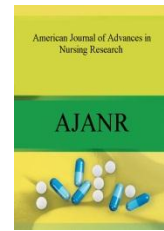




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EFFECT OF ADOLESCENCE BIRTH ORDER AND GENDER ON THEIR SELF CONFIDENCE AND DEPENDENCY

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ABSTRACT

Our birth order impacts how we are perceived by our families and can relate to the amount of confidence, independence and support we are given as adolescence. The aim was to investigate whether self-confidence and self-dependency differs in adolescence according to their ordinal position of birth and gender or not. Design A descriptive analytical design was used Setting: The study conducted at two Secondary Schools in Shebin El Kom selected randomly from 4 secondary schools. A total sample: of 200 children (67 boys and 133 girls) were convenience to administered three tools including a biosocial questionnaire, Sidney Confidence Scale (1990), and Dependency Personality Questionnaires after developing and assuring for its validity and reliability. Results showed a positive correlation between first birth order, self confidence and boy adolescences. While the last sibling is most independent one It was concluded: that the first born boy adolescence has high self confidence than other birth orders without significance difference on their solving problems or school achievement. Boys have high degree of self confidence than girls. In addition to the last birth order has high competent to independency. recommendations from this study that parent's in rural areas should be instructed to deals with all children's birth order as the same, boys and girls should be treated equally and were no longer discriminated by their age or gender. Also, Psychologists, pediatricians and counselor should helps adolescence to acquire them adequate self confidence and dependency skills to enhance their psychological health for all birth order as the same. More research is needed to see if a significant difference can be seen between the birth order and adolescence self-esteem.

INTRODUCTION

Self-confidence and dependency are traits we all have to learn, both not encoded in our genetically make-up that one must have low self-confident and another must be blessed with high dependency. Many professions believe that birth position as the eldest, middle, youngest,

or only child in the family affected personality in some way. Parents often muse whether their children's birth categories have affected their development or not [1].

The level of self-confidence is found different at different stages of age. Just after birth, self-confidence level is relatively very low, because an infant is fully dependent upon his or her mother at that time. But at the growing age self-confidence gradually starts increasing at different life span. Among adolescent this quality increases very quickly. On the other hand, lack of self

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confidence among older children, is associated with impulsivity, aggression, non-compliance, moodiness, and low self-esteem. In addition, sex is also one of the important components of self-confidence [2].

Dependency is a type of demand that the child seeks care, support or expects help from others. The child learned it through parent-child interaction, and believed that dependency results from parental nurturance. The child is cared for by parents for all its basic needs and scientists considering that birth order is play a major role in children's lives and how they act for developing their confidence and dependency. So, independency is one of the most fundamental qualities for the adolescence [3].

Birth order is a person's rank by age among his or her sibling; it's often believed to have a profound and lasting effect on psychological development. Some studies show that an individual's place in the family hierarchy tends to produce certain set of identifiable characteristics. As first born - Tends to receive a lot of attention from the parents but may also be under great pressure to succeed. Parents usually tend to be very ambitious and high achievers. So, they tend to feel more responsible for the other siblings. While the Middle Child – Most often has to compete for their parent's attention and affection. There is less pressure on them to perform and choose a certain career path. They tend to be very sociable, have great skills and have lots of friends. On the other hand the youngest child - Most often treated as the "baby" of the family. The parents are a lot more relaxed with their parenting with the youngest. So, birth order can influence how an adolescent is treated by parents and siblings [4].

Mother is the first stair of confidence for a child after birth. Children receive a solid foundation for good feeling about themselves. If one or both parents were excessively critical or demanding, or if they were over protective and discourage move the child toward independency, children may come to believe they were incapable, inadequate or inferior. However, if parents encourage children's, accept and love them when they make mistakes, children will learn to accept themselves and will be on their way to developing self confidence. As well adolescence is a crucial period of human life and may encounter problems that may affect them for the rest of their lives. Family has a fundamental role in different aspects of the health of adolescents [5].

