strip projectors of the 1950's and 60's. Technology in the 21st Century

is numerical technology. Anyhow the common of digital technology in education for over two periods there is still reluctance by some teachers to use technology in their teaching.[1] wrote in his book Mind cyclones how computers will mark the way people ponder and learn. His book had two major exhortations, one on how families can learn to use computers in masterful ways and the next one on how learning to use them can change the way they learn the whole thing else. [2].

### **1.1Motivation**

This research study will have insinuations at many levels. , it will be useful for human to understand the position of self-confidence. Second, parents will benefit as their children's academic performance might improve. Third, students themselves will be attaining their goals, students will produce new technologies.

### **1.2Rational study**

The knowledge and use of technology is extremely important in today's confidence to help insure student success.

- Become technological problem solvers
- Communicate and reason mathematically
- Connect technologies to daily lives
- Develop confidence in technologies ability for future success
- Become knowledgeable consumers

### **1.3Research questions**

1. Do you confidence to study technology?
2. Do you take action to minimize an confidence?
3. Do you have confidence often spend time to produce on the technology?

### **1.4Expected Outcome**

- increase Knowledge and understanding of the key concepts in the technologies
- Self-confidence Curiosity, exploration and problem solving skills on the technology
- Planning and organizational skills in a range of contexts
- became self-confidence Creativity and innovation

## **Report Layout**

Chapter One: Presents an overview of the Impact of technology on self-confidence, Motivation, Rationale study and Expected Outcome.

Chapter Two: Background discusses Related works, Research rapid, and Possibility of the problematic.

Chapter Three: Research methodology Research Subject and Instrumentation, Data collection, and Application Requirements.

Chapter Four: Experimental Results and Discussion discusses Investigational Results, and Descriptive analysis.

Chapter Five: Summary, conclusion, Recommendation and Implication for Future Research.



## CHAPTER TWO LITERATURE REVIEW

### 2.1 Introduction

In this chapter will debate connected effort or the literatures connected to the Impacts of technology of self-confidence. The major piece is the previous trainings, the second segment is meaning, assistances and downsides and conclusion

### 2.2 Related Works

Self Self-confidence is basically an arrogance which allows us to have a confident and truthful awareness of ourselves and our aptitudes. It is considered by individual attributes such as self-assurance, sanguinity, interest, liking, pride, freedom, belief, the capability to handle reproach and expressive maturity. In the words [3], "Self Confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right."

Having assurance doesn't mean that people are going to be able to do everything. confident individuals could have expectations that aren't realistic. However, even once a number of their opportunities aren't happened, they motionless be confident and to just receive themselves. The frequently don't expect to attain success. They naturally place themselves down and have a inclination to deduction or ignore increases paid to them. in distinction, confident individuals are willing to risk the disapproval of others as a result of they typically trust their own skills. They have an inclination to just admit themselves; they don't feel they need to corroborate so as to be accepted

People who aren't self-confident tend to rely too on the sanction of others so as to feel smart regarding them. As a result, they have an inclination to avoid taking risk as a result of they concern failure.

Maikhuri in any respect discovered that there's no vital correlation between educational action and self-esteem. However, vital variations were determined within the educational achievement to the high and low self-confidence groups [4].

Panwar P.S. found that academic attainment, home background and school environment had significant effect on self-concept. He further disclosed that academic achievement had no significant relationship with feeling of inferiority [5].

Saini, Sarita travelled that family environment of adolescent's children of working and non-working mothers were significantly different. In respect of academic achievement, adolescents of working mothers were better than the adolescent's children of non-working mothers [6]

Characteristics as dependency and lack of self-control. On the opposite a additional positive portrayal of the sole kid is action directed and displays a fascinating temperament particularly as compared with later born and youngsters from giant families.” On the contrary his read is that relation relationships even have several pleasant, caring moments: Children's relation relationships embrace serving to, sharing, and teaching, fighting and taking part in. relation will act as emotional supports, rivals and communication partners. conjointly positive relation relationships in adolescence contributed to a way of emotional and faculty connected support. Susan Newman explores the rationale why solely kids aren't lonely kids. Technology's Role Today's advanced technologies permit solely kids to be additional connected to different kids than ever before, which association offers them a social life that extends on the far side college hours and when school too[7]

### **2.3 Research Summary**

The aim of this study was to determine the impact of technology on self-confidence, as a result the highest level was to provide self-confidence. And provides the students the flexibility they need to enhance their academic performance was at the lowest level. The success of students was above average.

### **2.4 Scope of the Problem**

This investigation is limit to describe the Impact of technology on self-confidence, the researcher using questionnaires in the Method of collecting data. Detailed explanation will be given in respect to how effective self-confidence high performance in an academic student. These are the few specialized programs performed by today's colleges to their students, which act as a barrier between them and their students' academic performance. This study will help to analyze the positive or negative Impact of self-confidence on students' academic performance; it will also help introduce an interactive feedback system that can help students to analyze their own work and improve their performance.

## **2.5 Challenges**

### **What you tell yourself matters**

While getting positive feedback and greetings on your attainments and ability is great for self-esteem, try not to be too persuaded by other's sentiments or popular notions of what establishes success. Receive all praise with grace and diffidence, but emphasis on what you trust in and cherish.

### **Consider past achievements**

Knowledge from our past errors is one thing, but it's also significant to recollect when we have succeeded – no matter how small our personal achievements. Jot down any past and more recent attainments and read them comprehensive on a unvarying basis. It doesn't have to be whatsoever major, but recognising past outcomes is a good way to stretch your self-confidence a lift.

### **You can do it too**

Noting the success of others is fine and can be stimulating if used in a confident way. Occasionally, though, we can allow ourselves to be scared by the achievement of our neighbors or worse, we become envious. Instead of resenting a colleague's success – especially if you think they are less skilled or qualified than you are – tell physically you can do it too, and go for it.

## CHAPTER 3 RESEARCH METHODOLOGY

### 3.1 Introduction

This chapter presents the methodology that was used in the study of the impact of technology on self-confidence. It begins Research Subject and Instrumentation, Data Collection Procedure, Statistical Analysis and Reliability and validity.

### 3.2 Research Subject and Instrumentation

Research instruments were used and played a key role in guiding the researcher into choosing a combination of qualitative and quantitative research methods that were considered sufficient in addressing the research blame in a satisfactory manner.

Truths available that a study is solitary as respectable as an enquiry it asks, hereafter the questionnaire is a serious step in the survey investigation method, the questionnaire necessity be related and precise in infuriating to trepidation the kernel of the examination evenhanded. To widespread these trimmings, an investigator will be obligatory to make numerous results:

- ❖ How should be asked
- ❖ How should each question be expressed?
- ❖ In what sequence should the questions be decided?
- ❖ What questionnaire layout will best serve the investigator objectives?
- ❖ How should the questionnaire be pre-tested?
- ❖ Does the questionnaire need to be reread?

### 3.3 Data Collection Procedure

Accurate and systematic statistics assortment is serious to showing methodical research.

Data collection allows us to collect information that we want to collect about our study objects. Depending on investigation type, means of data gathering include: pamphlets review, opinion, questioning, determining, or a grouping of assorted methods.

## **Questionnaire**

A questionnaire is a data gathering gadget reliable of a sequence of inquiries and other prompts for the resolve of assembly substantial from defendants.

### **Steps required to design and administer a questionnaire**

1. Defining the Purposes of the Study.
2. Define the objective respondents and methods to reach them.
3. Questionnaire Design.
4. Pilot Testing.
5. Questionnaire Management.
6. Results Explanation

## **3.5 Statistical Analysis**

The Arithmetical Bundle for Communal Geniuses (SPSS) was used for statistics entrance and analysis. Pearson's connection tool was used to found appropriate dealings among the recognized variables.

## **3.6 Reliability and validity**

The most significant concern in the research is to deliberate the validity and reliability of the gadget used to collect the data.

Dependability refers to extent to which your data gathering methods or analysis actions will yield dependable. The dependability of the study incomes that the investigation will be dependable if the research questioner dispersed to some respondents out of the research area, and decided to the results of the defendants at least 75% so the investigation will be reliable. Validity of the research is investigated where the questions in the research are succumbed to an skilled, and then ordered how it narrates the research objective.

Two straightforward goals in questionnaire design.

1. To obtain information relevant to the purposes of the survey.
2. To collect this information with maximal reliability and validity.

How can a researcher be sure that the data gathering instrument being used will measure what it is supposed to measure and will do this in a consistent manner? This is a question that can only be answered by examining the definitions for and methods of establishing the validity and

reliability of a research gadget. These two very important facets of research design will be deliberated in this module.

### **Reliability**

Research needs reliable dimension. Capacities are reliable to the extent that they are repeatable and that any accidental effect which has a habit of to make volumes dissimilar from time to juncture or condition to condition is a source of measurement error.

Reliability is the degree to which a test consistently measures whatever it measures. Errors of measurement that affect reliability are random errors and errors of measurement that affect validity are systematic or constant errors.

Test-retest, equivalent forms and split-half reliability are all determined through correlation.

### **Test-retest Reliability:**

Test-retest dependability is the degree to which notches are reliable over time. It indicates score variation that occurs from challenging session to testing session as a result of errors of dimension. Problems: Memory, Maturing, Learning

### **Validity:**

Very just, validity is the degree to which a test events what it is hypothetical to amount. The query of validity is elevated in the setting of the three points made above, the form of the test, the purpose of the test and the population for whom it is intended. Therefore, we cannot ask the general question “Is this a valid trial?”. The query to ask is “how valid is this test for the result that I need to make?” or “how valid is the understanding I suggest for the test?” We can divide the types of legitimacy into reasonable and pragmatic.

### **Content Validity:**

When we famine to find out if the complete content of the performance/construct/area is epitomized in the test we relate the test task with the content of the behavior. This is a logical methodology, not associate pragmatic one. Example, if we would like to check information on Yankee environmental it's not straightforward to possess most queries restricted to the geographic of recent England.

Guaranteeing these 2 facets of learning are vital. Though dependability expressions the

requirement that a learning foodstuffs results which resolve be pedigree thoroughly by ulterior comparable educations, validity or trustiness of a training needs that the utensil practical properly gets the sort of knowledge that it's destined to be congregated. The investigator was dedicated to exertion quantitatively and meticulously to safeguard the practicality of these two characteristics of exploration by following pertinent systematic system. Primarily, the tool was pre-tested with up to ten purposelessly selected pupils in the University of DIU Bangladesh. Liability this was regarded as a way of selection the investigator to found the legitimacy of the tool.

## CHAPTER 4 EXPERIMENTAL RESULTS AND DISCUSSION

### 4.1 Introduction

This chapter will cover the production of data study and clarification of review consequences. The data examination and explanation were founded on the investigation purposes. Performance and analysis of the composed data was figured by means of incidence and percentages.

### 4.2 Experimental Results

In command to demonstration the circulation of the wrongdoers on the several query substances. Tables and diagrams were used in the tedious of statistics. The wrongdoers have same questionnaire assumed them the model size of the training populace was 300 defendants, while the mark populace is 300.

### 4.3 Descriptive Analysis

Suggestive statistics are brief reminiscent coefficients that summary a given data set, which can be either a picture of the whole population or a sample of it. Energetic statistics are wrecked down into proceedings of central habit/desire and movements of (quality of changing over time or at different places), or banquet.

