

SELF ESTEEM AMONG COLLEGE STUDENTS: A COMPARATIVE STUDY

Mini Jain* and Dr. Smita Jaiswal

Department of Psychology, Bundelkhand Degree College,

Jhansi, Uttar Pradesh, India.

*Corresponding author Email: minijain_3687@yahoo.co.in

ABSTRACT

The present study was conducted to explore self-esteem among college student across gender, faculty of education, and area of residence. It was hypothesised that there will be no significant difference in self-esteem of male and female college students , students of different faculties and students of rural and urban area of residence. The total number of participants was 430 college going students, out of which 212 were males and 218 were females. The age range for the participants was 18-24 years with the mean age of 20.34 years. Rosenberg Self-esteem Scale (1989) by Rosenberg was used to collect the data. With the application of t-test for independent means, the results revealed that there exists a significant difference among students of pure science and non-science faculty of education, and students of rural and urban area of residence. Whereas there was no gender difference in the level of self-esteem.

Keywords: Self-esteem, gender difference, science, non-science, rural, urban.

INTRODUCTION

Self-esteem is a concept used to describe a personality variable that captures the way a person generally feels about himself/herself, or the way a person may evaluate his/her abilities and attributes. Self-esteem is considered as the evaluative component of the self-concept, a broader representation of the self that includes cognitive and behavioral aspects as well as evaluative or affective ones (Blascovich & Tomaka, 1991). Self-esteem is how one values and respect oneself as a person—it is the opinion that you have of yourself inside and out. Self-esteem impacts how an individual take care of himself or herself- emotionally, physically, and spiritually, it is about the whole self.

When there is good self-esteem, it encourages self worth, & expectation for good care and respect from yourself as well as from others. Personal strength and abilities are celebrated instead of self-retaliation for minor mistakes. Good self-esteem means that there is still a feeling of being good enough, even in dealing with difficult feelings or situations. A person who has high self-esteem believes they are a good person; they can recognize their good qualities and will generally strive for a happy and successful life. Someone who has low self-esteem have negative feelings about themselves, believing that they are not worthy of love, happiness or success.

“Self-esteem means a basic feeling of the self acceptance and self worth which starts with the evaluation of an individual himself or herself and the attitude on the competence of an individual himself or herself” (Rosenberg, 1965)and that “the mental health is a capability that one creates the environment desirably, adjust to it well, is satisfied with it and can enjoy the success, efficiency, and happiness” (Kilander, 1962).

According to Mann et al., (2004)“Self-esteem can serve as both a protective factor and as a risk factor in the development of mental health problems. Positive self-esteem can be a protective factor that contributes to positive social behaviour and act as a buffer against the impact of negative influences”.Self-esteem is also associated with mental wellbeing, adjustment, happiness, productivity, coping, success, and satisfaction (Baumeister et al., 2003). By example, high self-esteem may protect against depressive symptoms by decreasing the impact of negative thoughts (Orth et al., 2009). Alternatively, negative self-esteem can play a critical role in the development of a number of mental disorders and social problems, including depression, anxiety, anorexia nervosa, bulimia, violence, substance abuse, high-risk behaviours, and borderline personality disorder, in addition to feelings of hopelessness, suicidal tendencies, and attempted suicide (DeHart, & Tennen, 2006; Mann et al., 2004).

Thus the current study was undertaken to explore the difference in level of self-esteem among college student across gender, faculty of education and area of residence.

MATERIAL AND METHOD

Objectives

1. To explore gender difference in self-esteem among college going students.
2. To explore difference in self-esteem among students of pure science and non-science faculty of education.

- To explore difference in self-esteem among students of rural and urban area of residence.

Hypothesis

H1: There will be a no significant difference in level of self-esteem among male and female.

H2: There will be a no significant difference in level of self-esteem among pure science and non-science faculty of education.

H3: There will be no significant difference in the level of self-esteem among students of rural and urban area of residence.

Sample

The sample consisted of 430 undergraduate students (212 male and 218 females) were randomly selected from government colleges of Bundelkhand region of Uttar Pradesh. The age of the participant was ranging from 18-24 years with mean age of 20.34 years. Stratified random sampling method was used to collect the data.

Tools

Socio-Demographic sheet: was developed by the researcher indicating the participant's name(optional), gender, age, faculty, and area of residence.

Rosenberg Self-esteem Scale (Rosenberg, 1989): This consists of a list of 10 statements dealing with general feelings about oneself. It is commonly scored on a four-point Likert scale, ranging from strongly agrees to strongly disagree. Higher scores indicate better self-esteem.

Statistics

Mean, Standard Deviation and t-test was used to analyze the data.

RESULTS AND DISCUSSION

Table 1:t Test Comparison of College Students for Self-esteem

Variable		N	Mean	Std. Deviation	t	Significance
Gender	Male	212	18.32	3.33	-1.34	NS
	Female	218	18.76	3.53		
Faculty of education	Pure Science	229	19.24	3.55	4.59**	S
	Non Science	201	17.75	3.12		P<0.01
Area of residence	Rural	186	18.10	3.19	-	S
	Urban	244	18.34	3.58	2.37**	P<0.01

Table 1 shows the self-esteem scores of male and female college students. The Mean and SD score for male is 18.32 & 3.33 and for females 18.77 & 3.53 respectively. The t value is 1.34, which is not significant. This means that male and female do not differ in self-esteem and perceive it in a similar way. The finding is in line with the studies reported by Merlene and Thomas (2009), Jain & Dixit (2014), and Jaisri (2015) who in their respective studies found no significant difference in self-esteem of male and female students. Thus the hypothesis that there will be a no significant difference in level of self-esteem among male and female is accepted.

Table 1 shows the self-esteem scores college students studying in pure science and non-science stream of education. The Mean and SD score for pure science is 19.24 & 3.55 and for non-science is 17.75 & 3.12 respectively. It shows that students studying in pure science streams experience higher sense of self-esteem as compared to students studying in non-science streams. The t value is 4.59, which is significant at $P < 0.01$. This means that students studying in pure science and non-science stream differ significantly in sense of self-esteem with pure science students having higher self-esteem than their non-science stream counterparts. Thus the hypothesis that there will be a no significant difference in level of self-esteem among pure science and non-science faculty of education is rejected.

The table also reveals the self-esteem scores college students with rural and urban domicile status. The Mean and SD score for rural domicile student is 18.10 & 3.19 and for urban domicile student is 18.89 & 3.58 respectively. It shows that students with urban domicile experience higher sense of self-esteem as compared to students with rural domicile. The t value came out to be 2.37, which is significant at $P < 0.01$. This means that rural and urban domicile student differ significantly in sense of self-esteem with urban domicile students having higher self-esteem than their rural domicile counterparts. Thus the hypothesis that there will be no significant difference in the level of self-esteem among students of rural and urban area of residence is rejected.

CONCLUSION

The findings of the present study clearly reveals the changing trend in Indian society as no significant difference is seen between male and female student in their self-esteem. But significant difference in the level of self-esteem of students of science and non-science streams was found, with the former having better self-esteem. The result also reveal that rural and urban domicile student differ significantly in sense of self-esteem with urban domicile students having higher self-esteem than their rural domicile counterparts.

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