The sex role in confidence level is appropriate for boys and girls. Confident adolescent prefers to look to others for nurturance, guidance and support rather than initiating activities by their self. Attitudes toward gender roles are thought to result from complex interactions among societal, cultural, familial, religious, ethnic, and political influences. In addition, gender roles usually become an internal guide for behavior early in childhood

from perspectives of others. Psychologists should see their roles develop and strengthen as clinical leaders in psychological therapies and the scientific evidence base for psychological health. [6]. Therapists should also consider the associated influences of generation, culture, class, occupation, and educational level when exploring gender and birth order role issues. [7]. So, present study would be useful to knew the level of self - confidence and self- dependency among adolescence according to their gender and ordinal position of birth.

Theoretical framework

Alternative Theories of Birth Order Effects trying to explain the relationship between birth order and confidence. First, there could be parental time dilution; the earlier born siblings enjoy more parental time than later-born siblings. This may explain why earlier-born do better in their confidence. Second, there could be differences in the genetic endowment of children by birth order. Indeed, later born siblings are born to older mothers so they are more likely to receive a lower quality genetic endowment and be more independent. Third, first-borns and parents' experience with them may have undue influence on parents' subsequent fertility decisions [8].

Operational Definition

Birth order is a person's rank by age among his or her brothers and sisters [9].

Gender The term gender is often used to classify the anatomy of a person's reproductive system as either male or female. The concept of gender means much more than biological sex. It refers to socially constructed expectations regarding the ways in which one should think and behave, depending on sexual classification [7].

Self-confidence is a feeling of trust in one's abilities, qualities, and judgment. It is one of the cognitive mechanisms underlying behavioral change. Variations in self-confidence influence motivation and predict performance success [10].

Dependency defines as the extent to which the adolescence's level of functional capacity dictates the time required for personal, technical, supportive and educative [11].

Aim of the Study

The aim of the present study was to investigate whether self-confidence and Self- dependency differs in adolescence according to their ordinal position of birth and gender or not.

Research questions

Are there effect of birth position and gender on the adolescent dependency and level of self confidence?



SUBJECT AND METHODS

Research Design: A descriptive analytical design was used in this study.

Research Setting: This study was conducted at Shebin El-Kom city.

Two schools were selected randomly from two secondary schools for girls and two for boys. (One school for each gender) according to each district.

Sample: A Total of 200 students were interviewed from previously mentioned settings (67 boys & 133 girls) for their residence and birth order chosen randomly from five Classes at each school from the 1st and 2nd class and accepting to be involved in the study

Criteria for inclusion: Both sexes were included, free from any chronic psychiatric disorders or medical problems.

Pilot study was carried out on 20 adolescent to assess the clarity and consistency of the study tools. The pilot study sample was excluded from the total sample of the study

Validity

A review of the available and related past and current literature was done. The tools were adopted and submitted to a jury of three nursing expertise (one pediatric nursing, and 2 psychiatric nursing staff) to assess validity of the study tools.

Tools: Data were being collected by:

1-Interview questionnaire sheet developed by the researcher includes biosocial data about adolescent's age, gender, birth order, socialization at class, speech pattern and their school achievement

2- Self Confidence Scale developed by Sidney Shrauger. Is a Likert scale translated by Dr\Adel **Abd-Allah (1990)** [12]. The scale consists of 48 items half of those questions responded positively while the others responded negatively. It composed of 5 responses as usually applicable, often applicable, sometimes applicable, rarely applicable and never applicable. The total items of the scale scored (from 0-192 degree) the child have to select one choice of five to obtain the final score. Then, the adolescence final score was evaluated as Low Confident <60%, moderate confident 61-80% and high confident 81-100%.The high score considered as the highest degree of self confidence and vice verse. Students were instructed on how to fill out the questionnaires before completing it.