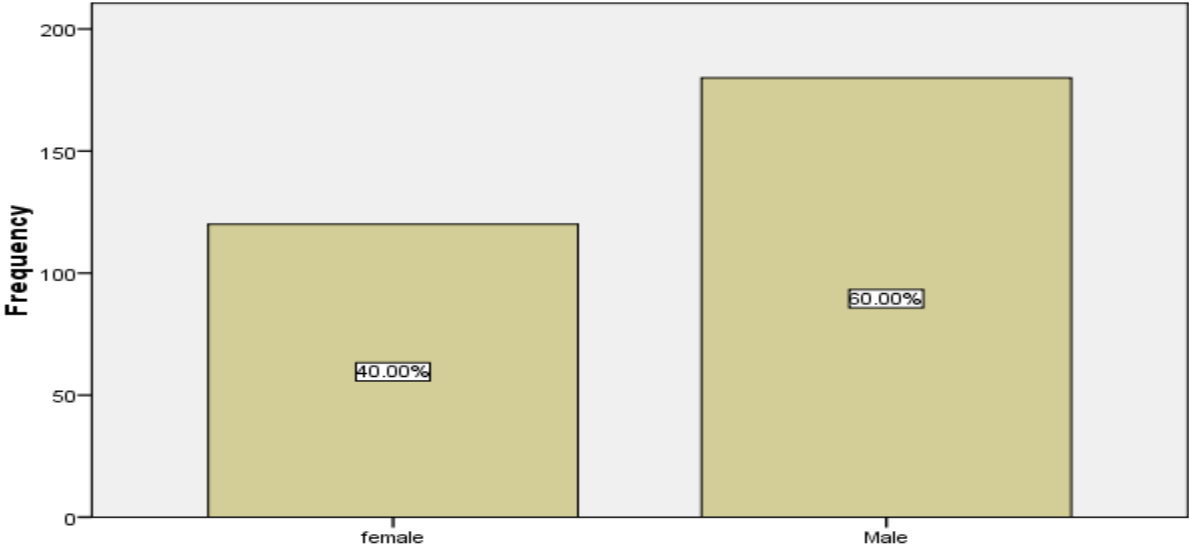
#### 4.3.1 Sex Response

Table 4.1 Gender respondent

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	180	60.0	60.0	60.0
	Female	120	40.0	40.0	100.0
	Total	300	100.0	100.0	



The above Table 4.1 designates that the sex delivery were 180 (60.0%) male and 120(40.0%) female. this specifies the typical of defendants are male. The following symbol 4.1 shows the diagram of table 4.1.



Graph 4.1: Gender respondent

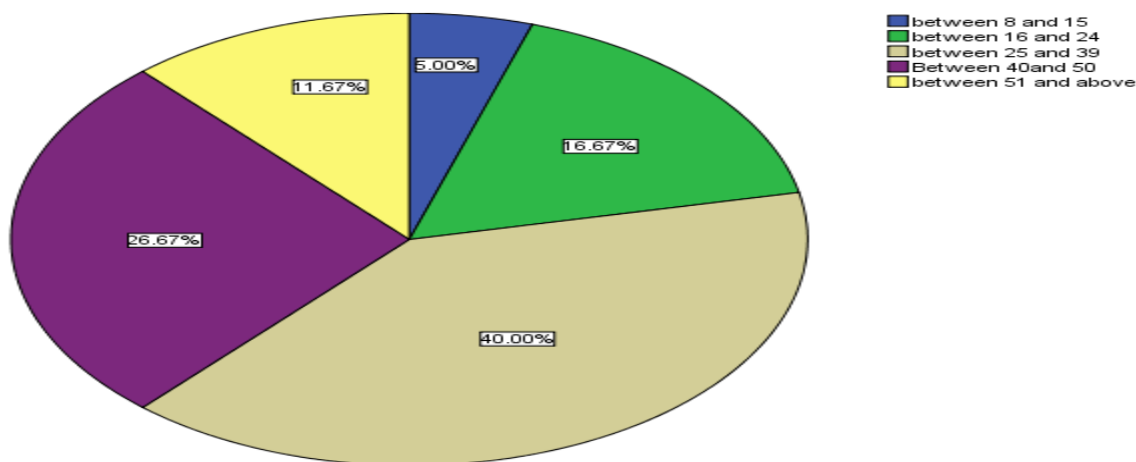
**4.3.2 Age defendant**

Table 4.2 Age defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid between 8 and 15	15	5.0	5.0	5.0
between 16 and 24	50	16.7	16.7	21.7

between 25 and 39	120	40.0	40.0	61.7
Between 40and 50	80	26.7	26.7	88.3
between 51 and above	35	11.7	11.7	100.0
Total	300	100.0	100.0	

The above Table 4.2 shows 15(5.0%) of the criminals are at the age between 8-15, the next answers are the 50 (16.7%) are at age amongst 16-24 years, the next answer are the 120(40.0%) are at the age between 25-39 years, and the next answer are the 80(26.7%) are the age between 40-50 and the previous answer are the 35 (11.7%) are at the age of 51 above years. The next graph 4.2 shows the chart of table 4.2.



Graph 4.2: Age respondent

### 4.3.3 Cell phone Defendant

Table 4.2 Cell phone Defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	255	85.0	85.0	85.0
No	45	15.0	15.0	100.0

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	255	85.0	85.0	85.0
	No	45	15.0	15.0	100.0
	Total	300	100.0	100.0	

The above table 4.3 shows 255(85.0%) perpetrators have mobile phone, and 45(15.0%) have not mobile phone. The following graph 4.3 shows the diagram of table 4.3.

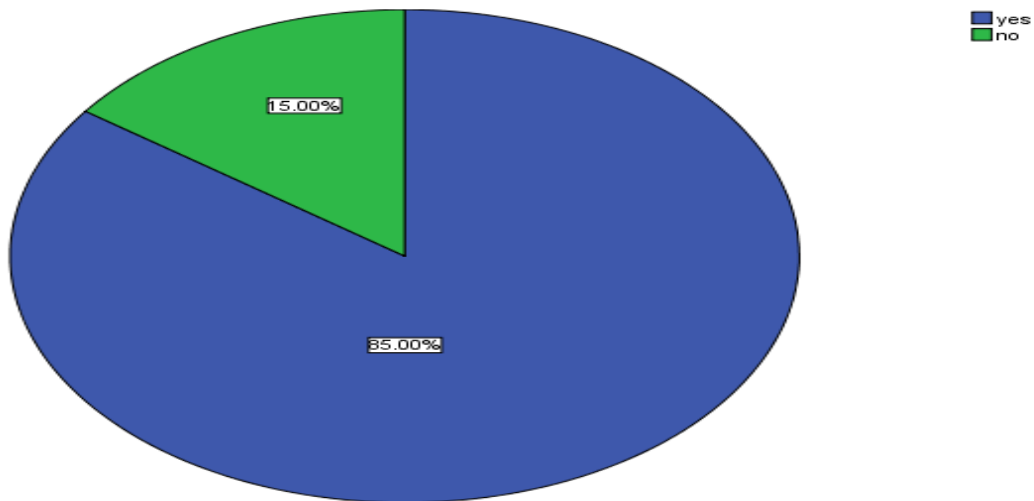


Figure 4.3: Cell phone

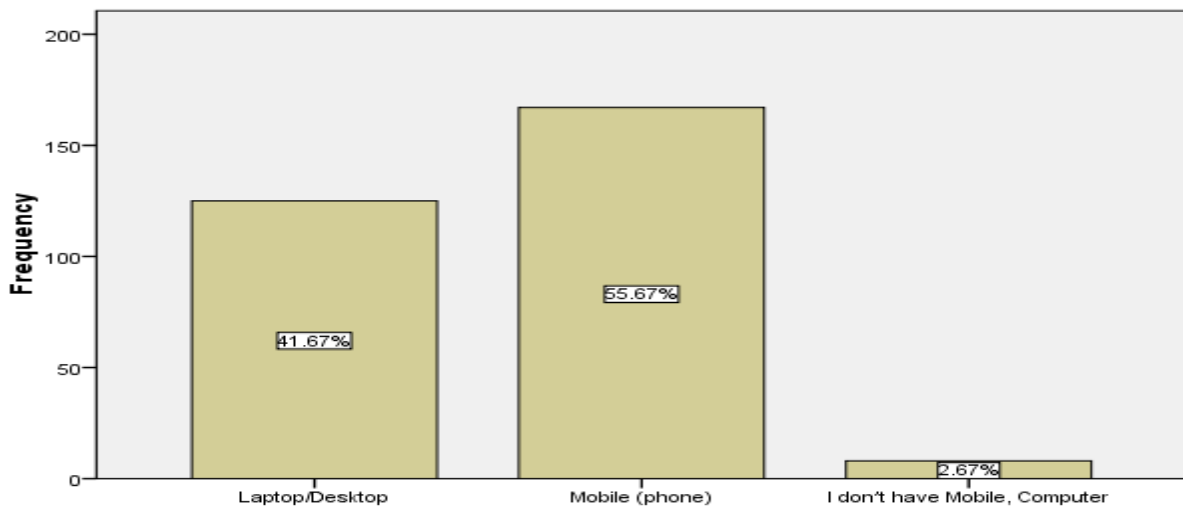
#### 4.3.4 Accessing the internet defendant

Table 4.4 accessing the internet accused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Laptop/Desktop	125	41.7	41.7	41.7
	Mobile (phone)	167	55.7	55.7	97.3

I don't have Mobile, Computer	8	2.7	2.7	100.0
Total	300	100.0	100.0	

The above table 4.4 shows 125 (41.7%) defendants admissions from the laptop/desktop (67.55.7%) accesses Mobile phone. And 8 (2.7%) do not have mobile/computer. The following graph 4.4 shows the diagram of table 4.4



Graph 4.4: Accessing the internet respondent

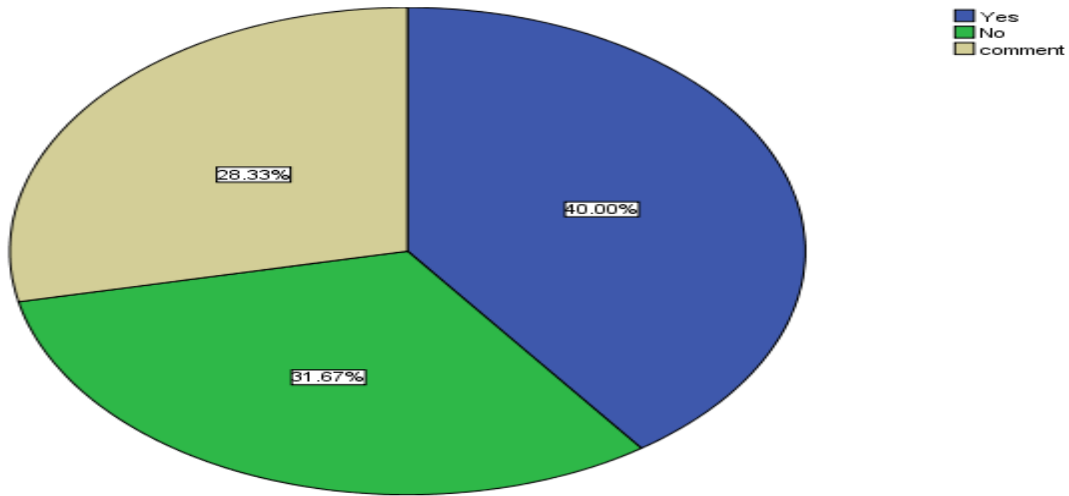
#### 4.3.5 Positive or negative of technology defendant

Table 4.5 Positive or negative of technology respondent

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	120	40.0	40.0	40.0
No	95	31.7	31.7	71.7
Comment	85	28.3	28.3	100.0
Total	300	100.0	100.0	

The above table 4.5 shows that 120 (40.0%) responded have a positive, 95 (31.7%) negative and 85 (28.3%) have none.

