



A study to assess the level of self esteem among higher secondary students in selected school of Bhopal in a view to develop an information booklet for boosting self esteem

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Abstract

A study to assess the level of self-esteem among higher secondary students in selected school of Bhopal in a view to develop an information booklet for boosting self-esteem” was undertaken by Mr. Arvind Parashar, towards the partial fulfilment of the requirement for the degree of master of nursing, at R.D. Memorial college of nursing, Bhopal during the year 2016-2018.

Objectives: To assess the level of self-esteem among higher secondary students.

Method: The research approach adopted for this study was evaluative in nature. A descriptive research design was used to assess the level of self-esteem among higher secondary students in selected school of Bhopal. The data were collected from Government Subhash Higher Secondary School Bhopal using the non-probability convenient sampling technique. The sample consisted of 60 higher secondary students to assess the level of self-esteem. Data collection tool includes structured self-esteem questionnaire and information booklet. The reliability of the instrument was tested by test-retest method and it was found to be 0.91 The pilot study was conducted on 06 samples to check feasibility and practicability of proposed research.

Result: The findings shows that mean percentage level of self-esteem was 14.45 and mean SD was 11.88.

Conclusion: The study concluded that information booklet on level of self-esteem was effective method for providing knowledge to higher secondary students in selected school of Bhopal to enhance their level of self-esteem.

Keywords: Self-esteem, school, information booklet

Introduction

Self-Esteem is a topic in psychology that has been researched since the second half of the twentieth century. From William James (1890) to White (1959), Coopersmith (1959; 1967), Rosenberg (1965; 1979), Branden (1969; 1994), and Mruk (1999), self-esteem has been given a broad theoretical perspective that is considered a major indicator of mental health and adaptive human functioning.

Many research studies have conceptualized self-esteem to emerge as a result of the individual's interaction with the social environment. This can be traced to the first social scientist William James (1890), who recognized that people's feelings about themselves arise from interactions with others. He viewed self-esteem as a ratio of the person's successes compared to failures in areas of life that are important to a given individual, or that individual's "success (to) pretensions" ratio. Many of James' basic ideas remain theoretically and methodologically relevant to social psychologists today. Scholars like Cooley (1902) and Mead (1934), Vygotsky (1978) emphasize the way that the self is socially constructed in interaction, based on people's shared values and social roles, rules, symbols, and categories. Rogers (1961) also explained self-esteem in terms of the disparity that exists between the ideal self and the real self, and viewed the social world as the source of ideas and knowledge (ideal self) against which the individual evaluates his/her actual performance and thus his/her level of self-esteem is determined. He suggests that any maladjustment is due to the difference between the two. Vygotsky (1978) views the role of the social world as the source of the child's ideas and views the cultural world as a stimulus the child will experience and internalize as the

criteria against which his/her actions are evaluated and his/her level of self-esteem is determined.

Need of the study

A new, long-term study was conducted by Cincinnati Children's Hospital Medical Centre study of self-esteem in adolescents and young adult's shows that race and body mass are important predictors of self-esteem in adolescent women. Self-worth is greater in black women after age 11 and that self-esteem is lower in both black and white women with the highest body mass indices. "Previous studies from other authors have noted the impact of self-esteem on the vulnerability of adolescent women to risky behaviours," says Dr. Biro. "However, building self-esteem could improve outcomes, as suggested by a community-based study that notes lower rates of violent behaviours in those who underwent self-esteem building."

Self-esteem is crucial and is a cornerstone of a positive attitude towards living. It is very important because it affects how they think, act and even how they relate to other people. It allows them to live life to their potential. Low self-esteem means poor confidence and that also causes negative thoughts which mean that they are likely to give up easily rather than face challenges. In addition, it has a direct bearing on their happiness and wellbeing. Thus, a study is needed to improve and maintain the level of self-esteem that the adolescents are possessing.

Problem statement

“A study to assess the level of self-esteem among higher secondary students in selected school of Bhopal in a view to develop an information booklet for boosting self-esteem”

Objectives

1. To assess the level of self-esteem among higher secondary students.
2. To develop information book let for boosting self esteem
3. To find out the association between the level of self-esteem and selected demographic variables.

Hypotheses

H1. There will be significant association between the level of self-esteem and selected demographic variables.

Methodology

The research design for the present study was descriptive research design was carried out to assess the level of self-esteem among higher secondary students of Government Subhash Higher secondary school Bhopal. The sample size in this study is 60 higher secondary school students. In this study Purposive Sampling Technique was used. Prior to data collection written permission taken from the concerned authorities Government Higher secondary school Bhopal. After selection of 60 samples as per inclusion criteria informed consent was taken by explaining the purpose of the study. Base line data were collected by using structured interview schedule and Questionnaire. Duration of the data collection was from 4th August 2018 to 13th August 2018.