3- Dependency status questionnaire

The scale was contained 20 items (10 positive and 10 negative) response. Developed by Tyror, et al., (2004) (13). The statements of the questionnaire were both formed in positive and negative way. To measure dependency status in active way such as social and educational duties. Both negative and positive were rated

as dependent or independent. The total score was calculated by adding all the numbers rated from each answer. Higher score means a more positive attitude toward dependency and a lower score means a more negative attitude. The cutoff score allowing the researcher to determine of dependent adolescence or independency was 10. Moreover, the coefficient alpha was $r = .75$

The following instructions were given to the participants verbally:

To read out each of the following item carefully. And below from each of the item the answer which suits the respondent's characteristics. After reading all the items of the questionnaire and through answering them in the above mentioned scale one by one the task of the respondent will be completed. There was no fixed time mentioned to complete the questionnaire but average completion time of the questionnaire was 25 to 30 minutes".

METHOD

Approval to conduct the study:

Official permissions were obtained from principals of the schools at the selected settings. Formal letters were issued from the Faculty of Nursing, Menofia University to obtain an official approval to carry out the study. The letters explain the aim, tools of the data collection and time of the study.

Ethical considerations, written informed consent were obtained from schools administrative, teachers leading the classes and adolescence who agreed to participate in the study. Participant Consent Form was used to describe the purpose of the research and the procedure to be used. Additionally, the form assured the participants that no discomforts, stresses, or risks were foreseen and that the results would be kept in strict confidence.

Procedure

The adolescent were interviewed to collect the biosocial data and fill rating scale for measure self-confident and dependency. Which were put together in packets in random order. The used time ranged from 30 to 45 minutes according to their age and level of the education.

Data analysis

The collected data was categorized and analyzed by using appropriate statistical tests using SPSS version 14. Frequencies, mean, χ^2 and correlations were used to interpret the collected data as well as figures and graphs were used for data presentation. Test of significance was used and level of significance determined at 0.05 and 0.001 for highly significance.



RESULTS

Table (1): showed biosocial characteristics of children which represented that the number of girls double number of boys, most of their fathers were employed (71%), contrasted to their mothers who were unemployed and majority of students lives in rural areas in Menofia (86%).

Table (2): showed relationship between degree of self confidence, with adolescence sex, residence, child mood, and speech defect. There was a significance difference between self confidence, residence, adolescence mood, and speech defect at (0.05) level of significance.

Figure (1): showed relationship between self confidence and birth orders which represents that the first birth order have high self confidence than other ordinal positions.

Figure (2): Relationship between adolescence's sex and level of self confidence which represented that majority of boy has high level of self confidence than girls.

Figure (3) Relationship between residence of children and their self confidence, which represented that adolescence's live in urban areas, have moderate and high self confidence, than children live in rural areas.

Table (3): Relationship between adolescence birth order and self confidence of adolescence with speech problem,

there was in significance difference ($P>0.05$) between adolescence's birth order and their speech problem.

Table (4): Correlation between adolescence's birth order, self confidence, and sex. There were a positive correlation between first birth order, self confidence and boy adolescences.

Table (5): represent correlation between self confident, and sex. There was a significance correlation between, self confidence and adolescences sex

Table (6): Relationship between adolescence's birth orders and achievement in their studies. There were an insignificance difference ($P>0.05$) between adolescence's birth order and their school a achievement

Figure (4): Relationship between birth order and self dependency, which represented that the last sibling is highly dependent on himself

Figure (5): Percentage of correlation between self confidence and birth order, showed that the first birth order has full competency for self confidence followed by the third birth order

Figure (6): Relationship between levels of self confident and adolescence's socialization representing that all sociable children revealed high confidence level.

