



Self esteem among Adolescents

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Abstract

The present study was undertaken to investigate the self-esteem of adolescents and to examine the gender differences. The sample of this study consisted of 120 adolescents (60 boys and 60 girls) from Ranchi town. Self-esteem was measured by Self-Esteem Inventory by Prasad and Thakur (1977). The findings of the study revealed that there was no significant difference between boys and girls adolescent in their self esteem.

Keywords: Self-esteem, students and adolescents

Introduction

Adolescence is a stage where transition occurs from childhood towards the adulthood. Adolescence can be generally defined as the period of life when a child develops into an adult generally seen during 12-19 years. In an education system adolescents are receiving education in junior and senior high schools. During this phase of development they face rapid physical and mental changes due to which they can sometimes feel incompatible with the changes around their physical and social environment. Adolescence is one period in which boys and girls faces with many problems and issues. It is necessary that adolescent self esteem to be at top to face the problems faced with adolescent period. Many teenagers will have low self esteem and it is imperative to know major reasons for low self esteem and find out ways and means to combat the low self esteem. It is highly advisable to make dedicated efforts to bring up the self esteem.

Self-esteem is an aspect of self-concept. It influences behavior in many ways. It is the evaluative component of the self concept. Self-esteem is an important component of psychological health. Global sense of self-esteem involves appraisals of the extent to which persons feel they are lovable, competent, morally valuable and able to affect their own lives. Self esteem is a concept of personality, for it to grow, we need to have self worth, and this self worth will be sought from embracing challenges that result in the showing of success. Implicit self-esteem refers to a person's disposition to evaluate them positively or negatively in a spontaneous, automatic, or unconscious manner. Self-esteem can be defined as — The sense of contentment and self-acceptance that stems from a person's appraisal of his own worth, Significance, attractiveness, competence and ability to satisfy his aspirations. The literature is contradictory with regards to the primary agents responsible for the formation of the evaluative component of self. Psychoanalytic, Object Relations and Ego Psychology all agree that differentiation of the self is one of the earliest tasks of the infant. Development and growth allow the infant an increasing ability to conceptualize that part of the self, available for conscious attention. Self-esteem emerges at two years of age in relation to the mother a child's self-esteem develops in response to the rejection or acceptance

they receive from significant others- individuals value themselves, as they are valued. During adolescence the need for social acceptance is essential for self-esteem development to occur. The school child is not self-determined and is likely to be accepting of the ideal images provided by significant people around him. Extraneous influences lose their potency to the extent to which the individual becomes self-determined and develops defenses, which protect the self-esteem. Self esteem is the one important factor required by anybody to succeed in life. Implicit self-esteem refers to a person's disposition to evaluate them positively or negatively in a spontaneous, automatic, or unconscious manner. Self-esteem is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage, relationships and criminal behaviour. Self-esteem issues take on a particular significance for students with learning or attention problems because self-assessment of this concept requires the ability to evaluate and compare. There are many such reasons for low self esteem of adolescents. If proper care is not given, the low self esteem gradually will lead to many physical and mental ailments. It is important to bring up the adolescents with high self esteem.

Review of Literature

Robins *et al.*, (2002) ^[3] have reported that adolescents' boys have higher self-esteem than adolescent's girls. Gender has an impact on various aspects of adolescents and can also affect changes in self esteem during the adolescent years. Girls also may have lower self esteem because during childhood and adolescence girls typically experience a decrease in self esteem compared to boys whose self esteem increase or stay the same, Pollastri *et al.*, (2010) ^[2]. Unni *et al.*, (2010) ^[5] study investigated gender differences on domains of stress, self-esteem and emotional states (depression and anxiety) as well as the association between stress, self-esteem and emotional states using a sample of Norwegian adolescents ($N = 1508$). The results showed that girls had significantly higher mean scores on all stress domains and on emotional states compared with boys. Conversely, boys scored significantly higher on self-esteem.

Sharma (2013) [4] found that significance difference exists between secondary school boys and girls in mental health, self-esteem and family environment.

Hypothesis

There will be significant difference between boys and girls in relation to their self- esteem.

The Sample

Sample of the present study consisted of boys and girls respondent studying in class 10 of different schools of Ranchi town. The sample split of 120 students from adolescents 60 boys and 60 girls.

Tool

Self-esteem inventory

This inventory was developed by Prasad and Thakur (1977). The scale consists 30 items. This is a seven point scale. The scale assesses two areas one is personally perceived self and other is socially-perceived self. Out of the thirty items, seventeen are socially desirable and thirteen are socially undesirable. The items which are socially desirable would get 7 scores if answered completely true and 1 if answered completely false. Other intermediate answers would get scores accordingly. The socially desirable items would be scored in the opposite manner, i.e., the completely false point would get 7 scores and completely true would get 1 score. Split half reliability co-efficient were found for both the tests were .69 and .66 respectively for personally-perceived self and socially-perceived self. Test Re-test reliability co-efficient were found for both the tests were .69 and .66 respectively for personally-perceived self and socially-perceived self.

Procedure

The self-esteem inventory test was administered to both groups with instructions to complete all questions honestly and not to discuss the questions with fellow students. Scoring was done according to the respective scoring keys. In order to fulfill the hypotheses of the study the score obtained were analyzed with mean, SD's and t value.

Analysis of Data

Data is by analyzed using statistical techniques like mean, SD and t-ratio. Bar diagrams graphs were drawn to make the results transparent.

Result and Discussion

Table 1: Comparison between boys and girls adolescent on Self Esteem

Group	N	Mean	SD	t Value	P Value
Boys	60	271.57	41.37	0.38	Not Significant
Girls	60	268.78	38.98		

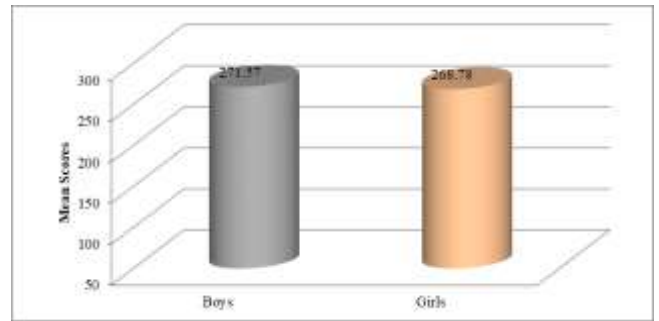


Fig 1: Mean score of boys and girls adolescent on Self Esteem

At the look of means of two groups indicates that mean score of boys (M=271.57) was slightly higher than their girls counterparts (M= 268.78), but their difference was statistically not significant. Thus it can be concluded that as far as self-esteem is concerned, gender does not play any role. Hence, our hypothesis “There will be significant difference between boys and girls in relation to their self-esteem” was rejected. The findings about gender differences are in line with those of the studies by Erol and Orth (2011) [1]. It is due to the facts that are derived from same school and due to modernization the differences are not existed in this sample.

Conclusion

Boys and girls exhibited same self esteem.

References

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