

SELF ESTEEM AMONG THE ADOLESCENCE SCHOOL CHILDREN**M. N. Lukmanul Hakeem**

Research Scholar in Social Work
PG and Research Department of Social Work
Sree Narayana Guru College
Coimbatore

Dr. Mariya Yesuraja

Professor and Head
PG and Research Department of Social Work
Sree Narayana Guru College
Coimbatore

Abstract

Adolescence is a stage of transition in social, psychological and physical state. Adolescents face numerous issues during this stage and require adequate support and confidence to overcome the same. Low self esteem is a considered as a sign of mental health conditions like anxiety and depression. Unaddressed low self esteem may leads to various other problems and will have a significant impact over the wellbeing of the adolescence which includes psychical, psychological and social well being. Thus, in understanding the importance of the self esteem in adolescence, the present study is been carryout.

Self Esteem, Adolescence, School

Introduction

Adolescence is considered as a significant part of our human lives. Adolescence is stage between childhood and adulthood which is described by significant social, psychological and physical transitions. These transitions provide opportunities which positively influence the health of young people but at the same time make have new risks associated with it. It is the stage where ones knowledge and skills are developed, emotions and relationship management is learnt and obtains capacities and abilities which are more important to enjoy the adolescent stage and to switch over to an adult stage.

One of the important issues which have a significant effect on teenagers or adolescents is self esteem. Self esteem is defined as how one feels about himself or herself and also who you think others. It can be also stated that how one likes him or her from both inside and outside. The emotional and physical changes which are taking place during the transition stage presents new challenges in the adolescence self esteem. Often it is found that those individuals who have high self esteem during their childhood are often found to have high level of self esteem during their adolescence. Low esteem in adolescence can lead to many problems and it can make a teen more vulnerable. It can also have a serious impact on the well being of adolescence like troubles in relationship, lack of proper interaction, mood swing such as feeling anxious, sad or angry.

Thus, low self esteem is found to be a serious issue in adolescence and there is a strong support required for this adolescence to be nourished with confidence and help to enhance and improve their self esteem. Family plays a vital role in developing the character and traits of an adolescence. An adolescence is more been influenced by the parents which seeks importance in determining the self esteem. Apart from family, school also plays a major role developing the personal traits of the adolescence as they spend more time in their schools with teachers and peers. According to ACT, 2003 it has been estimated that nearly half of the adolescence will be suffering from low level of self esteem especially in their early teen's period. Thus, the importance of self esteem is been largely recognized and an attempt is made to measure the same and find a suitable intervention to enhance the self esteem of the adolescence. Self esteem can be enhanced through various psychological techniques. The present study thus focuses on the self esteem of the adolescence school children.

Review of Literature

Firdevs savi Cakar and Zeynep Karatas (2017) their study results showed school attachment is significantly predicted by school, anger and life satisfaction. Josephat M. Chinawa, et.al (2015) their findings reveals that the mean self esteem was found to be 15.77 and low self esteem was found to be mostly among the older adolescence and found to be rare among the adolescence less than 11 years. When compared to male and female self esteem, female had lower level of self esteem than their counterparts. McLeod SA (2012) has stated that social dominancy means that adolescence with middle level on self esteem scale is composed of diverse personality characteristics, which might be more for some when compared to others. have stated that

adolescence with low self esteem often have depression and like to have anxiety and interpersonal confidence. Portia EA (2010) have stated that self esteem depicts the individual opinion about his value or worth or to the level to which the individual approves, prizes, appreciates or likes himself or herself which can be views a an indicator of psychological well being. Anubha D, Sangeeta B, Vidhi S, Priyanka G. (2007) their study found that that the self development in girls is affected by the concerns with friends acceptance, sensitivity to the conflicting expectations, peer group socialization opportunities, expression freedom, etc which is linked to the major change in the life style of the female. .

Objectives

1. To study the personal profile of the adolescence school children.
2. To assess the level of self esteem of the adolescence school children.
3. To study the factors influencing self esteem of the adolescence school children.