Table 1. Biosocial characteristics of adolescence

Scio demographic data	No	%
Mean age 16.5 + 0.25		
Sex		
Male	67	33.5
Female	133	66.5
Father job		
Employee	143	71.5
Free Jobs	43	21.5
Retired or dead	14	7.0
Mother job		
work	73	36.5
doesn't work	127	63.5
Residence		
Rural	172	86.0
Urban and semi urban	28	14.0

Table 2. Relationship between degree of self confidence, residence, child mood, and presence of speech problems among adolescence

Sex		Self confident			Total	χ^2	P. value
		Low < 60%	Moderate 60-80%	High >80-100%			
Boys	No	2	14	51	67	1.29	> 0.05
	%	2.9%	20.8%	76.1%	33.5%		
Girls	No	5	91	37	133		
	%	3.7%	68.4%	27.8%	66.5%		
Residence							
urban	No	3	5	20	28	13.3	> 0.001
	%	10.7%	17.8%	71.4%	14.0%		



Rural	No	7	51	114	172		
	%	4.6%	29.6%	66.2%	86.0%		
Child mode							
social	No	7	48	116	171	5.9	> 0.05
	%	4.09%	28.7%	67.8%	85.5%		
alone	No	0	3	26	29	5.9	> 0.05
	%	0.0%	10.3%	89.6%	14.5%		
Total	No	7	51	142	200	5.9	> 0.05
	%	100.0%	100.0%	100.0%	100.0%		
Speech problems							
yes	No	0	2	9	11	0.84	> 0.05
	%	0.0%	18.1%	81.9%	5.5%		
no	No	7	49	133	189	0.84	> 0.05
	%	3.7%	25.9%	70.3%	94.5%		
Total	No	7	51	142	200	0.84	> 0.05
	%	100.0%	100.0%	100.0%	100.0%		

Table 3. Relationship between adolescence birth order and self confidence of adolescence with speech problem

Speech problems		Kids order						Total	X ²	P. value
		1 st	2 nd	3 rd	4 th	5 th				
yes	No.	4	4	1	0	2	0	11	10.1	0.07
	%	36.3%	36.3%	9.9%	.0%	18.1%	0.0%	5.5%		
no	No.	58	52	55	17	5	2	189	10.1	0.07
	%	30.6%	27.5%	29.1%	8.9%	2.6%	1.05%	94.5%		
Total	No.	62	56	56	17	7	2	200	10.1	0.07
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		

Table 4. Correlation between adolescence's birth order and self confident

Variables items	Correlation	Kids order	Percent
Kids order	Pearson Correlation	1	-.175(*)
	Sig. (2-tailed)	.	.013
Self-confident percent	Pearson Correlation	-.175(*)	1
	Sig. (2-tailed)	.013	.

Table 5. Correlation between adolescence sex and self confident

Adolescence sex	Pearson Correlation	1	-.415(**)
	Sig. (2-tailed)	.	.000
self confidence	Pearson Correlation	-.415(**)	1
	Sig. (2-tailed)	.000	.
N		200	200

Table 6. Relationship between adolescence's birth order and their school achievement

Kids order	Adolescence's school achievement		Total	X ²	P. value
	Yes	No			
1st	No	58	4	8.55	0.13
	%	93.5%	6.5%		
2nd	No	45	11	8.55	0.13
	%	80.4%	19.6%		
3rd	No	51	5	8.55	0.13
	%	91.1%	8.9%		
4th	No	17	0	8.55	0.13



	%	100.0%	.0%	100.0%
5th	No	6	1	7
	%	85.7%	14.3%	100.0%
6th	No	2	0	2
	%	100.0%	.0%	100.0%
Total	No	179	21	200
	%	89.5%	10.5%	100.0%

