

Assessment of Self-esteem Level among Adolescents: An Exploratory Study

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Abstract

Background: Adolescents as an age group usually tend to be subsumed under the categories of either youth or children. One of the main developmental tasks of adolescence is the formation of identity. India has the largest population of adolescents in the world being home to 243 million individuals aged 10 - 19 years. Nearly 90 per cent live in developing countries. Self-esteem is an essential component of self-awareness. It occupies a key place in the structure of adolescent individual because it is related to mental health and definition of life goals.

Objectives: To assess the level of self-esteem among adolescents and to associate the self-esteem among adolescent with their selected demographic variables.

Methodology: The research approach used for this study was quantitative research approach and the design selected was descriptive survey research design purposive sampling techniques was used to collect the data. The researcher assesses the level of self-esteem of the adolescents students studying 8th standard by using Rosenberg self-esteem scale.

Result: The finding of the study showed that majority 56 (93.3%) of adolescent have moderate level of self-esteem, 4 (6.7%) of adolescent have high level of self-esteem and none of the adolescent have low level of self-esteem. Adolescent student level of self-esteem associated with extracurricular activities at the level of $p < 0.05$.

Conclusion: Mental health nurse should take care more assertive role in promoting and providing relevant health education and psycho education to the community, schools and other health care setting with emphasis on helping adolescents to develop positive self-esteem.

Keywords: Self-Esteem; Adolescent Student

Introduction

Adolescents as an age group usually tend to be subsumed under the categories of either youth or children. One of the main developmental tasks of adolescence is the formation of identity [1]. World Health Organization defined as adolescence is the period between 10 and 19 years. These are the formative as well as vulnerable years when the maximum amount of physical, psychological and behavioral changes takes place [2,3].

India has the largest population of adolescents in the world being home to 243 million individuals aged 10-19 years. Nearly 90 per cent live in developing countries [4]. Self-esteem is an essential component of self-awareness. It occupies a key place in the structure of adolescent individual because it is related to mental health and definition of life goals [5]. It can be defined as one's evaluation from In

contrast, educational failures make the communities’ him/herself or the degree to which a person values, impossible to use its potential of human capital and respect or approves him/her [6,7].

According to Maslow’s theory of hierarchical needs, self-esteem (self-respect) can be considered as a need for humans [8]. The main causes of low self-esteem are distinguish on the basis of race and caste, comparison with others, physical appearance, financial and social position, negative experiences, poverty and punishments [9-12]. Low self-esteem has many different manifestations like withdrawal, depression and lack of self-confidence.

Many adolescents express anger and frustration because they do not complete certain tasks easily or efficiently. When these feelings are turned inward they reinforce feeling of low self-esteem [13]. Low level of self-esteem among adolescent may have the impact on their day today activities which will affect the overall performance of the adolescents.

Objectives of the Study

- To assess the level of self-esteem among adolescents.
- To associate the self-esteem among adolescent with their selected demographic variables.

Methodology

Quantitative research approach and explorative research design was used for this study. The study was conducted in a selected Government high school of Puducherry. All school going adolescent students who come under the inclusion criteria were chosen as a sample. The sample size comprised of 60 adolescents. Purposive sampling technique was adopted to collect the data. The subject included were all adolescents students in the age group of 13 - 15 years, Studying 8th standards and Both boys and girls. Adolescents who were not willing to participate in this study and absent for a long period were excluded from the study. The data were collected using demographic data sheet and a standardized Rosenberg self-esteem scale. The data were collected after obtaining permission from concerned authority. Informed concerned was obtained from the individual student prior to data collection. After collecting the demographic data the self-esteem was assessing by using Rosenberg self-esteem scale.

Result

The result showed that majority 51 (85%) of adolescents belonged to the age of 13 years, 54 (90%) of adolescents belonged to Hindu religion, 49 (81.7%) of adolescents were joint family, 48 (80%)of adolescents were residing in urban area, 34 (56.7%) of adolescents were first in birth order, 34 (56.7%) of adolescents were having one sibling, 26 (43.3%) of adolescents were having 1 - 4 friends and 31 (51.7%) of adolescents were extracurricular activities in sports (Table 1).