The following graph 4.5 shows the chart of table 4.5



Graph 4.5: Positive or negative of technology respondent

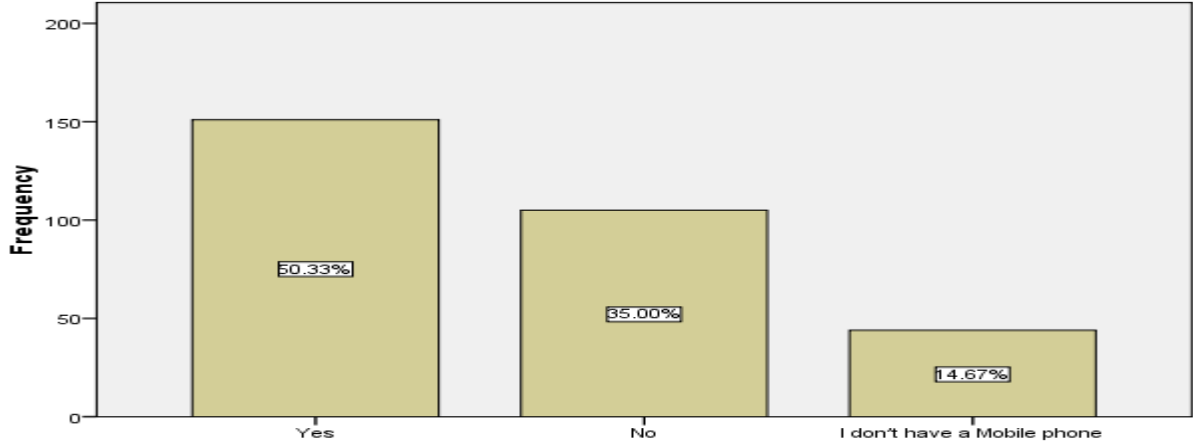
#### 4.3.6 Using mobile phone meal with family and friends defendant

Table 4.6 Using mobile phone meal with family and friends defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	151	50.3	50.3	50.3
No	105	35.0	35.0	85.3
I don't have a Mobile phone	44	14.7	14.7	100.0
Total	300	100.0	100.0	

The above table 4.6 shows that 151 (50.3%) answered yes and 105 (35.0%) replied no and 44 (14.7%) I don't have mobile phone.

The following graph 4.6 shows the diagram of table 4.6



Graph 4.6: Using mobile phone meal with family and friends' respondent

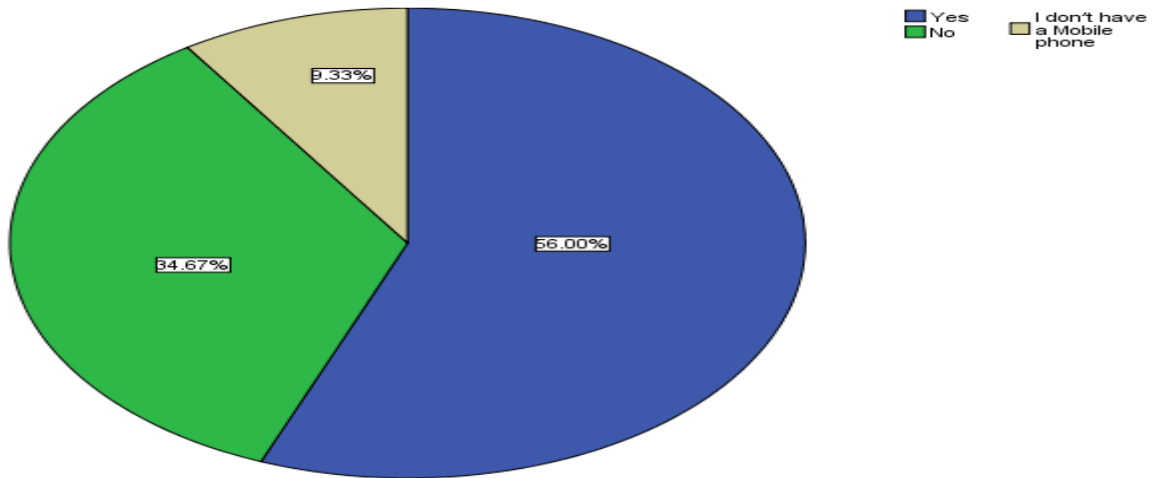
**4.3.7 Ask authorization before you take another person's image with your camera phone defendant.**

Table 4.7 Ask authorization before you takes another person's portrait with your camera phone respondent.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	168	56.0	56.0	56.0
No	104	34.7	34.7	90.7
I don't have a Mobile phone	28	9.3	9.3	100.0
Total	300	100.0	100.0	

The above table 4.7 shows that 168 (56.0%) replies asked authorization, next 104 (34.7%) answer no and 28 (9.3%) answer I don't have mobile phone.

The ensuing graph 4.7 shows the diagram of table 4.7



Graph 4.7: Ask authorization defendant

#### 4.3.8 Using social network defendant

Table 4.8 Using social network respondent

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Facebook	109	36.3	36.3	36.3
Twitter	56	18.7	18.7	55.0
WhatsApp	97	32.3	32.3	87.3
Other	38	12.7	12.7	100.0
Total	300	100.0	100.0	

The above table 4.8 shows that 109 (36.3%) answer use Facebook, next 56 (18.7%) answer twitter, next 97 (32.3%) answer WhatsApp and 38 (12.7%) answer using other.

The following Graph 4.8 shows the diagram of table 4.8

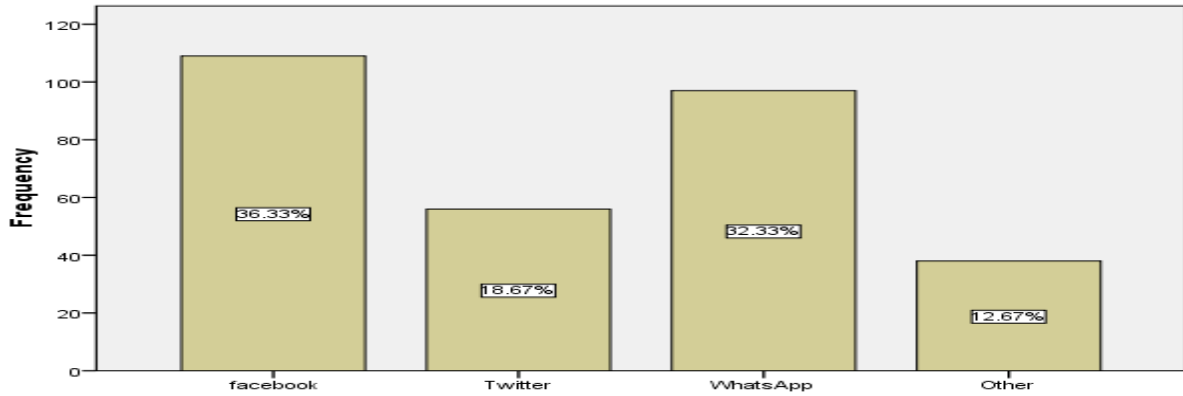


Figure 4.8: Using social network defendant

#### 4.3.9 Spending time the internet on social network defendant

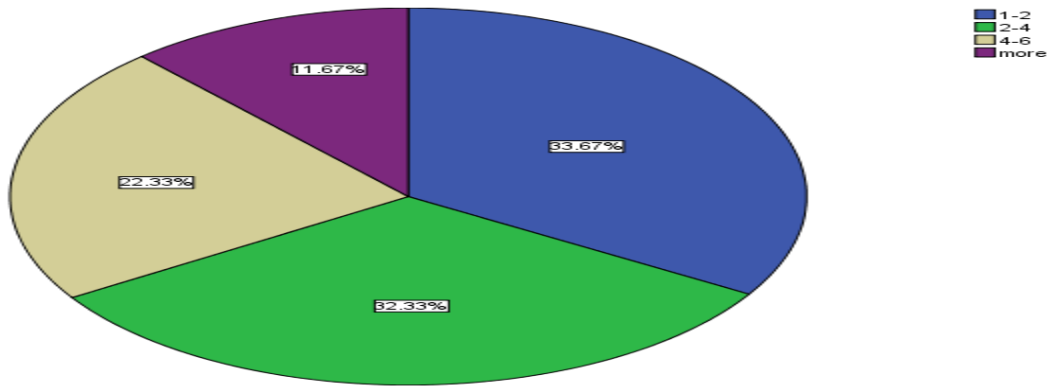
Table 4.9 Spending time the internet on common network accused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-2	101	33.7	33.7	33.7
	2-4	97	32.3	32.3	66.0
	4-6	67	22.3	22.3	88.3
	More	35	11.7	11.7	100.0
	Total	300	100.0	100.0	

The above table shows that 101 (33.7%) answer 1-2 hours, the 97 (32.3%), response 2-4 hours, 67 (22.3%) response 4-6 hours and the last 35 (11.7%) answer more.

The ensuing Graph 4.9 shows the diagram of table 4.9





Graph 4.9: Spending time the internet on social network defendant

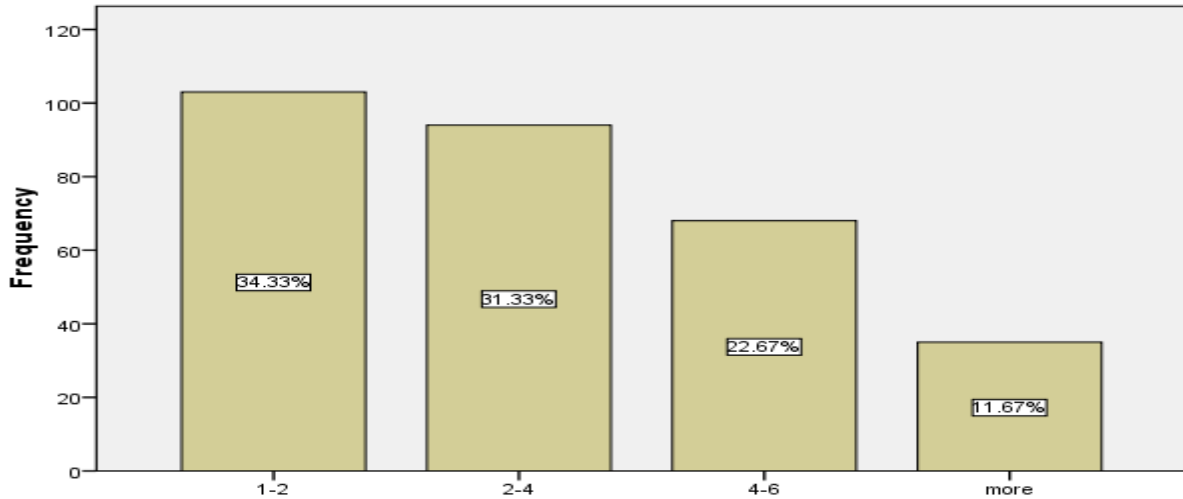
#### 4.3.10 Spending time the internet on reading respondent

Table 4.10 Expenditure time the internet on reading respondent

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1-2	103	34.3	34.3	34.3
2-4	94	31.3	31.3	65.7
4-6	68	22.7	22.7	88.3
More	35	11.7	11.7	100.0
Total	300	100.0	100.0	

The above table 4.10 shows that 103 (34.3%) answer 1-2 hours, next 94 (31.3%) reply 2-4 hours, next 68 (22.7%) answer 4-6 hours and the last 35 (11.7%) answer more.