Figure 1. Relationship between self confidence and birth orders

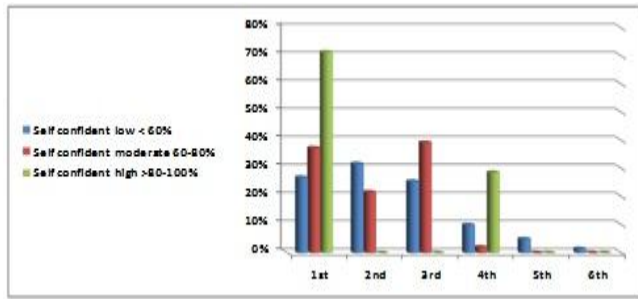


Figure 2. Relationship between adolescence sex and levels of self confidence

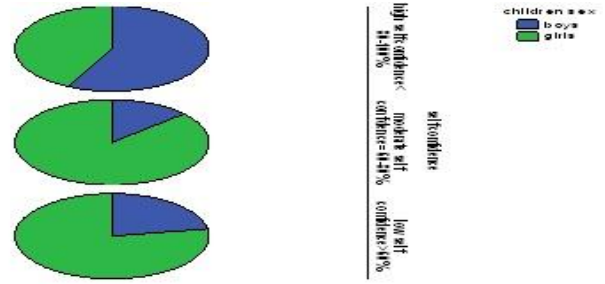


Figure 3. Relationship between residence of children and their self confidence

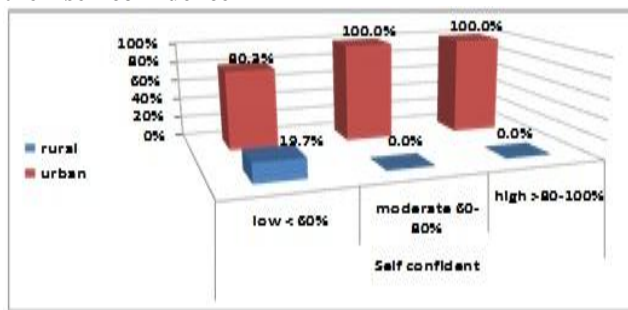


Figure 4. Relationship between birth order and their self-dependency

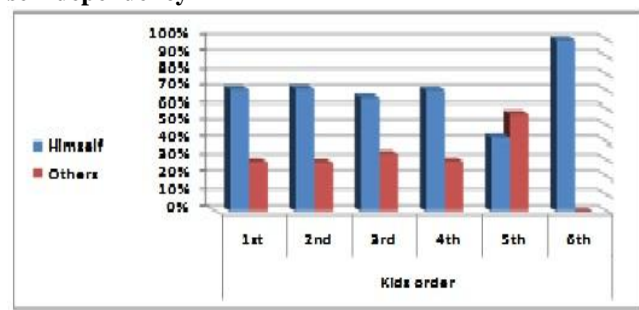


Figure 5. Percentage of correlation between self confidence and birth order

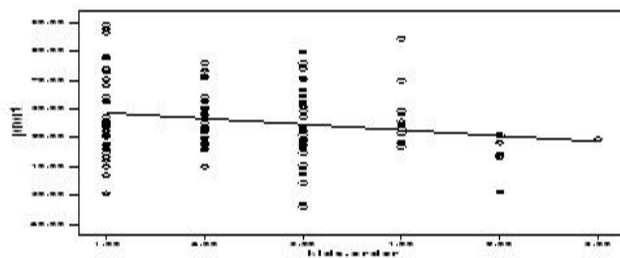
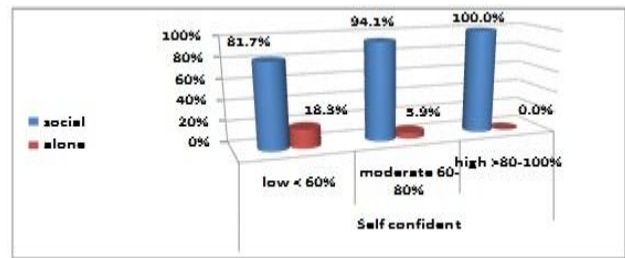


Figure 6. Relationship between levels of self confident and adolescence's socialization



