

Decision-Making and Self-Confidence Among Youth: A Conceptual Study

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Abstract

Decision-making is an essential and complex cognitive process that influences every aspect of human life, from personal and family contexts to professional settings. For youth, decision-making is a vital skill that requires clear thinking, ethical consideration, and alignment with personal values and life goals. The process involves analyzing available options, setting goals, and evaluating the advantages and disadvantages of each alternative to achieve the most beneficial outcome. Factors such as clarity of thought, self-awareness, experience, and practical wisdom significantly shape the quality of decisions made. Moreover, the ability to predict potential future consequences enhances sound decision-making.

Self-confidence plays a critical role in effective decision-making. It enables individuals to act decisively, take risks, and overcome hesitation or fear of failure. Self-confidence is cultivated through positive thinking, self-motivation, consistency, and effective time management. Avoiding laziness, setting clear priorities, planning ahead, and maintaining persistence are key practices that strengthen both confidence and decision-making ability. Ultimately, every person possesses immense potential that can be realized through self-discipline and control over one's thoughts. Developing these abilities allows youth to make informed, confident decisions and achieve success in personal and professional life.

Keywords: Decision-making, Youth, Self-confidence, Positive thinking, Goal setting, Practical wisdom, Values and ethics, Motivation, Planning, Consistency, Time management, Personal development, Risk-taking, Critical thinking, Emotional balance, Personality traits, Future prediction, Mental process, Confidence building, Life skills.

Introduction

Decision-making is part of a specific social process. In reality, although decision-making seems easy, it is a very complex process. From the personal and family level to various professional fields, decisions have to be made at every stage. How can youth be an exception to this? That is, youth have to make the right decisions by taking into account the values and ethics of the field in which they want to work.

Decision-making is a type of intellectual activity that involves choosing one of the available options and taking action on the problem. Before making a decision, a person needs to analyze the available options to solve the problem. First, the person has to set the goals for the decision. Then, the decision-making process has to be done by considering the pros and cons of each option and the cons of each option. The decision-making process has to be done by considering the pros and cons of each option and deciding which option is the right one to achieve the goal. The goals, willpower, lifestyle, and values of a person constantly influence the decision-making process.

We can say that decision-making means finding a solution to a question or problem or implementing certain measures to solve a particular problem. However, the creative and mental act carried out by an individual to find a solution to a situation or problem with the help of knowledge, thoughts, feelings and ideas can be called decision-making. That is, in general, we can say that decision-making means choosing a practical option from two or more options.

The decision-making process is mental and intellectual in nature. Every individual, on the basis of his intelligence and experiences, makes extraordinary things ordinary and easy and takes the right decision. Therefore, the life of an individual means making decisions. While living a normal life, to achieve his goals or to make his future easier, young people also have to make the right decisions. So, how to make those decisions and what are the necessary factors to make decisions, youth have to think carefully. The following factors will definitely guide to youth to make the right decisions in life.

Clear and firm thinking:

The right decision at the right time. Making certain decisions in life determines the direction of life. Therefore, it is important to think holistically. The information available to us in terms of the decision-making process Experience, confidence, positivity, and willingness to take risks are important factors.

Goal Setting:

Most of the time, when making a decision, more than one option is available. Then it is relatively easy to make a decision, but when only two options are available, it is better to choose the option that causes the least harm and the most benefit. Decisions taken without considering your strengths and based on the advice of others are not always right. Therefore, while making any decision, you should study and

analyse your personality traits and determine the value of positive traits. You should think carefully about how much your efficiency can sustain and make a decision accordingly.

Practical wisdom:

Common sense is essential to making the right decisions. Having the courage and perseverance to think from a practical level and act accordingly when making any important decision is practical wisdom.

Prediction of future elements:

Often, some people hesitate to make decisions or make the wrong decision and regret it later. This is because they lack motivation, are afraid of new changes, or are more emotional than objective. In such cases, the person concerned is not ready to take responsibility for the decision and take risks.

The above study on decision-making ability shows how important it is for young people to have decision-making ability. Along with decision-making ability, it also shows the strength, i.e., self-confidence, that young people possess, it will be important to be a discussion. Because Bharat Ratna Dr. Babasaheb Ambedkar, this great man, also said that "There is no other divine power like self-confidence". So what is self-confidence? Let us see from the following example what factors contribute to self-confidence. While traveling in a car, an accident occurred. The accident was so severe that the driver of the car overturned two or three times. He was seriously injured and could not even move. A woman was sitting in the same car with her two-year-old baby. She was also injured, but she stood up out of love for her son. Her baby had come out of the car. To save the child, she lifted the car to one side without thinking about the back and forth and took the baby out separately. When the crowd gathered there, the people there were amazed to see all this. The woman was also surprised that how did she lift such a big car?