The following Graph 4.10 shows the chart of table 4.10



Graph 4.10: spending time the internet on reading respondent

#### 4.3.11 Friends you have on your social media defendant

Table 4.11 Friends you have on your social media defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 100-400	60	20.0	20.0	20.0
400-1000	98	32.7	32.7	52.7
more than 2500	142	47.3	47.3	100.0
Total	300	100.0	100.0	

The above table 4.11 shows that 60 (20.0%) reply 100-400 next 98 (32.7%) answers 1000-2500 and the last 142 (47.3%) answer more than 3000.

The following Graph 4.11 shows the chart of table 4.11

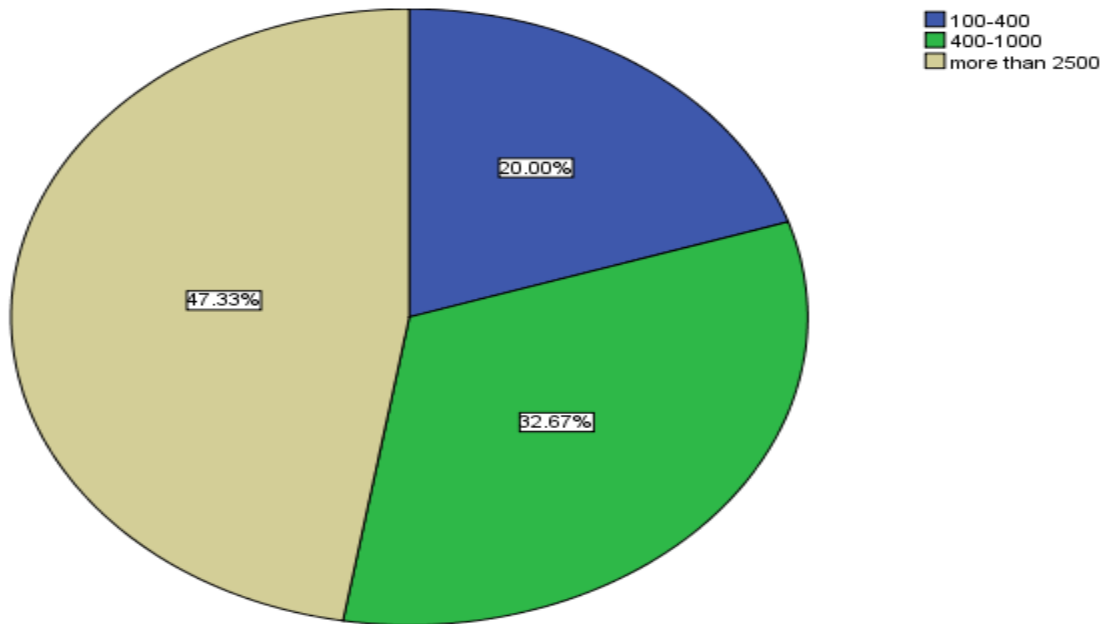


Figure 4.11: Friends you have on your social media defendant

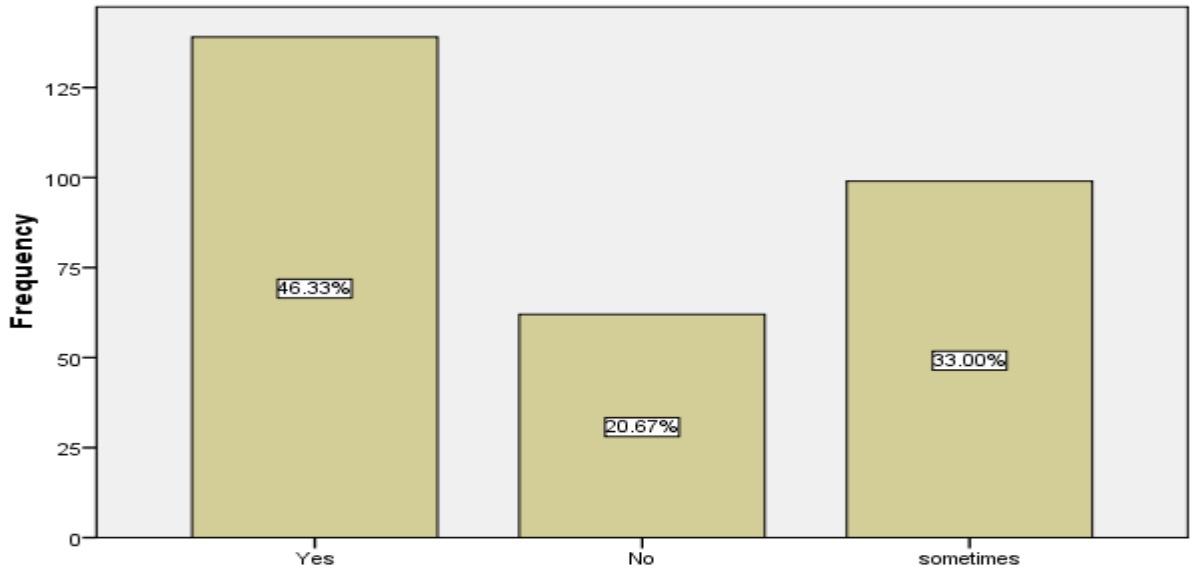
#### 4.3.12 Feeling up, self-confidence, or self-esteem defendant

Table 4.12 Sensation up, self-confidence, or self-esteem defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	139	46.3	46.3	46.3
No	62	20.7	20.7	67.0
Sometimes	99	33.0	33.0	100.0
Total	300	100.0	100.0	

The above table 4.12 shows that 139 (46.3%) answer Yes next 62 (20.7%) answers No and the last 99 (33.0%) answer more than sometimes

The following Graph 4.12 shows the chart of table 4.12



Graph 4.12 Feeling up, self-confidence, or self-esteem respondent

**4.3.12 you wish you could have more respect for myself defendant**

Table 4.12 you wish you could have more respect for myself offender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Several days	125	41.7	41.7	41.7
More than have the days	64	21.3	21.3	63.0
every day	76	25.3	25.3	88.3
Not at all.	35	11.7	11.7	100.0
Total	300	100.0	100.0	

The above table 4.12 shows that 139 (46.3%) answer Yes next 62 (20.7%) answers No and the last 99 (33.0%) answer more than sometimes

The following Graph 4.12 shows the diagram of table 4.12

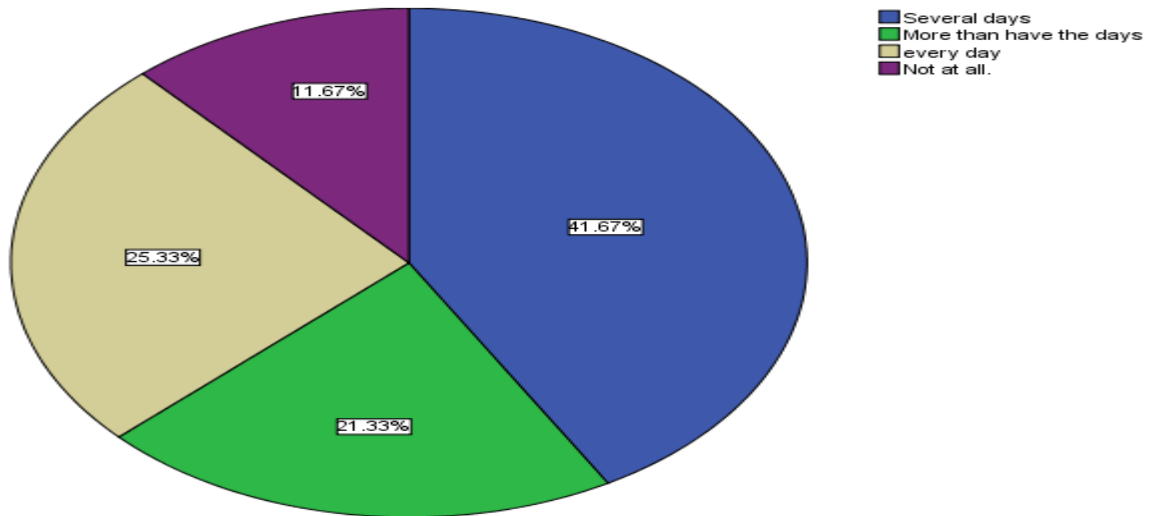


Figure 4.12 you wish you could have more respect for myself respondent

#### 4.3.13 Feeling tired after the use of internet defendant

Table 4.13 Sensitivity tired after the use of internet defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	131	43.7	43.7	43.7
No	67	22.3	22.3	66.0
Sometimes	102	34.0	34.0	100.0
Total	300	100.0	100.0	

The above table 4.13 shows that 131 (43.7%) answer Yes next 67 (22.3%) answers No and the last 102 (34.0%) answer more than sometimes

The subsequent Graph 4.13 shows the diagram of table 4.13

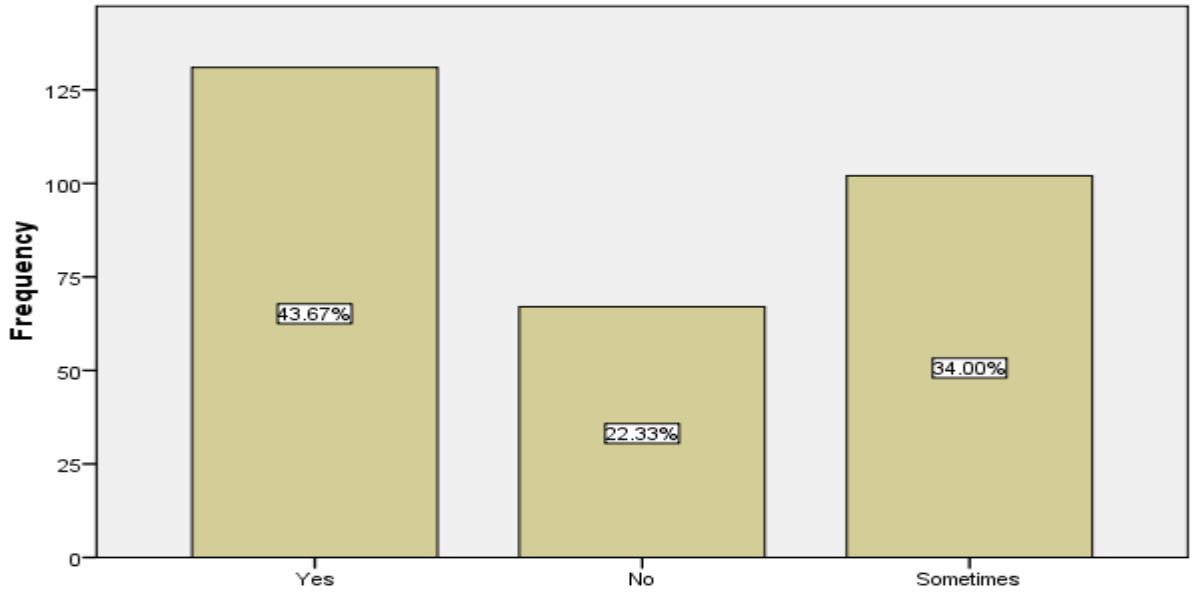


Figure 4.13 Feeling tired after the use of internet respondent

**4.3.14 Feeling good about yourself defendant**

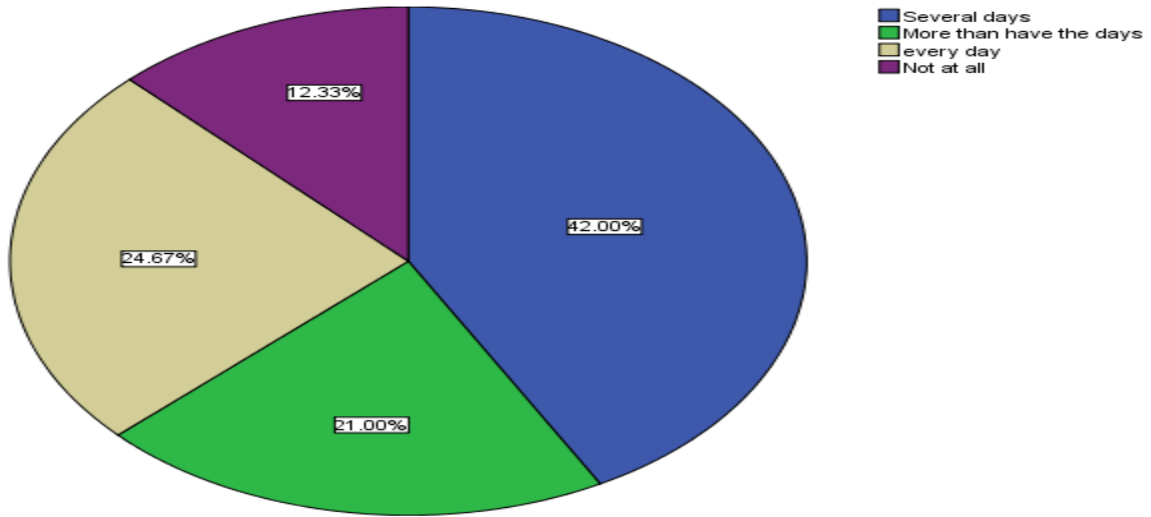
Table 4.14 Feeling good about yourself defendant