DISCUSSION

The findings of the present study could be useful to know the level of self confidence and dependency of adolescence according to their birth order and gender. So, the aim of the present study was to investigate whether self-confidence and Self-dependency differs in adolescence according to their ordinal position of birth and gender or not. The Menofia society expects differential sex role behaviors from girls and boys as well

among younger and older adolescence. This kind of discrimination influences adolescence's every step. Until now very little attention has been given by the researchers in Menofia to this particular issue. The biosocial characteristics represented that the majority of those adolescence living in rural areas in Shebin El Kom. The lifestyle of people from rural of the city was directed toward discrimination between genders due to its nature



as an agriculture city as well as between ordinal positions. Black, et al., (2011) [14] supported these findings and mentioned that every individual responds differently to the environment that he is exposed to, irrespective of his birth order. The mean age of the participants was 16, 5+02.52 years. This represented that they were in adolescence stage. Results indicated that majority of boys have high self confidence than girls Rees, et al (2008) [15] contradicted this findings and suggested that girls don't possess less self confidence in all achievement situation except for motor performance. While, Christine (2013) [16] stated that self confidence is one of the most important personal qualities that the adolescences boy should have in order to successfully do our tasks and face the world, This reflect that girls in this city were designated role at home while boys were designated to work outside. On the other hand, majority of girls were have moderate self confidence, the previous studies like (Morris et al., 2002; (17). Garside & Kline, 2002) [18] represented that there were no differences in self-confidence score between boys and girls. These results have been explained in the light of social observation represented that the rural and semi rural community has changed from traditional collectivistic to individualistic culture. Girls are actively taking part in daily life activities along with the boys. This kind of participation increases their self-dependency and sense of responsibility which leads to increase their self confidence. Moreover, the patterns of agriculture community like of Menofia governorate have high rate of education for both boys and girls which increase the confidence level of girls as boys even if it seems moderately among girls. (Sulloway & Zweigenhaft, 2010) [19].

In the present study it was found that, there were a significance difference ($P < 0.05$) between the degree of self confidence with different child socialization, speech defect and different birth orders specially the first born. These results were contradicted with (Borgen & Betz, 2008) [20] who mentioned that Self-confidence is not necessarily a general characteristic which pervades all aspects of adolescence's life. Typically, individuals will have some areas of their lives where they feel quite confident, e.g. academics, athletics, while at the same time they do not feel at all confident in other areas, e.g., personal appearance, social relationships. But the study also contradicts other proposed ideas, for example, that first-borns tend to be more extroverted. These findings were in contradiction with Pollet & Nettle (2009) [4] who mentioned in his finding that the first born children are considered to be shy and more likely to withdraw from peers. In addition to majority of his findings represented that adolescence without speaking problems had high self confident, one third of them was from first born and

(28%) was second born, while (1%) was last born. Moreover, the best outcomes for adolescence are achieved through partnerships between parents and professionals. The environment plays a key role in the acquisition of language skills. The first-borns have been reported to take more internal responsibility for their actions they had probably developed this sense of responsibility because they were more often put in charge. Similarly children may have receptive, expressive or global language disorders can result in poor self-confidence and low self-esteem, which can affect personal and social relationships Findings of the present study revealed that there is no significance ($P > 0.05$) difference of birth order on adolescence school achievement. This is reveals that are more often good teachers dealing for all adolescence as the same one (Afacic, 2009) ⁽²¹⁾ reported that the combined efforts Knowledge, experiences and motivations of parents and professionals help children to develop to their fullest potentials for all adolescence birth order. In contradiction Christine (2013) [22] found that descending birth order was related to higher achievement as measured by high school completion, entrance into a university, and university degree obtainment. As Peter & Sara (2009) [6] Stated that although a number of factors affect the outcomes for adolescence achievement, many authorities believe that adolescence's birth order plays a special role in their self confidence. So, schools and health team are in a unique position to be able to teach adolescences strategies to raise self-confidence, independency, provide guidance and follow up activities, as well they monitor the impact of self-confidence and enhancement of education over time.

Results represents that the first born child has highest self confidence rather than the other birth orders. Christine (2013) [22] : agree with this findings and stated that this situation may result in the older boy's constantly striving for superiority and parents viewed this particular child differently in comparison to the rest of their children in the home. Factors such as maternal warmth, maternal conflict, and sibling relationships were all considered upon for developing self confidence Gorbett, & Kruczek., (2008) [23] supporting these findings and found that first and only children tend to attribute others' work performance to internal factors more so than later-born. Also, it was evident in the rural and semi urban community that the first adolescence become the central of attention of all family member, and all responsibilities burden upon him make the older adolescence's achieve the quality of leadership.

