

## A DESCRIPTIVE STUDY TO ASSESS SELF-ESTEEM AMONG ADOLESCENT GIRLS STUDYING IN CO-EDUCATIONAL SCHOOLS

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### ABSTRACT:

*Biopsychosocial environment in school plays a vital role in development of students. Self-esteem is a multidimensional and context dependent learned behavior pattern that reflects an individual's evaluation of past behavior and experiences, influence individual's current behavior and predict individual's future behavior. A descriptive study was conducted to assess the self-esteem among adolescent girls studying in co-educational schools. Total 140 adolescent girls of selected coeducational schools were selected by stratified random sampling. Rosenberg self-esteem scale (Standardized) was used to collect the data from study participants. Findings of the study revealed that 1(0.7) adolescent girls have low self-esteem and 114(81.4) adolescent girls have average self-esteem whereas 25(17.9) from co-educational school girls have high self-esteem and also showed significant association between level of self-esteem and age, academic standard and type of family ( $p \leq 0.05$ ) whereas no significant association observed with and family income and type of school of subjects ( $p \geq 0.05$ )*

**KEY WORDS:** - self-esteem, adolescent, co-educational school.

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## INTRODUCTION

Self-esteem is an overall evaluation of the person's value, expressed in a positive or negative orientation toward himself. Its development starts from birth and is constantly changing under the influence of experience, especially important is the role of self-esteem in the process of adolescence. During this period, it correlates with achievement and mental health. Low self-esteem has been associated with a number of psychological, physical, and social consequences that may influence successful adolescent development and the transition to adulthood, including depression, anxiety, suicide and disordered eating.

Self-esteem is a part of our personality and in order to raise it we need to have a sense of personal worth coming from those life challenges that demonstrate our success. Self-esteem has two elements-self-knowledge and self-awareness. It included the individual's perception about their own strengths and weaknesses, abilities, attitude and values. During the different periods of human age the child realizes one or other side of their own self. Adolescent is a crucial period in individual's development, a transition period from childhood and adulthood, in a particular cultural environment. Self-esteem plays a very important role for development during this period.

Adolescents tend to believe that their behavior is as interesting to others as to themselves. They are not good at putting boundaries between their own interests and those of other people. Adolescents are extremely worried about what other people will learn about their shortcomings. The idea that other people are constantly observing and evaluating their behavior has been called imaginary audience. It is a common cause of shyness and painful response to the opinion of other people.

## OBJECTIVES

1. To assess self-esteem and assertiveness among adolescent girls of co-educational school using Rosenberg self-esteem scale.
2. To determine the association between self-esteem and assertiveness with selected socio-demographical variable of study participants.

## MATERIAL AND METHODS

A descriptive study was adopted to assess self-esteem among adolescent girls studying in co- Learning Theory" Adolescent girls from co-educational schools were selected by stratified random sampling. Power analysis was used to estimate in advance how big a sample needed for the survey. A total 140 adolescent girls were taken from selected school.

**Description of study tool:** The tool consists of two parts-

**TOOL 1: Socio-demographic profile sheet:** - Developed for present study to collect sample's socio-demographic characteristics, which consists of 15 items that includes age, class, and type of family, religion, father education, father occupation, mother education, mother occupation, income, birth order, staying with, state, medical illness, primary education and mode of going school.

**TOOL 2: Rosenberg self-esteem scale:** - The scale was used to measure the self-esteem of adolescent girls studying in single sex and co-ed schools. The scale developed by sociologist Dr. Morris Rosenberg is widely used in social-science research. The scale is a ten item Likert Scale with items answered on a four-point scale - from strongly agrees to strongly disagree. Permission was taken from the concerned authority for using the scale.