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Several days	126	42.0	42.0	42.0
	More than have the days	63	21.0	21.0	63.0
	every day	74	24.7	24.7	87.7
	Not at all	37	12.3	12.3	100.0
	Total	300	100.0	100.0	

The above table 4.14 shows that 126 (42.0%) answer several days next 63 (21.0%) answers More than have the days

and the last 74 (24.7%) answer every day 37(12.3%) answer Not at all

The following Graph 4.14 shows the diagram of table 4.14



Graph 4.14 Feeling good about yourself defendant

#### 4.3.15 positive attitude accused

Table 4.15 positive attitude defendant

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	135	45.0	45.0	45.0
No	67	22.3	22.3	67.3
Sometimes	98	32.7	32.7	100.0
Total	300	100.0	100.0	

The above table 4.15 shows that 135 (45.0%) answer Yes 67 (22.3%) answers No and the last 98 (32.7%) answer sometimes

The following graph 4.15 shows the diagram of table 4.15

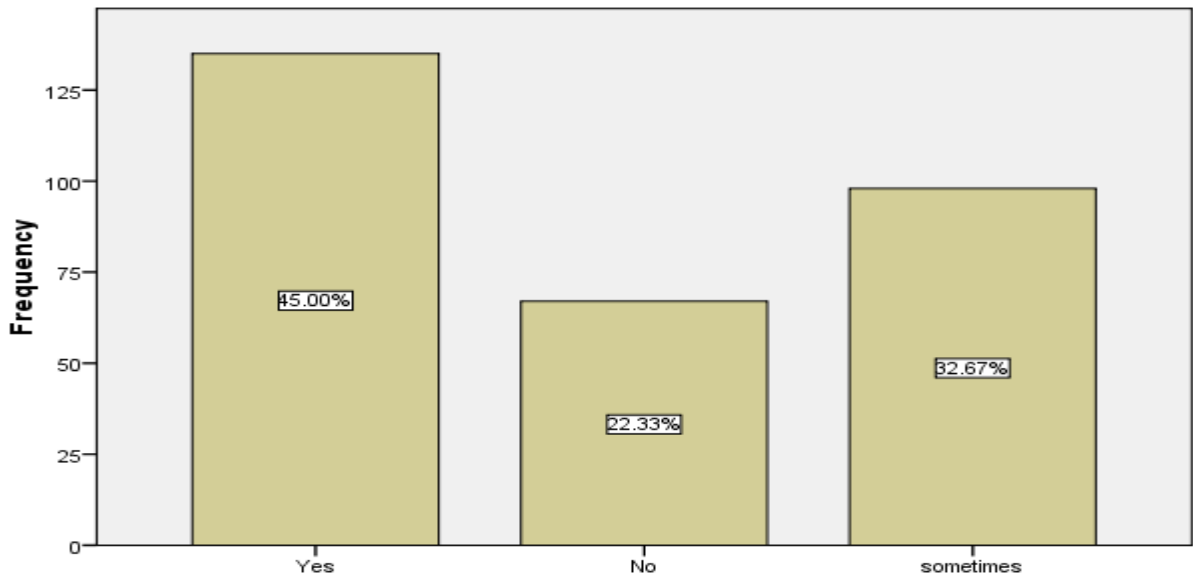


Figure 4.15 positive attitude defendants

#### 4.3.16 software for teaching and learning defendant

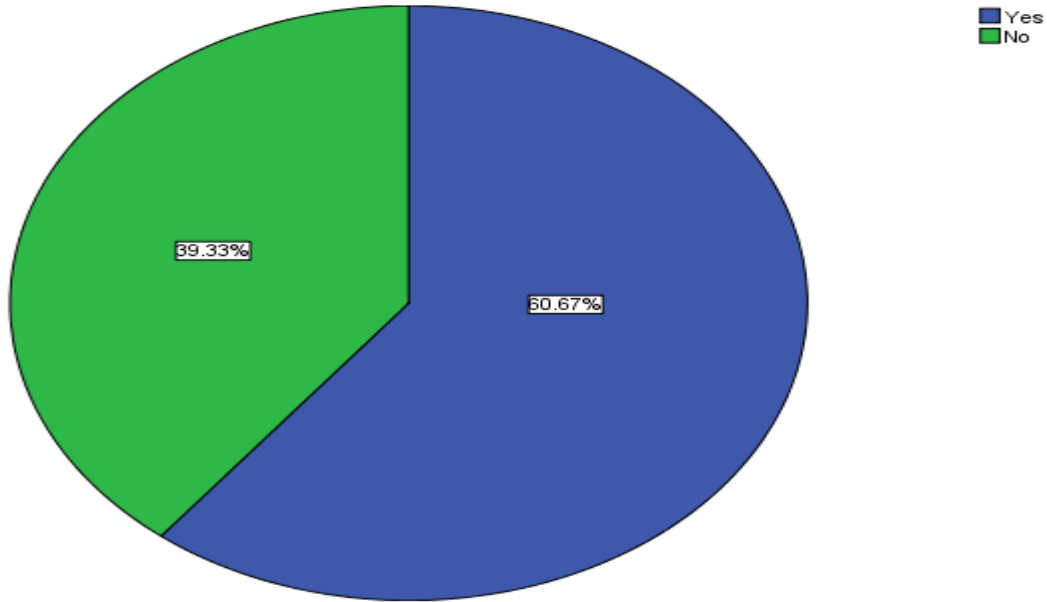
Table 4.16 Software for teaching and learning accused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	182	60.7	60.7	60.7
	No	118	39.3	39.3	100.0
	Total	300	100.0	100.0	

The above table 4.16 shows that 182 (60.7%) answer Yes 118 (39.3%) answers

The following graph 4.16 shows the diagram of table 4.16





Graph 4.16 positive attitude defendants

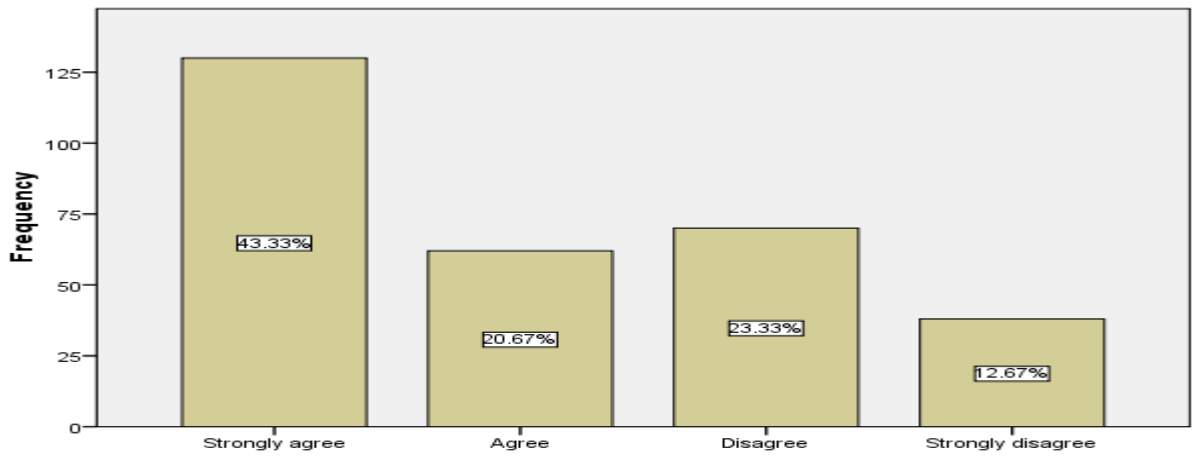
**4.3.17 People with rich energy deal with life result by becoming confidence defendants**

Table 4.17 People with rich energy deal with life solution by becoming confidence defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly agree	130	43.3	43.3	43.3
Agree	62	20.7	20.7	64.0
Disagree	70	23.3	23.3	87.3
Strongly disagree	38	12.7	12.7	100.0
Total	300	100.0	100.0	

The above table 4.17 shows that 130 (43.3%) answer strongly agree 62 (20.7%) answers Agree 70(23.3%) answer Disagree 38(12.7%) answer strongly disagree

The following graph 4.17 shows the chart of table 4.17



Graph 4.17 positive attitude respondents

**4.3.18 comes to attainment and success defendants**

Table 4.18 comes to achievement and success defendants

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Mostly self-assured in my capacity for success and expect good outcomes.	131	43.7	43.7	43.7
	Confident in some zones of work and life, but have suspicions in several others.	60	20.0	20.0	63.7

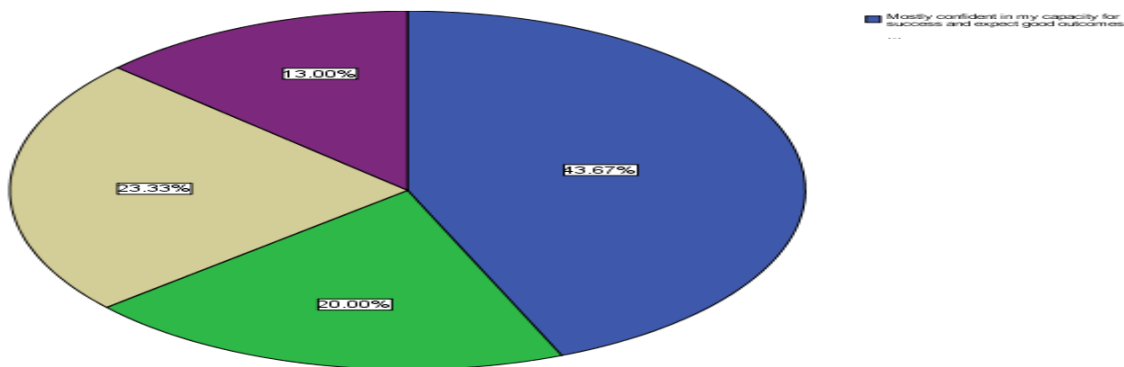
Just confident sufficient to reservation the status quo, but not capable of manufacture my life or occupation much better.	70	23.3	23.3	87.0
Lacking self-assurance in most of my facilities and feel very laughable in my dimensions for success.	39	13.0	13.0	100.0
Total	300	100.0	100.0	

The above table 4.18 shows that 131 (43.7%) response mostly poised in my dimensions for success and expect good outcomes. 60 (20.0%) responses Confident in some areas of work and life, but have doubts in several others.