Demographic variables	Frequency (N)	Percentage (%)
Age		
13 years	51	85
14 years	9	15
Sex		
Male	30	50
Female	30	50
Religion		
Hindu	54	90
Muslim	3	5
Christian	3	5

Type of family		
Nuclear family	11	18.3
Joint family	49	81.7
Place of residence		
Urban	48	80
Rural	12	20
Education of the father		
Illiterate	14	23.3
High school education	41	68.3
Graduate	5	8.3
Education of the mother		
Illiterate	25	41.7
High school education	30	50
Graduate	5	8.3
Family income		
Rs. 1000 - 5000	40	66.7
Rs. 5000 - 10000	20	33.3
Occupation of the father		
Unemployed	-	-
Private employee	31	51.7
Self employee	28	46.7
Government employee	1	1.7
Occupation of the mother		
Unemployed	34	56.7
Private employee	17	28.3
Self employee	8	13.3
Government employee	1	1.7
Birth order		
First	34	56.7
Second	23	38.3
More than three	3	5
Number of siblings		
One	34	56.7
Two	23	38.3
Above two	3	5
Educational medium		
Tamil	30	50 %
English	30	50 %

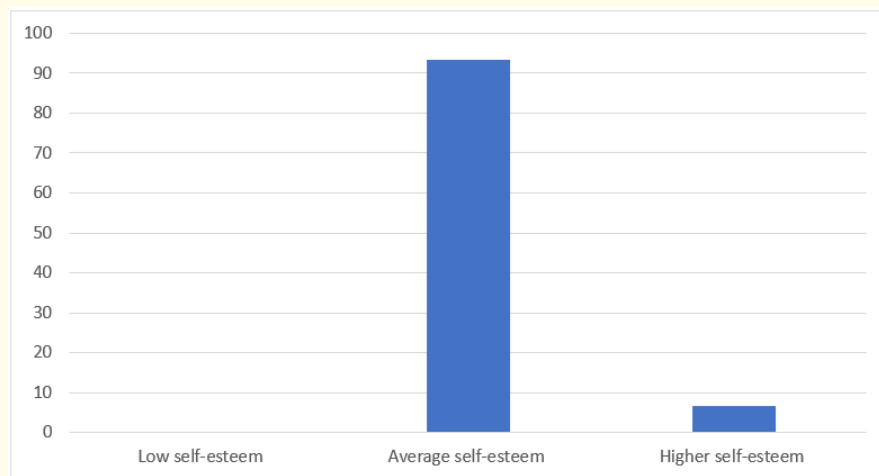
Number of friends		
1 - 4	26	43.3
4 - 8	14	23.3
More than 8	20	33.3
Extracurricular activities		
Sports	31	51.7
Music	5	8.3
Dancing	10	16.7
Drawing/painting	14	23.3
Member of any student Organization		
Yes	26	43.3
No	34	56.7

Table 1: Distribution of demographic variables among the adolescents (N = 60).

When the overall self-esteem scores were categorized into various levels of self-esteem low, moderate, High), more adolescent appeared to fall into the high category 56 (93.3%) when compared to the UK nursing students (5.9%). 4 (6.7%) of adolescent have high level of self-esteem and none of the adolescent have low level of self-esteem. These results are displayed in table 2.

Level of self-esteem	Frequency (N)	Percentage (%)
Low	-	-
Moderate	56	93.3
High	4	6.7

Table 2: Assessment of the level of self-esteem among adolescent (N = 60).



Figure

Demographic variables	Average self-esteem		High self-esteem		Chi square value
	N	%	N	%	
Age					0.756
13 years	47	78.33	4	6.66	df = 1
14 years	9	15	0	0	P = 0.384 NS
Sex					1.071
Male	29	48.33	1	1.66	df=1
Female	27	45	3	5	P =0.301 NS
Religion					0.476
Hindu	50	83.3	4	6.66	df=2
Muslim	3	5	0	0	P =0.788
Christian	3	5	0	0	NS
Type of family					0.127
Joint family	10	16.66	1	1.66	df=1
Nuclear family	46	76.66	3	5	P=0.721 NS
Place of residence					0.067
Urban	45	75	3	5	df=1
Rural	11	18.33	1	1.66	P=0.796 NS
Education of the parents: father					1.986
Illiterate	14	23.33	0	0	df=2
School education	37	61.66	4	6.66	P=0.370
Graduate	5	8.33	0	0	NS
Education of the parents: mother					4.286
Illiterate	25	41.66	0	0	df=2
School education	26	43.33	4	6.66	P=0.117
Graduate	5	8.33	-	0	NS