Methodology

The study is descriptive in nature. It tries to explain the characteristics of the phenomena under study. The universe of the study constitutes the selected schools in Srilanka. Out of the total population, 10 schools were randomly selected for the present study. Systematic random sampling was adopted to select the samples for the study. The researcher used questionnaire for the purpose of collecting data from the respondents. The questionnaire consists of two sections namely personal profile and self esteem. The self esteem of the respondents was measured using a standardized scale which consists of 20 statements with 5 point rating scale. Higher the score higher is the self esteem. Both primary and secondary data were used in the present study. The scale is subjected to reliability and validity. The reliability of the scale was found to be 0.73 and face validity was administered. The statistical tools namely simple percentage analysis, mean, standard deviation and Friedman test were used to analyze the data.

Analysis and Interpretation

Personal Profile

Table 1

Personal Profile of the Respondents.

	Particulars	Frequency	Percent
Age	16	2	6.7
	17	10	33.3
	18	7	23.3
	19	11	36.7
Gender	Male	15	50.0
	Female	15	50.0
Education	Ordinary	3	10.0
	Advanced	27	90.0
Domicile	Rural	22	73.3
	Semi Urban	6	20.0
	Urban	2	6.7
Birth Order	I	9	30.0
	II	12	40.0
	III	9	30.0
Family type	Nuclear	25	83.3
	Joint	5	16.7
Parents	Both parent	2	6.7
	Single parent	28	93.3

The above table depicts that 36.7 percent of the respondents were 19 years old, 33.3 percent of them were 17 years old, 23.3 percent of them were 18 years old and 6.7 percent of them were 16 years old. It shows that 50 percent of the respondents are male and 50 percent of female. It was found that 90 percent of the respondent's level of education was advanced and 10 percent of them were ordinary. Out of the total respondents majority (73.3 percent) was residing in rural

areas, 20 percent of them were residing in semi urban areas and 6.7 percent of them were residing in urban areas. It is clear from the above table that 40 percent of the respondent's birth order was second, 30 percent was third and 30 percent of their birth order was first. The table shows that majority of the respondents belong to nuclear family and only 16.7 percent of them belong to joint family. Majority of the respondents had single parents and only 6.7 percent of them had both parents.

Self Esteem of the Respondents

Table 2

Level of Self Esteem of the Respondents

Level of Self Esteem	Frequency	Percent
Very high	63	9.1
High	142	20.4
Moderate	357	51.3
Low	88	12.6
Very low	46	6.6
Total	696	100

The above table reveals that, out of the total respondents, 51.3 percent of them had moderate level of self esteem, 20.4 percent of them had high level of self esteem, 12.6 percent of them had low level of self esteem, 9.1 percent of them had high level of self esteem and 6.6 percent of them had very low level of self esteem.

Descriptive Statistics of Self Esteem of the Respondents

Table 3

Performance Self Esteem of the Respondents

Factors	N	Minimum	Maximum	Mean	Std. Dev.
Performance Self Esteem	126	10.00	25.00	19.3095	3.24090

Social Self Esteem	126	8.00	22.00	17.5952	3.55118
Appearance Self Esteem	126	14.00	25.00	17.5794	2.36424

The above table depicts that, the mean performance self esteem of the respondents was found to be 19.3 and social self esteem was found to be 17.5 and appearance self esteem was found to be 17.5.

Table 4

Factors Influencing Self Esteem using Friedman Ranks Test

Factors	Mean Rank	Rank	Statistical Result
Performance Self Esteem	2.31	1	Chi-Square = 24.029 Df=2 Sig. = 0.000
Social Self Esteem	1.98	2	
Appearance Self Esteem	1.71	3	

The above table reveals that of the three factors of self esteem namely performance self esteem, social self esteem and appearance self esteem, performance self esteem was found to be the most influencing factor of self esteem with a mean rank of 2.31 followed by social self esteem with a mean value of 1.98 and appearance self esteem with a mean value of 1.71.

Salient Findings

- More than one-third (36.7 percent) of the respondents were 19 years old.
- Half (50 percent) of the respondents are male
- Majority (90 percent) of the respondent's level of education was advanced
- Majority (73.3 percent) was residing in rural areas
- Two fifth (40 percent) of the respondent's birth order was second
- Majority of the respondents belong to nuclear family

- Majority of the respondents had single parents
- More than half (51.3 percent) of them had moderate level of self esteem
- Performance self esteem was found to be the most influencing factor of self esteem with a mean rank of 2.31

Conclusion

The study found that there was a moderate level of self esteem found among the adolescence school children. The study also concludes that performance self esteem was found to be the foremost factor which influences the self esteem of the adolescence school children.

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