70(23.3%) response Just poised enough to uphold the status quo, but not accomplished of making my life or vocation much better.

39 (13.0%) answer absent sureness in most of my skills and feel very defective in my scopes for success.

The following graph 4.18 shows the diagram of table 4.18



Graph 4.17 comes to attainment and success defendants

### 4.3.18 social interactions respondents

Table 4.18 social interactions defendants

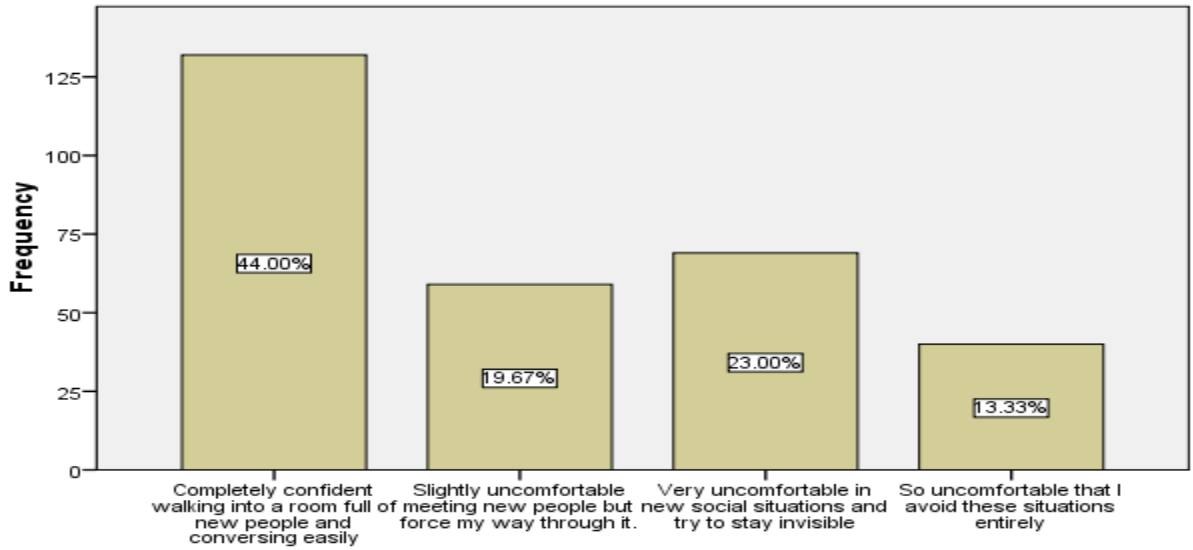
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Finally confident ambulatory into a room full of new people and talking easily	132	44.0	44.0	44.0
Slightly sore conference new people but force my way through it.	59	19.7	19.7	63.7
Very sore in new social conditions and try to stay invisible	69	23.0	23.0	86.7
So irksome that I avoid these conditions entirely	40	13.3	13.3	100.0
Total	300	100.0	100.0	

The above table 4.18 shows that 132 (44.0%) answer frequently Totally self-confident ambulatory into a room full of new people and conversing easily. 59 (19.0%) responses Slightly painful consultation new people but force my way through it.

69(23.0%) answer Very aching in new social situations and try to stay invisible.

40 (13.3%) answer so painful that I avoid these conditions completely

The following graph 4.18 shows the diagram of table 4.18



Graph 4.18 social interactions respondents

**4.3.19 Compared to other people defendants**

Table 4.19 Compared to other people defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Am just as intelligent and successful as most individuals I know.	133	44.3	44.3	44.3
Probably could be as smart and efficacious if I felt surer of myself.	57	19.0	19.0	63.3
Am less successful and capable than most people I know	68	22.7	22.7	86.0
Am the least intelligent and successful of my peers and family	42	14.0	14.0	100.0

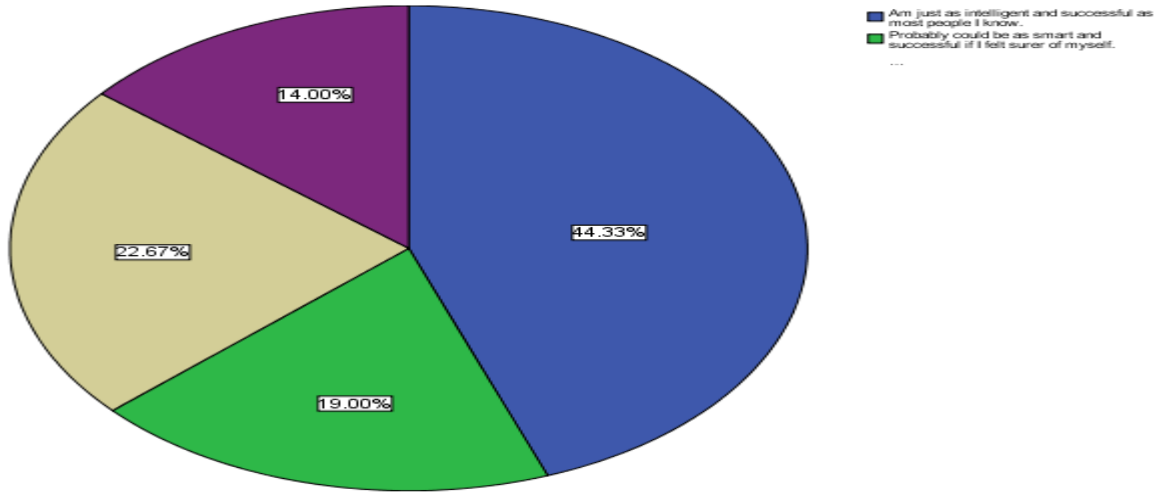
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Am just as intelligent and successful as most individuals I know.	133	44.3	44.3	44.3
Probably could be as smart and efficacious if I felt surer of myself.	57	19.0	19.0	63.3
Am less successful and capable than most people I know	68	22.7	22.7	86.0
Am the least intelligent and successful of my peers and family	42	14.0	14.0	100.0
Prevalent	300	100.0	100.0	

The above table 4.19 shows that 133 (44.3%) answer Am just as bright and positive as most people I know. 57 (19.0%) answers perhaps could be as smart and positive if I felt undisputable of myself.

68(22.7%) answer Am less effective and brilliant than most folks I know

42 (14.0%) answer Am the least smart and effective of my peers and personal

The following graph 4.19 shows the diagram of table 4.19



Graph 4.18 Compared to other people respondents

**4.3.20 generally I feel defendants**

Table 4.20 Commonly I feel respondents

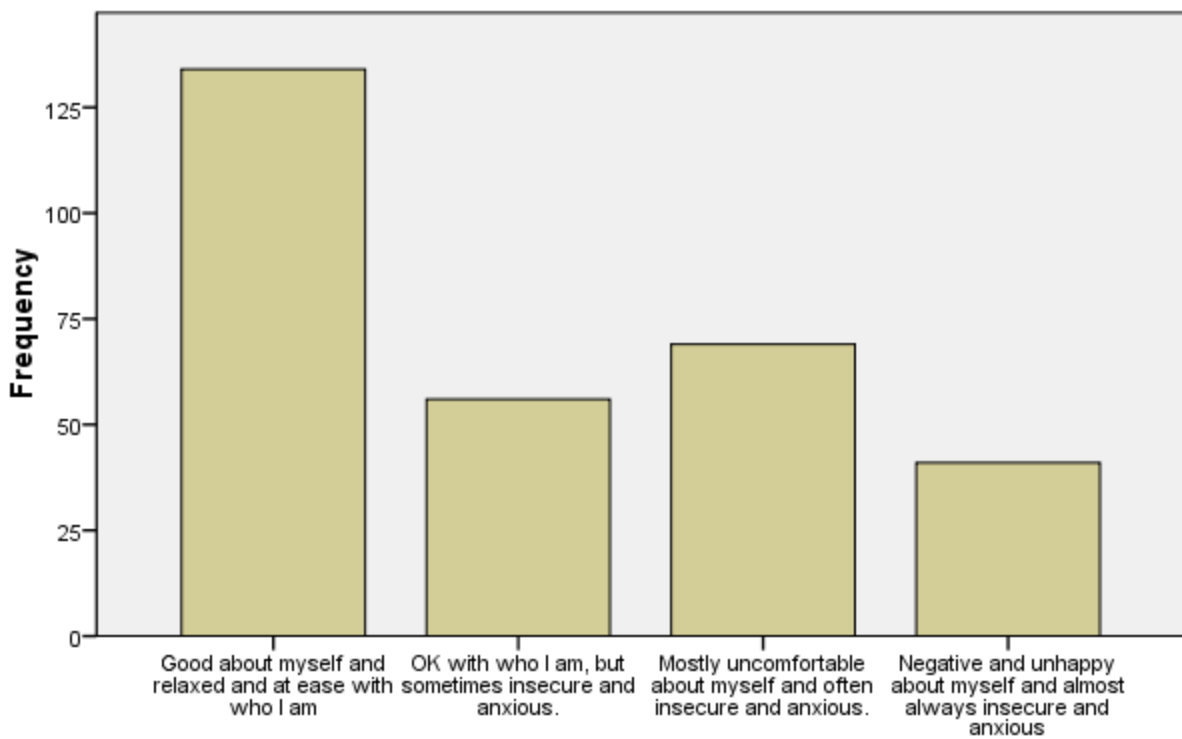
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Good about I myself and comfortable and at ease with who I am	134	44.7	44.7	44.7
OK with whom I am, but sometimes insecure and anxious.	56	18.7	18.7	63.3
Mostly scratchy about myself and often nervous and concerned.	69	23.0	23.0	86.3

Negative and unhappy about myself and almost always uncertain and anxious	41	13.7	13.7	100.0
Total	300	100.0	100.0	

The above table 4.20 shows that 134 (44.7%) answer Good about myself and tranquil and at ease with who I Am. 56 (18.7%) answers OK with who I am, but occasionally insecure and anxious. 69 (23.0%) answer Mostly sore about myself and often unconfident and anxious.

