

A Study to Assess the Level of Self-Esteem among Adolescence at Selected Village in Chennai

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Abstract: *Self-esteem is a confidence of the individual's worthiness, also encompasses beliefs about self, expressed by a positive or negative evaluation. As per Rosenberg's it is a totality of individual thoughts and feelings, having reference to him as an object. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the experimental design of a study. The aim of the study was to assess the level of self-esteem among adolescents at a selected village in Chennai. Methodology: The investigator adopted a descriptive research design to assess the level of self-esteem among adolescent. After obtained a formal permission from the panchayat chairman, and written consent from the samples the study was conducted among 40 adolescents by used a non-probability purposive sampling techniques at a selected village in Chennai. Modified Rosenberg self-esteem scale was used to assess the level of self-esteem among adolescents. Results: The finding revealed that the 26 adolescent (65%) had moderate level of self-esteem and the 14 adolescents (35%) had high level of self-esteem. None of them has low level of self-esteem. The mean value was 20.025 with the standard deviation 5.62, also revealed that there was a statistically significant association found between the levels of self-esteem among the adolescent with their selected demographic variables such as age, gender, religion, type of family and income at $p < 0.05$ level, whereas there is no statistically significant association found with the remaining variables at $p < 0.05$ level. Conclusion: The study concluded that majority of the adolescent had moderate and high level of self-esteem.*

Keywords: Level of Self-esteem, Adolescents

1. Introduction

The term adolescent is defined by WHO as a fascinating transitional period and is also termed as "tremendous period". The adolescent is the age group between 12-18 is a highly vulnerable period and formative as well as impressionable. During adolescence period, the maximum amount of physical, intellectual, emotional and social growth takes place. Self-esteem is a tool used by adolescence to establish them in the society. Self-esteem is the awareness of their confidence about to know how they perceive or feel about themselves. Self-esteem is classified as high, moderate and low self-esteem. Person with healthy self-esteem is more likely to display positive behavioural characteristics, such as assuming responsibility, tolerating frustration, handling positive and negative emotions well and offering assistance to help others. Having a healthy self-esteem can help to achieve a positive, assertive attitude and believe that it can accomplish the goals.

Self-esteem starts at birth and is constantly developing under the influence of experience. This process of self-esteem is the most active in adolescence is a crucial High self-esteem helps adolescents to try new things, take risk to solve problems. It gives them a solid foundation for their learning and development and set them up for a healthy and positive future. Signs of healthy self-esteem, have a good sense to exhibit, the signs of healthy self-esteem are Confidence, ability to say no, positive outlook, ability to see overall strengths and weaknesses and accept them and ability to express their needs. According to WHO survey (2017), among 70% of adolescence girls it was found that self-esteem was based on beauty. Parvanesh (2020) conducted a longitudinal study in Mangalore among school students to investigate the relationship between self-esteem and academic achievement among 169 high school students. The results revealed that higher self-esteem results in better

academic achievement and in lower the self-esteem, academic achievement is weaker.

The consequences of having Low levels of self-esteem can lead to social anxiety, lack of confidence, hold back from succeeding at school/work and depression. Low self-esteem may hold back from succeeding at school or work because of the low self-esteem of student's capability. Self-esteem can play a significant role in the motivation and success throughout life. The ways to improve low self-esteem is to provide emotional support, increase emotional intelligence and positive reinforcement among adolescents. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the experimental design of a study.

Statement of the Problem

The study to assess the level of self-esteem among adolescent at selected village in Chennai.

Objectives

- 1) To assess the level of self-esteem among adolescent at the selected village.
- 2) To associate the level of self-esteem among adolescent with their selected demographic variables.

Hypothesis

H1: There is a significant association between the level of self-esteem among the adolescent with their selected demographic variables.

2. Methodology

In this study, quantitative research approach and descriptive design were adopted. 40 Samples were selected by using non probability purposive sampling technique. Modified

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Rosenberg self-esteem scale was used to assess the level of self-esteem among adolescent.

3. Result

Section A: Assessment of Level of Self-Esteem Among Adolescent.

Level of Self Esteem	Frequency (N)	Percentage (%)	Mean	S. D
Low self esteem	-	-	20.025	5.62
Moderate self esteem	26	65%		
High self esteem	14	35%		

Section B: Association Of Level Of Self Esteem Of Adolescent With Their Selected Demographic Variables, N=40

S. No	Demographic variables	Low		Moderate		High		Chi Square
		(n)	%	(n)	%	(n)	%	
1	Age:							X ² =2.909, df=4, P=9.49, S*
	a.13-15yrs	-	-	1	2.50%	0	-	
	b.15-17yrs	-	-	17	42.50%	8	20%	
	c.17-19yrs	-	-	8	20%	6	15%	
2	Gender:							X ² =2.3045, df=2, p=5.99, S*
	a. Male	-	-	13	32.50%	4	10%	
	b. Female	-	-	14	35%	9	22.50%	
3	Religion:							X ² =4.531, df=6, P=12.59, S*
	a. Hindu	-	-	16	40%	9	22.50%	
	b. Christian	-	-	7	17.50%	4	10%	
	c. Muslim	-	-	2	5%	2	5%	
	d. Others	-	-	-	-	-	-	
4	Birth Order:							X ² =14.652, df=6, P=12.59, NS
	a.1	-	-	12	30%	9	22.50%	
	b.2	-	-	11	27.50%	3	7.50%	
	c.3	-	-	3	7.50%	1	2.50%	
	d.4	-	-	0	0	1	2.50%	
5	Number of siblings.							X ² =30.484, df=6 p=12.59, NS
	a.1	-	-	5	12.50%	6	15%	
	b.2	-	-	10	25%	9	22.50%	
	c.3	-	-	2	5%	2	5%	
	d.4	-	-	3	7.50%	3	7.50%	
6	Type of Family							X ³ =2.0611, df=2 p=5.99, S*
	a. Nuclear	-	-	20	50%	6	15%	
	b. Joint family	-	-	7	17.50%	7	17.50%	
7	Income:							X ² =3.1311, df=6, P=12.59, S*
	a. Rs. <10, 000	-	-	9	22.50%	9	22.50%	
	b. Rs.10, 000-25, 000	-	-	10	25%	8	20%	
	c. Rs.25, 000-50, 000	-	-	2	5%	2	5%	

*Significant at P<0.05 level

4. Discussion

The finding revealed that among 40 adolescent 26 (65%) of them had moderate level of self-esteem and 14 (35%) had high level of self-esteem none of them had low self-esteem. The mean value was 20.025 with the standard deviation value of 5.62, also there was a statistically significant association found between the levels of self-esteem among the school children with their selected demographic variables such as age, gender, religion, type of family and income at p<0.05 level. Hence the hypothesis stated that "There is a significant association with the level of self-esteem among the adolescents with their selected demographic variables" was accepted.

The study findings were supported by a study conducted by **Miney. M. et al (2018)** on assessment of level self-esteem among school students in Puducherry. The aim of this study was to analyse the correlation between academic achievement and self-esteem among teenagers. Forty 14-

year-old students (20 boys and 20 girls) with excellent, very good and good results in school were examined. The study revealed that girls have significantly more negative attitudes towards themselves comparing with boys.

Mahmoud. et al (2013) conducted a descriptive study in Bangalore among 145 adolescents to assess the level of self-esteem and academic achievement. Data was collected by using Rosenberg's self-esteem scale. Result revealed that boy's self-esteem is slightly higher than the girl's self-esteem.

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