Apparently, the current study results revealed that the relationship between different birth orders were correlate positively with Pearson self confidence. (Denis & Stephen, 2002) [1] stated that, the siblings are exposed to similar cultural and economical environment, their



social environment is often different. Exposure to social environment is largely dictated by the adolescence's birth order in the family. It conditions him or her to grow in a certain manner only. Hence, it is logical to assume that people with same birth orders exhibit personality traits that are more or less identical. Needless to say, birth order also impacts the interpersonal relationships. However, the dynamics of birth order and human relationships were pretty complicated to be the same with each other.

Socialization of adolescence according to their birth order revealed that the 2nd and 3rd sibling have the same percentage of their socialization. However, there is no significance relationship between children in their socialization this finding were contrasted to the meta-analysis of only adolescence research conducted by (Garside & Climes, 2002) [18]. They found that only adolescence scored lower on sociability when the data was self-report, but there was no difference in sociability when the measurement method was peer rating.

Similarly, Suito & Pillemer (2007) [24] found middle-born have a more internal locus of control than first- or later-born in families of three or more siblings. They also found last-born in larger families show a more external locus of control than last-born from smaller families. Also, the last order was socialized. This result matched with a study conducted by Su-ping, & Li, (2006) [2] on sociability and birth order whose concluded that last-borne was the most sociable perhaps because they were not likely to win at competitions (due to their younger age and lower competency) and thus developed a more adaptive affinitive orientation.

Also, results representing that the last born adolescent have the full potentials for self dependency (Lesli, 2013) [3] disagree this findings by a comparison of the different characteristics of firstborn, middle born, last born, and only child. He reported that the firstborn and middle born children are more driven towards work and competition whereas the lastborn children are more socially oriented and expect people to do things for him. (Zaman & Saha, 2010) [25] Stated that this may be due to the fact that first born boys are expected to be independent, responsible, achievement oriented, and dominant. So that, they can act as model for their younger siblings. Also, (Steven et al., 2003) [26] believed that these representations were originate in early parent-child interactions and play an important role in the development of healthy interpersonal relationships In addition, adolescence's in city like Shebin El Kom tries to sort out problems individually without as much family support. So, they were used to facing the situations more confidently and maturely dependence on their own.

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Meanwhile, the youngsters might also are more open to new experiences, because they "see the obstacles that their older siblings have overcome and therefore feel more secure in challenging themselves.

Birth order can also change the way parents raise their adolescence. In most cases parents develop skills over time. The first-born adolescence may be raised in an environment of anxiety if parents are unsure of their new role. This can result in more anxious first-born adolescence As parents become increasingly comfortable with raising adolescence, they will typically given their second or third born adolescence more freedom to explore themselves. This kind of help and support influences the adolescence to build up their sense of independence.

So, Parents should provide nurturance for all adolescence as the same Sulloway & Zweigenhaft (2010) [19]. Moreover, both adolescents and parents need to know more about how to participate in a healthy family that will train healthy adolescents with more effective confidence, independency and social responsibility based on their own realistic plans for their future lives.

CONCLUSION

It was concluded from this study that boys have high self confidence than girls. The first born boy adolescence has high self confidence than other birth orders without significance difference on their solving problems or school achievement. Moreover, there were a significance difference for degree of self confidence with different residence, socialization, speech defect, and birth order, In addition to the last birth order has high competent to independency than other sibling.

RECOMMENDATIONS

It's recommended from this study that parents in rural areas should be instructed to deals with all children's birth order as the same, boys and girls should be treated equally and were no longer discriminated by age or gender.

Also, Psychologists, pediatricians and counselor should helps adolescence to acquire them adequate self confidence and dependency skills to enhance their psychological health for all birth order as the same. More research is needed to see if a significant difference can be seen between the birth order placements with self-esteem and motivation.

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