41 (13.7%) answer Negative and unhappy about myself and nearly always unconfident and anxious

The following graph 4.20 shows the diagram of table 4.20



Graph 4.20 Commonly I feel defendants



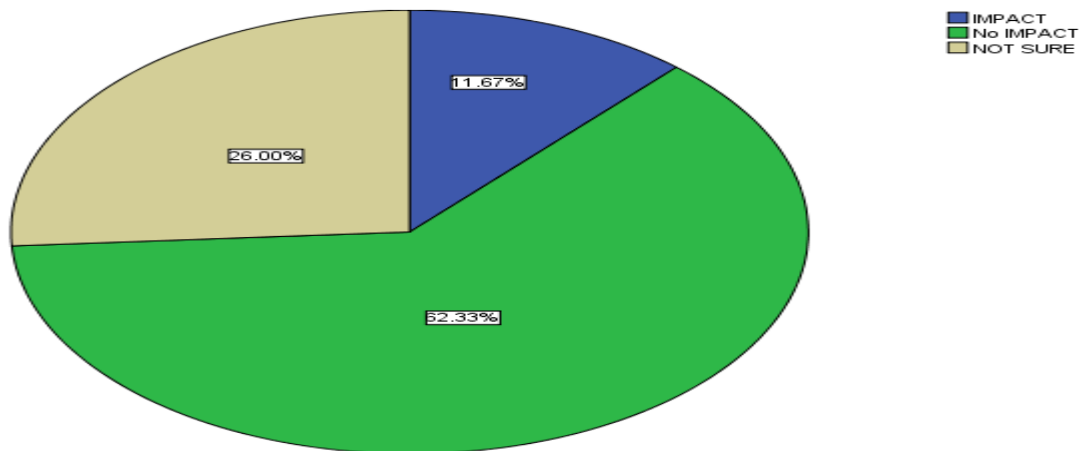
### 4.3.21 Impact of websites on students' self-confidence (female) defendants

Table 4.21 Impact of websites on students' self-confidence (female) defendants

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	IMPACT	35	11.7	11.7	11.7
	No IMPACT	187	62.3	62.3	74.0
	NOT SURE	78	26.0	26.0	100.0
	Total	300	100.0	100.0	

The above table 4.21 shows that 35 (11.7%) answer IMPACT 187 (62.3%) answers No IMPACT. 78 (26.0%) answer NOT SURE

The following graph4.21 shows the diagram of table 4.21



Graph 4.21 Impact of websites on pupils' self-confidence (female) defendants

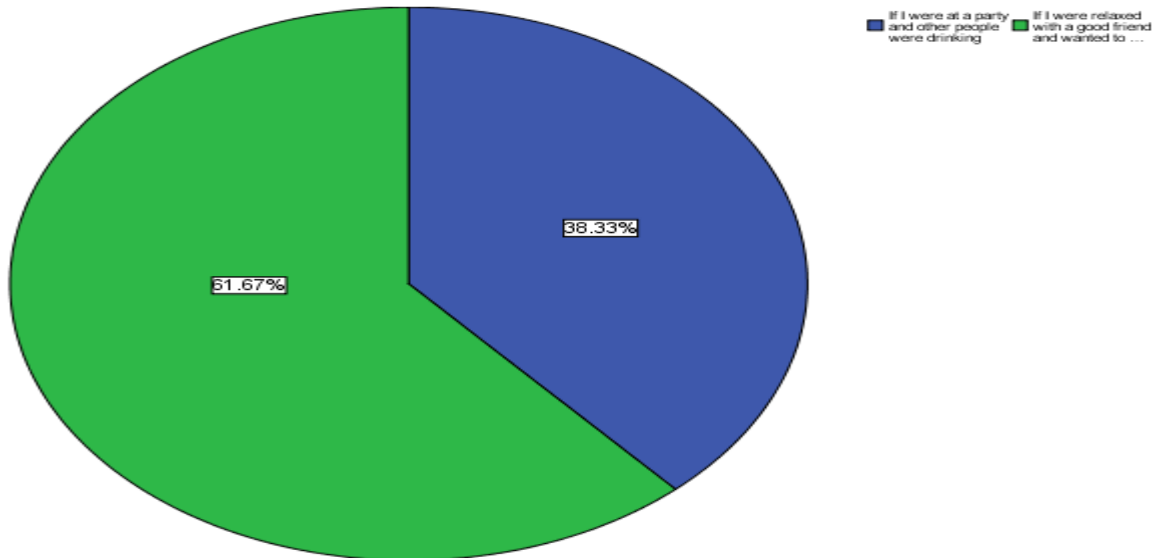
### 4.3.22 Impact of websites on students' self-confidence (male) defendants

Table 4.22 Impact of websites on students' self-confidence (male) defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Impact	33	11.0	11.0	11.0
no impact	190	63.3	63.3	74.3
Websites	77	25.7	25.7	100.0
Total	300	100.0	100.0	

The above table 4.22 shows that 33 (11.0%) answer IMPACT 190 (63.3%) answers No IMPACT. 77 (25.7%) answer NOT SURE

The following graph 4.22 shows the diagram of table 4.22



Graph 4.2 Impact of websites on students' self-confidence (male) defendants

#### 4.3.24 Positive Social Conditions defendants

Table 4.23 Positive Social Conditions defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid If I were at a gathering and other people were drinking	115	38.3	38.3	38.3
If I were tranquil with a good friend and sought to have a good time	185	61.7	61.7	100.0
Total	300	100.0	100.0	

The above table 4.23 shows that 115 (38.3%) answer If I were at a party and other people were consumption 185 (61.7%) answers If I were contented with a good friend and wanted to have a good time.

The following graph 4.23 shows the diagram of table 4.23

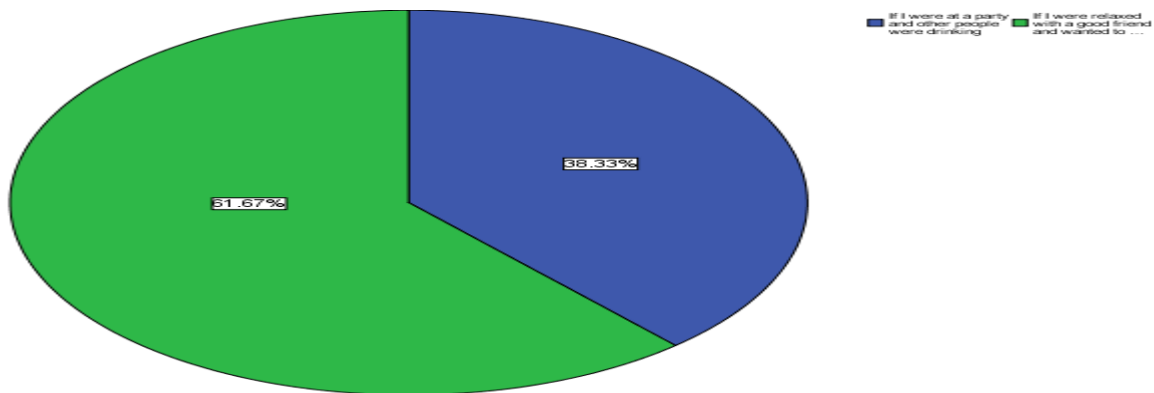


Figure 4.24 Positive Social Situations respondents

### 4.3.24 Pleasant Emotions respondents

Table 4.24 Pleasant Feelings defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid If I felt confident and relaxed	117	39.0	39.0	39.0
If everything were going well	183	61.0	61.0	100.0
Total	300	100.0	100.0	

The above table 4.24 shows that 117 (39.0%) rejoinder If I felt confident and tranquil 187 (61.0%) answers If everything were going well.

The following graph 4.24 shows the diagram of table 4.24

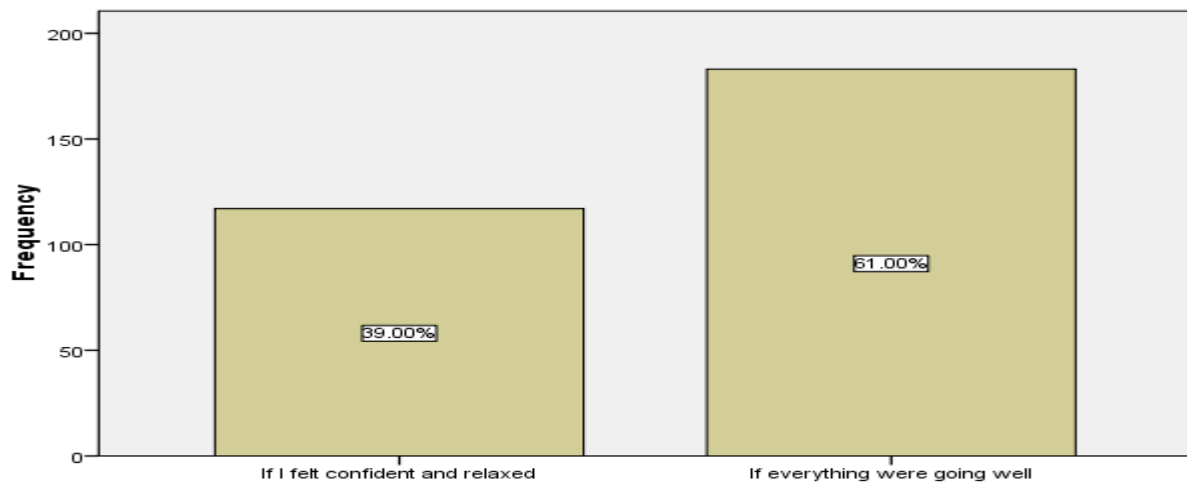


Figure 4.24 Pleasant Emotions respondents

### 4.3.25 Social Tension respondents

Table 4.25 Social Tension defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid If I had an quarrel with a friend	118	39.3	39.3	39.3
If other people didn't seem to like me	182	60.7	60.7	100.0
Total	300	100.0	100.0	

The above table 4.25 shows that 118 (39.3%) answer If I had an disagreement with a friend 182 (60.7%) answers If other people didn't seem to like me.

The following graph 4.25 shows the diagram of table 4.25

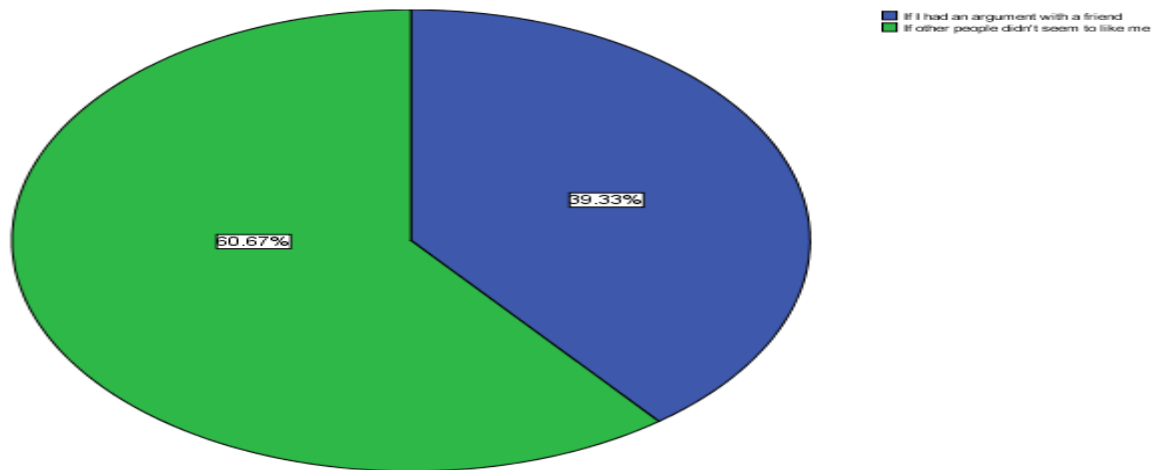


Figure 4.25 Social Tension plaintiffs

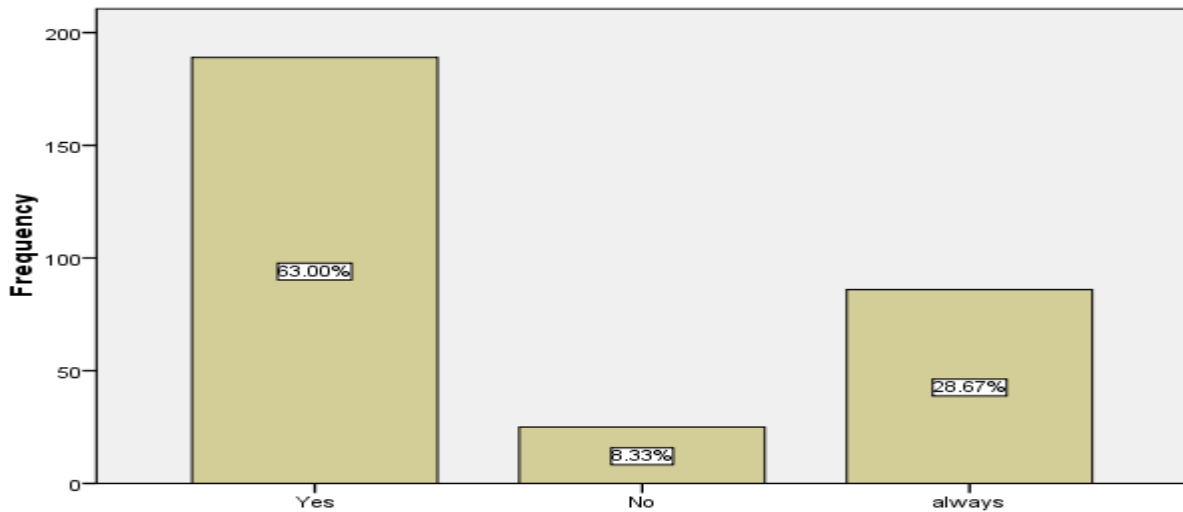
### 4.3.26 thinks you can handle any situations respondents