Data analysis and interpretation

The analysis of the data was organized and presented under the following headings:

Section I: Description of sample according to the socio demographic variable

- Out of 60 samples, the majority of sample 31 were of 15-16 years age group that is (51.66%).
- Out of 60 samples, the majority of sample 42 were male that is (70 %).
- Out of 60 samples, majority of the sample 42 were Hindu that is (70%).
- Out of 60 samples, majority sample of 49 were of nuclear family that is (81.67%).
- Out of 60 samples, majority of sample 51 were of urban area that is (85%).
- Out of 60 samples, majority of sample 26 were graduate that is(43.33%).
- Out of 60 samples, majority of the sample 26 were educated upto higher secondary that is (43.33%).
- Out of 60 samples, majority of sample 25 were in private job that is (41.67%).
- Out of 60 samples, majority of the sample 35were housewife that is (58.33%).
- Out of 60 samples, majority of sample 34 were above 15000 range that is (56.67%).

Section II: Description of level of self-esteem

Table 1: Deals with level of self -esteem among higher secondary students(N=60)

Low	Average	High
10	48	2
16.67 %	80%	3.33

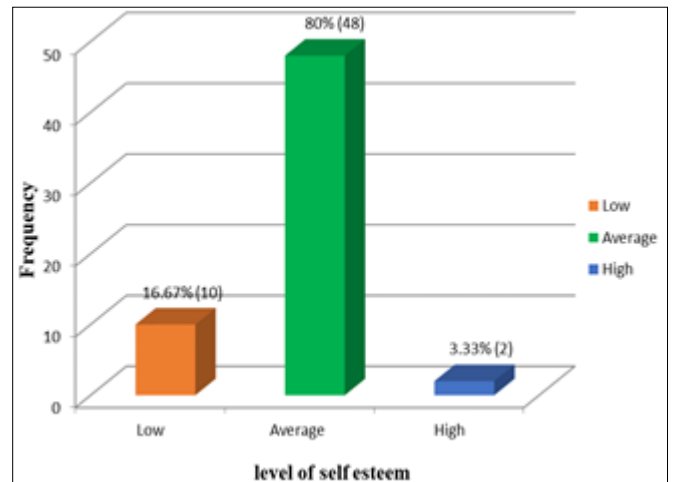


Fig 1: shows majority of level of self -esteem in pre- test out of 60 samples, indicates level of self-esteem were average 48 (80%), low 10 were (16.67%) and high 2 were (3.33%)

Section III: Description of mean, standard deviation

Table 2: Mean percentage and Standard Deviation N= 60

S. No	Category	Mean percentage	SD
1	Level of self-esteem score	14.45	11.88

Level of mean and standard deviation in this study is- Mean 14.45 and SD 11.88.

Section IV: It deals with the association between self-esteem score of higher secondary students with their selected socio demographic variables

This section shows the level of significance of demographic variables. For sex it is not significant. Age, religion, residence, type of family, educational qualification of father and mother, occupation of father and mother and family income are significant. Hence, H₁ accepted at the significance level of 0.05.

Findings related to overall level of self esteem

There were 60 samples included in the study for the assessment of level of self-esteem, out of which 48 (80%) had average level of self-esteem, 10 (16.67%) had low level of self-esteem and 02 (3.33%) had high level of self-esteem. The mean percentage was 14.45 and SD was 11.88.

H₁: There were significant association of demographic variables. For sex it is not significant. For age, religion, residence, education of father & mother, occupation of father & mother & family income are significant. Hence, H₁ accepted at the level of 0.05.

Some of the important findings of the study are as follows:

- Higher secondary students of Govt. Subhash higher secondary school Bhopal had different level of self-esteem i.e., low, average and high.
- Information booklet increased the level of self-esteem significantly in higher secondary students.
- Students had responded good and properly understood motto of the researcher.

Conclusion

The main aim of the study was to assess the level of esteem among higher secondary students. The conclusion drawn from the findings of the study are as follows:

The present study assessed the level of self-esteem among higher secondary students. The overall mean percentage was 14.45 and SD was 11.88. Information booklet was prepared and administered on the first day to enhance the level of self-esteem among higher secondary students which is essential for enhancing self-esteem. The result revealed that information booklet was very informative and it would help enhance self-esteem. Hence, the information booklet was effective, appropriate and feasible. It may be stated that the information booklet has effect on increasing level of self-esteem among higher secondary students.

Limitations of the study

The study findings could not be generalized because of the following reasons:

- The study was confined to a specific geographical area (Bhopal), which imposes limits to any larger generalization.
- The sample was selected only those were higher secondary students.
- The sample size was relatively small, thus restricting the statistical inferences of results.
- The study was limited to the experience level of the investigator.

Suggestions

- The findings of the study could be used by all students and other people.
- Students should be made aware of improving their self esteem level.
- Students should be made aware of importance of self esteem.
- Demonstration class may be included in school education to enhance level of self esteem.

Recommendations

Based upon the study findings, the following recommendations were made for the future study-

- The study may be replicated on a larger sample. This would provide invaluable evidence in the area of practice.
- A similar study can be conducted in different settings to strengthen the findings.
- A similar study could be done on other physiological and psychological variables.
- The study can be done on association between various demographic variables, which were significant, on larger samples.

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