Suddenly, something like this happens, that is, the Damage Control System in our body starts and many such surprising things happen to us. We do not believe that we can do something like this. But at that time, if a negative thought comes to our head, can we do this? Then even our work becomes difficult. Even though we have the ability, we cannot fully utilize those abilities due to our negativity. "We call it confidence to fully utilize our own abilities. Confidence is not a commodity that can be found in the market.

Our positive thinking and the way we work increases with confidence. We get amazing results. This is the passionate feeling of integrity that motivates us to complete the work at the very beginning. This positive thinking motivates us to complete the work we have undertaken at the very beginning. Positive thinking and self-confidence complement each other.

Self-confidence is something that can be awakened within oneself through self-motivation. Many seemingly impossible things can be achieved with self-confidence. Self-confidence is within everyone. If we make a deliberate effort to develop it, it can help us change our lives and bring about a radical transformation.

Avoid laziness:

Whatever you want to do yourself, do it immediately, don't put it off for too long. If you are going to do it someday, why not do it today and now? Some things cannot be postponed, they have to be done by yourself, and should be completed quickly.

Set priorities:

If more than one thing comes up at the same time and you want to do them all, then instead of getting confused, take a pen and paper and write down those things. Prioritize those things thoughtfully. Then, according to the priority, do the actual work happily.

Favourite things:

Everyone has a specific hobby and combining that hobby with work plays an important role. Just like everyone likes good and trendy clothes, when you go out for an important work, wear your favourite outfit, because the outfit makes you confident about the work for which you go out.

Learn to say no:

To things that you don't like and don't agree with. Don't look back to say no to things that you don't like or don't agree with. In recent times, there are many people who stay at hotels just to make their friends feel good. When friends are angry, they leave their studies and go to the movies, and have fun. In reality, they don't like those things either. In such a situation, we should have the strength to say no to our friends.

Do even that which is not possible:

Even though many things are possible, we do not do them. The negative thought that I will not be able to do this work pushes us away from that work. In such a case, you should stay for a minute and think: Will doing this work harm others or yourself? Will you waste your time unnecessarily? If the answer to this question is no, then ask yourself the benefits of doing that work, will it bring you social prestige? If the answer to the latter question is yes, then start working fearlessly. You too, if you do one or two such works, you will notice that your confidence in the work has increased significantly.

Be consistent:

There are many people who fail despite their ability rather than failing because they lack the ability. They fail because they lack consistency. No task is completed in the beginning.

Take it on thoughtfully. Once you take it on, don't wait until it's finished. Once you have the patience to keep going, you will be amazed not only at the progress you make, but also at the progress you make.

Plan your time:

Time is something that cannot be created in nature. Wasting time is proven to be a waste of time. When you have nothing to do, read books that make you happy, take a walk in the nearby garden, don't waste time again. A successful person has said about time, 'If you have nothing to do, do fishing', but don't sit still.

Don't be afraid of success:

Everyone has a fear of failure, but the fear of success may seem new to many. Yes, many people are also afraid of success. If you are afraid of success, then teach yourself that you will see after achieving success, so put the fear of success away and start working on the goal you have set.

Do not proceed without proper planning:

At the beginning of any work, considering some work to be less important, we avoid planning. Later, those same tasks become a headache for us. Due to planning, work is not only done faster, but also because time is used in a proper manner, better results are achieved than our expectations. How to handle more than one task at a time? We learn this only through planning, and more importantly, the skill of 'management' is developed automatically through planning.

Conclusion

Decision-making is a continuous and essential process in human life, deeply connected with intellectual, emotional, and social aspects. For youth, it is not merely a choice between alternatives but a process of self-realization, guided by values, ethics, and rational thinking. The ability to make sound decisions determines the direction of life and influences personal growth and social development. Factors such as clear thinking, practical wisdom, goal setting, time management, and confidence play vital roles in improving decision-making skills.

Self-confidence, as highlighted through examples and philosophical reflections, is the inner power that enables individuals to act decisively and achieve goals. It transforms hesitation into courage and potential into performance. As Dr. B. R. Ambedkar rightly said, "There is no divine power like self-confidence." Hence, nurturing confidence, staying consistent, prioritizing tasks, and cultivating positive thinking can help young people make wise decisions that lead to success and fulfilment. Ultimately, decision-making and self-confidence together form the foundation for a purposeful and empowered life.

Every person has unlimited potential. You yourself are the source of the greatest energy. Science has proven the unlimited potential of man. Despite this, man has not been able to fully utilize his own potential. For this, the art of training yourself and gaining control over thoughts should be acquired. If you direct your own thoughts in the right direction, extraordinary results will come into view. Therefore, try to follow some of the above things, adopting them will definitely help in increasing your efficiency and confidence.

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