Sample characteristics		Frequency	Percentage (%)
Age (in years)	12-16	93	66.4
	17-20	47	33.6
Class	6-8	44	31.4
	9-12	96	68.6
Type of family	Nuclear	72	51.4
	Joint	62	44.3
	Extended	6	4.3
Religion	Hindu	46 (32.9)	32.9
	Sikh	92 (65.7)	65.7
	Muslim	1(0.7)	0.7
	Christian	0(0.0)	0.0
	Other	1(0.7)	0.7

<b>Father's employmentstatus</b>	Unemployed	13(9.3)	9.3
	Self-employed	63(45.0)	45.0
	Private job	54(38.6)	38.6
	Govt. job	10(7.1)	7.1

## RESULTS

Table-1

Frequency and percentage distribution of subjects according to socio-demographic variables. N=140

Sample characteristics		Frequency	Percentage (%)
Mother's employment status	House wife	123(87.9)	87.9
	Private job	8(5.7)	5.7
	Self employed	8(5.7)	5.7
	Govt. job	1(0.7)	0.7
Family monthly income	5000-10,000	95(67.9)	67.9
	10001-20,000	17(12.1)	12.1
	20001-30,000	22(15.7)	15.7
	>30,000	6(4.3)	4.3
Medical illness	Yes	7(5.0)	5.0
	No	133(95.0)	95.0
Primary education	Same school	57(40.7)	40.7
	Other school	83(59.3)	59.3
Mode of going school	School Bus	36(25.7)	25.7
	Own vehicle	55(39.3)	39.3
	Public transport	12(8.6)	8.6
	Other	37(26.4)	26.4

Table-2

Assessment of self-esteem among adolescent girls studying in co-educational schools

Levels of self-esteem	Adolescent Girls	Percentage
Low	1	0.7
Average	114	81.4
High	25	17.9
Total	140	100

Table depicts that 1 (0.7) adolescent girls have low self-esteem and 114(81.4) adolescent girls have average self-esteem whereas 25(17.9) from co-educational school girls have high self-esteem.

TABLE-3

Association between self-esteem and personal characteristics of study subjects N=140

Personal characteristics		Score			Chi- square	p-value
		Low	Average	High		
Age	12-16 (%)	1(0.5)	160(82.9)	32(16.6)	6.38	0.041*
	17-20 (%)	1(1.1)	81(93.1)	5(5.7)		
Academic standard	6-8 (%)	1(1.1)	71(74.7)	23(24.2)	15.53	.0001**
	9-12 (%)	1(0.5)	170(91.9)	14(7.6)		
Type of family	Nuclear (%)	0(0.0)	103(81.7)	23(18.3)	10.17	0.038*
	Joint (%)	2(4.1)	130 (90.9)	11 (7.7)		
	Extended (%)	0(0.0)	8 (72.7)	3 (27.3)		
Family income	5000-10,000	1 (0.5)	179 (87.3)	25 (12.2)	5.43	0.48
	10001-20,000	0 (0.0)	21 (80.8)	5 (19.2)		
	20001-30,000	1 (3.0)	26 (78.8)	6 (18.2)		
	>30000	0 (0.0)	15 (93.8)	1 (6.3)		
Type of school	Co-educational	1(.7)	114 (81.4)	25 (17.9)	5.26	0.07

	<b>Single-sex</b>	1 (.7)	127 (90.7)	12 (8.6)	
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Table reveals significant association between level of self-esteem and age, academic standard and type of family ( $p \leq 0.05$ ) whereas no significant association observed with and family income and type of school of subjects ( $p \geq 0.05$ )

### DISCUSSION

The current study focused on self-esteem among adolescent girls studying in co-educational schools. A descriptive study was conducted to assess the self-esteem among adolescent girls studying in co-educational schools. Total 140 adolescent girls of selected coeducational schools were selected by stratified random sampling. Throughout the study, due care was taken to minimize bias and enhance the validity of the study findings. Present study has strong methodology that has improved on those used in previous research in this area.

Present study revealed that majority of adolescent girls have average self-esteem i.e., 1(0.7) adolescent girls have low self-esteem and 114(81.4) adolescent girls have average self-esteem whereas 25 (17.9) from co-educational schoolgirls have high self-esteem.

These findings are consistent with the study conducted by **Prasila S and Therese M** revealed that majority 56 (93.3%) of adolescent have moderate self-esteem, 4 (6.7%) of adolescent have high level of self-esteem and none of the adolescent have low level of self-esteem. **Kaur Jasbir & Kaur Mandeep (2016)** revealed that better adjustment among adolescent girls studying in the co-educational schools.

### CONCLUSION

Study finds that majority of adolescent girls studying in the co-educational schools have average self-esteem 114 (81.4). More studies should be conducted to further validate the findings. It also suggested carrying out awareness campaigns, including information material in the form of a booklet, about self-esteem among adolescent girls.

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