Table 4.26 thinks you can handle any situations respondents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	189	63.0	63.0	63.0
	No	25	8.3	8.3	71.3
	Always	86	28.7	28.7	100.0
	Total	300	100.0	100.0	

The above table 4.26 shows that 189 (63.0%) answer Yes 25 (8.3%) answers No 86 (28.7%) answer always

The following graph 4.26 shows the diagram of table 4.26



Graph 4.26 tell the truths to yourself respondents

### 4.3.27 your successes instead of your failures defendants

Table 4.27 your successes in its place of your failures defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	225	75.0	75.0	75.0
No	75	25.0	25.0	100.0
Total	300	100.0	100.0	

The above table 4.27 shows that 225 (75.0%) answer Yes 75 (25.0%) answers No The following diagram 4.27 shows the diagram of table 4.27

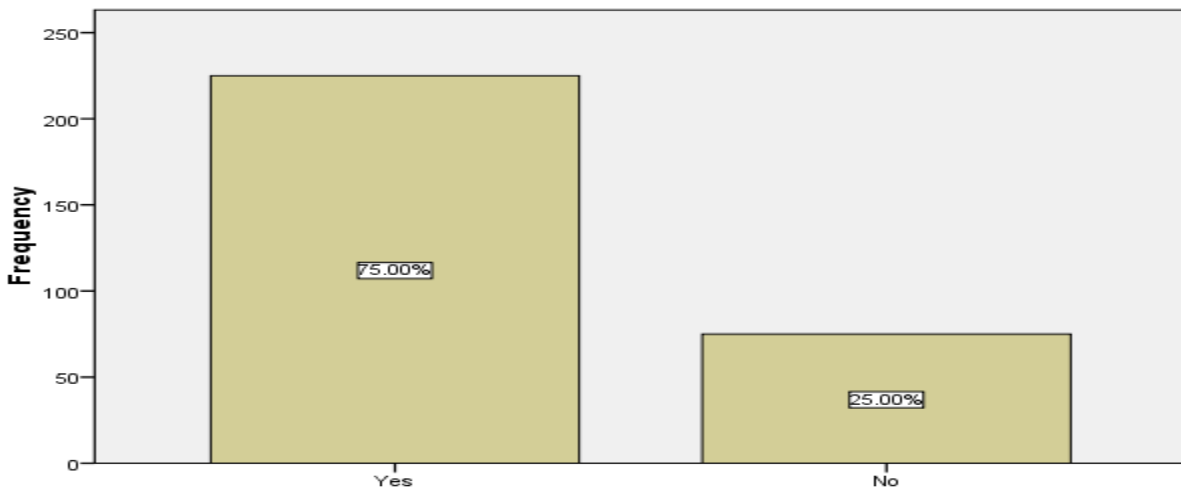


Figure 4.27 your successes instead of your failures defendants

### 4.3.28 you always finish what you started defendants

Table 4.28 you always finish what you started defendants

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	226	75.3	75.3	75.3
	No	74	24.7	24.7	100.0
	Total	300	100.0	100.0	

The above table 4.28 shows that 226 (75.3%) answer Yes 74 (24.7%) answers No The following graph 4.28 shows the diagram of table 4.28

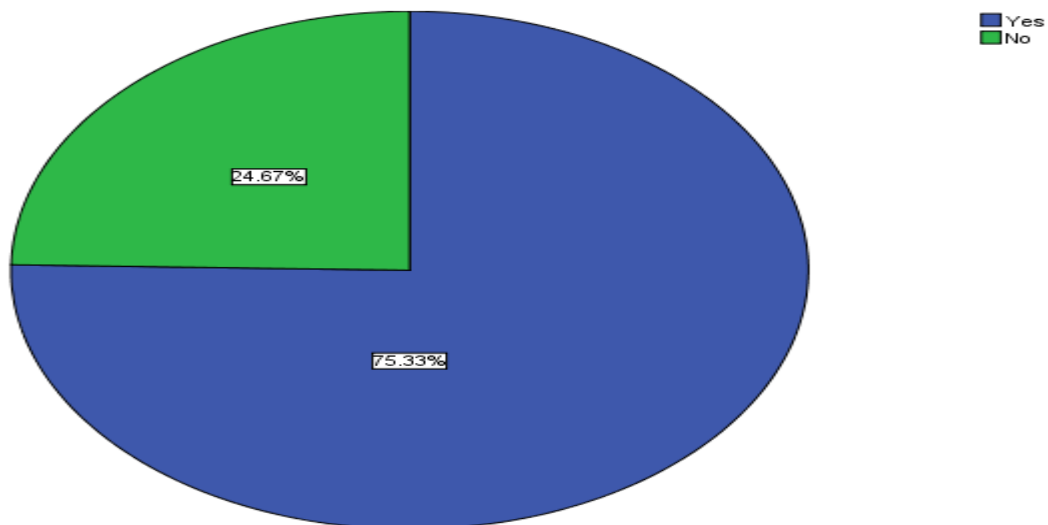


Figure 4.28 you always finish what you started defendants

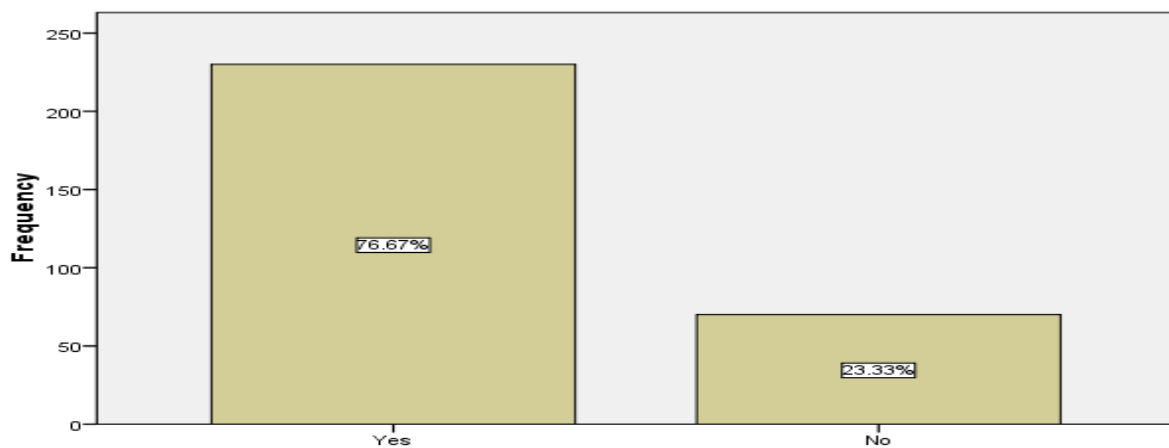


### 4.3.29 confident all the time respondents

Table 4.29 confident all the time defendants

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	230	76.7	76.7	76.7
No	70	23.3	23.3	100.0
Total	300	100.0	100.0	

The above table 4.29 shows that 230 (76.7%) answer Yes 70 (23.3%) answers No The following graph 4.29 shows the diagram of table 4.29



Graph4.29 confident all the time respondents

### 4.4 Summary

This chapter I chatted results of the survey of the showed impressive and the results of the examination include investigation of untried outcomes, and also explicit analysis, this investigation Questions I get good answers that makes investigation to develop helpful the output of this communicative and frequency investigate

## **CHAPTER 5 SUMMARY OF THE STUDY, CONCLUSION AND RECOMMENDATIONS**

### **5.1 Introduction**

In this chapter will deliberate the answers of the results, deduction and position of this study, first it will be debated the major results of each study as recognized in the study objectives, second the end from the consequences of the study, finally the detectives will endorses approval of this study and areas future research.

### **5.2 Summary of the Study**

After findings the investigator absorbed on to discuss the questions asked the defendants.

#### **5.1.1 Do you ask permission before you take another being's depiction with your camera phone?**

About 56.0% answers asked consent when they are taking alternative person's picture with their camera phone, another 28.3% they don't ask authorization, while 9.3% they don't have any mobile phone.

#### **5.1.2 Which type of social network do you use plaintiffs?**

About 36.3% answered using Facebook, and the 18.7% answer twitter, 32.3% answered using WhatsApp while 12.7% answered using other.

#### **5.1.3 How many time/hour you spend the internet on social network?**

Around 33.7% answer 1-2 hours, 32.3% answer 2-4 hours and the 22.3% 4-6 hours and 11.7% answer more.

#### **5.1.4 How many friends do you have on your social media?**

Roughly 20.0% answer 100-400 friends, and the next 32.7% answer 400-1000friends, and the 47.3% answer that they have more than 3000.

### **5.1.5. Do you focus on your successes instead of your failures?**

Almost 75.0% answer yes, next 25.0% answers No.

### **5.1.6 Are you confident all the time?**

About 76.7% answer yes, 23.3% answer no.

### **5.1.7 Do you always finish what you started?**

About 75.3% answer yes, 24.7% answer no.

## **5.2 Conclusion**

Self-confidence is only an sunshade term for a lot of belongings. Delicate limitation, amusement, thoughtful, flexibility, string relations, all go into engendering the performance that exudes self-confidence. Self-confident individual would recognize how to say things that are frank lacking brokenhearted other's thoughts. A self-assured man also recognizes how to be overheard with poise, when there is a difference of taxation. All this takes grounding, but the most outstanding thing is the acceptance that you can be recovering. This is the underpinning for any progress in the world.

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## **5.3 Recommendation**

Based on the significances of this study, after education the questions that I asked the public we originate that the most of the people they uses face book on social broadcasting and also payments their time on social media habitually, so as you know the above topic is not moral for yourself and you far imminent, so I would like to enthusiast you some advice to undertake your time and your bliss to grow self-possession flow the ensuing tips:-

**1. Celebrate the small stuff**

You got up on time this pre-lunch. Tick. You poached your eggs to excellence. Winning. Rejoicing the small suppressions is a great way to build certitude and start feeling better about you.

**2. Do what makes you happy.** If you dedicate time doing the clothes you enjoy, you're more likely to think incontestably. Try to program in a little you-time every day. Whether that's time spent reading, cookery or just conking out on the couch for a bit, if it makes you satisfied, make time for it.

**3. Focus on what you can change.** It's comfortable to get covered up on all the clothes that are out of your control, but it won't achieve much. In its place, try to focus your dynamism on spotting the things that are within your control and eagle-eyed what you can do round them.

