

## Self-esteem among adolescents

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### Abstract

Self-esteem is a persons' personal judgment of self-worth, based on how well behavior matches with self ideal. Self esteem increases with age and is more threatened during adolescence, when concepts of self care are being changed and many self decisions are made. Non-experimental correlational descriptive survey research design or ex-post facto research design is used in the study. In this study, purposive sampling technique was used to select residential school. Simple random sampling technique that is lottery method was used to select 60 adolescents who studying in residential school. Level of self esteem was assessed by using Rosenberg self esteem scale and Data collected was analyzed by using descriptive and inferential statistics. It revealed that highest that is 55% of adolescents had normal level of self-esteem, 36.67% of adolescents had high level of self-esteem and 8.33% adolescents had low level of self-esteem. There was significant association of self esteem with selected demographic variables such as Age (in years), year of education, type of family, fathers education status, mothers education status, occupation of the head of the family and number of siblings except gender and monthly income of the family. The findings of the study showed that adolescents may have varied level of self esteem. So there is great need of interventions to promote adolescents self esteem in order to maintain healthy mental health of adolescents.

**Keywords:** self esteem, residential school and adolescents

### Introduction

#### Need for the Study

Adolescence describes the teenage years between 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "teen" years (9 years -12 years). Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self-identity. During this time, peer groups and external appearance tend to increase in self-esteem and self concept<sup>[1]</sup>. Self-esteem refers to people's sense of self-worth and value. Many children's self-esteem falls when they start school and have to cope in a strange new situation with lots of other new children and new rules to learn. Self-esteem in the primary school years is about how well children manage the learning tasks of the school, how they do at sport, how they look and how they can make friends with other children. Stress at home such as parents fighting with each other can affect children's self-esteem<sup>[2]</sup>.

A large number of studies conducted in various cultures and populations supported the significance of self-esteem in adolescence. Adolescents, who have high self-esteem, always handle their stress and frustration in more appropriate ways. Because late adolescence is a phase where there is a pressure to start independent social life and the number of environmental and social challenges occurs during this period, therefore, self-esteem helps individuals cope with these changes and to protect their mental health. In spite of other factors self-esteem is directly related to personal well-being<sup>[3]</sup>.

Teen self-esteem can be affected by a number of factors, and low self-esteem in teens can make them susceptible to

various problems. The mental and emotional health problems adolescents face today challenge their sense of mental and emotional balance and without a doubt; produce a tremendous amount of anxiety. Anxiety can be described as an unrealistic fear resulting in physiological arousal and accompanied by the behavioral signs of escape or avoidance. Anxiety disorders can lead to poor school attendance, low self-esteem, deficient interpersonal skills, alcohol abuse, and adjustment difficulty. Therefore, schools can be a good setting for the recognition of anxiety disorders in children and Adolescents<sup>[4]</sup>.

#### Objective of the study

1. To assess the level of self esteem among adolescents in a selected residential school
2. To find the association between self esteem and selected demographic variables.

#### Research Methodology

**Research Approach:** Descriptive survey approach

**Research Design:** Non-experimental correlation descriptive survey research design or ex-post facto research design

**Setting:** Selected residential school at Salem

**Population:** The adolescents who are studying in residential school at Salem

**Sample:** Sample was 60 adolescents between the ages of 13 – 18 years who are studying in Residential School at Salem

**Sampling Technique:** Residential school was selected using

purposive sampling and subjects were selected using simple random sampling technique.

**Development of tool**

The tool had two parts

**Part I:** Demographic Proforma of adolescents with 8 items

**Part II:** Rosenbergs’ Self Esteem Scale with 10 items

**Data Collection Procedure**

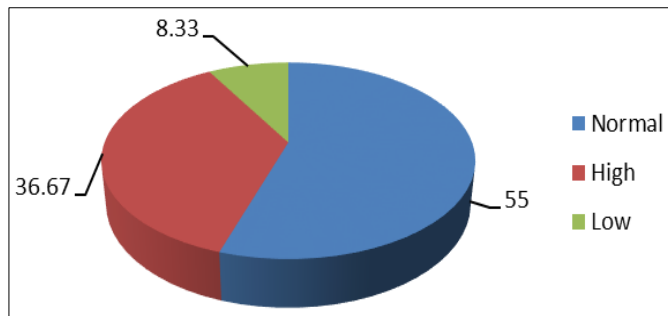
Data was collected from 15/01/2014 to 15/02/2014.

**Ethical Consideration**

- Prior to data collection, permission was obtained from the concerned authority for conducting the study.
- Informed consent was obtained from the sample.

**Major Findings of the Study**

Analysis of demographic data revealed that highest percentage (33.33%) of samples at the age group of 13 years, highest percentage (51.67%) of samples are female, highest percentage (36.67%) of samples studying in 10th standard, maximum (68.33%) samples belongs to joint family, highest (36.67%) of samples father had higher primary education and 51.67% samples mothers had primary education, maximum 63.33% of samples family depends on agriculture, highest 40% of samples monthly family income is between Rs 5,001/- to Rs 10,000/- highest percentage (70%) of samples have 2 siblings.



**Fig 1:** Level of Self esteem

Result shows that highest percentage of samples (55%) had normal self esteem, 36.67% had high self esteem and only 8.33% had low self esteem.

In the present study the association of level of self esteem with selected demographic variables was found out using  $\chi^2$  formula. The result shows that variables like age in years ( $\chi^2 = 15.099$ ,  $p < 0.05$ ), year of education ( $\chi^2 = 14.62$ ,  $p < 0.05$ ), type of family ( $\chi^2 = 15.513$ ,  $p < 0.05$ ), father’s education ( $\chi^2 = 14.527$ ,  $p < 0.05$ ), mother’s education ( $\chi^2 = 12.697$ ,  $p < 0.05$ ), occupation of the head of the family ( $\chi^2 = 18.299$ ,  $p < 0.05$ ) and number of siblings ( $\chi^2 = 12.846$ ,  $p < 0.05$ ) had significant association with level of self esteem as the calculated  $\chi^2$  value was more than the table value at 0.05 level of significant. However, no significant association was found between variable is like gender ( $\chi^2 = 1.99$ ,  $p > 0.05$ )

and family monthly income ( $\chi^2 = 3.457$ ,  $p > 0.05$ ) with self-esteem.

**Limitations**

- This study conducted in only one residential school which imposed limits in generalization of findings.
- No intervention has done to improve self esteem among Adolescents.
- This study is limited to only 60 samples between the age group of 13 years to 18 years.

**Recommendations**

Keeping in view the study findings, the following recommendations have been done;

- A similar study can be conducted with a larger sample to generalize the findings.
- Intervention can be conducted to promote self esteem among adolescents.
- Other factors which affect self esteem can be assessed to increase the scope of study.
- Similar study can be conducted in other non residential school also to generalize the findings.

**References**

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