Family income (monthly)					
Rs.1000 to 5000	37	61.66	3	5	0.134
Rs. 5000 to 10000	19	31.66	1	1.66	df=1 P=0.714 NS
Occupation of the parents: father					
Private employee	29	48.33	2	3.33	0.084
Self employed	26	43.33	2	3.33	df=1
Government employee	1	1.66	0	0	P=0.959 NS
Occupation of the parents: mother					
House wife	32	53.33	2	3.33	0.559
Private employee	16	26.66	1	1.66	df=3
Self employed	7	11.66	1	1.66	P=0.906
Government employee	1	1.66	0	0	NS
Birth order					
First	21	35	2	3.33	0.805
Second	26	43.33	2	3.33	df=2 P=0.669 NS
Third	9	15	0	0	
Number of siblings					
One	31	51.66	3	5	0.667
Two	22	36.66	1	1.66	df=2
Above two	3	5	0	0	P=0.716 NS
Medium of education					
Tamil	28	46.66	2	3.33	0.000
English	28	46.66	2	3.33	df=1 P= 1.000 NS

Number of friends					
1 - 4	26	43.33	0	0	3.520 df=2 P=0.172 NS
4 - 8	12	20	2	3.33	
More than 8	18	30	2	3.33	
Extracurricular activities					
Sports	30	50	1	1.66	10.238 df=3 P=0.017 S*
Music	3	5	2	3.33	
Dancing	10	16.66	0	0	
Drawing/painting	13	21.66	1	1.66	
Member of any student organization					
Yes	23	38.33	3	5	1.750 df=1 P=0.186 NS
No	33	55	1	1.66	

Table 3: Association of level of self-esteem among adolescent with their selected demographic variables (N = 60).

*p < 0.05-significant.

The association between self-esteem and selected demographical variables were investigated for using Chi square value. There were no association self-esteem and selected demographical variables except extracurricular activities. The obtained χ^2 value was 10.238, with df = 3 at P = 0.017 which showed the result of self-esteem was significantly associated with extracurricular activities at p < 0.05.

Discussion

The result showed that majority of adolescent were in the age group of 13 years, Hindu religion, belonged to joint family, were living in urban area, parents had high school education, had family income of Rs. 1000 - 5000, were first birth order, had two number of siblings, had 1 - 4 number of friends and extracurricular activities in sports.

The result highlight of the present study showed that majority 56 (93.3%) of adolescent were in moderate level of self-esteem and 4 (6.7%) of adolescent were high level of self-esteem and none of them were in low level of self-esteem.

The present study was supported by the study conducted by Anu Maria Alias (2012), Bangalore, among 30 adolescent girls' school students who reported 18 (60%) of adolescent student had low level of self-esteem, 12 (40%) had average level of self-esteem [14].

Another study conducted by Valliammal S (2017) which was supported the present study. Findings of the study showed that 53.33% of the adolescents had high self-esteem, 41.6% had moderate level of self-esteem, and 1.66% of them had respectively very high, very low and low self-esteem [15].

The present study was supported with the study conducted by Babaei M (2015), revealed that the level of self-esteem of student was significantly associated with the gender, religious practice and family monthly income at p < 0.05 [16].

Conclusion

The study finding showed that, the level of self-esteem of adolescent had moderate and high level of self-esteem. The overall results depicts that self-esteem of adolescent was correlated to and predicted of their physical and mental health. As a mental health nurse should taken care more assertive role in promoting and providing relevant health education and psycho education to the community, schools and other health care setting with emphasis on helping adolescents to develop positive self-esteem.

Recommendations:

- A similar study can be conducted for a larger group of adolescents to enhance self-esteem.
- Study can be done using different methods of teaching.
- A similar study can be done among college students for the improvement of academic performance.
- Intervention module can be compared with other alternative method like assertiveness training programme.

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