



## SELF-ESTEEM LEVEL AMONG ADOLESCENTS OF HIGHER SECONDARY SCHOOL

<sup>1</sup>Javaid Ahmad Mir, <sup>2</sup>Bushra Mushtaq,

<sup>1</sup>PG Psychiatric Nursing (SKIMS), <sup>2</sup>Faculty (Islamic University of Science and technology, Awantipora)  
<sup>1</sup>Jammu & Kashmir, India

**Abstract:** This study was endeavour to find out the self-esteem among adolescents of higher secondary school. The descriptive survey method of research was used in the study. The purposive sampling was applied and a sample of 150 adolescents students of higher secondary school were taken in which 75 study sample were female adolescents and 75 study sample were male adolescents. A standardised rating scale on “self-esteem “ constructed by Rosenberg was used as a tool. The findings of the study reveal that majority of study subjects 99(66%) had low self-esteem level, 29 (19.3%) study subjects had high self-esteem level and 22(14.7%) had average self-esteem level. The Mean  $\pm$ SD score of study subjects was 16.91 $\pm$ 4.93, Mean % was 57.0%, Median was 14.00, range was 15, Minimum score was 12 and maximum score was 27.

**Index Terms** – self-esteem, Adolescents, School , higher secondary.

### INTRODUCTION

Self-esteem is important in every sphere of life and can be considered as a basic human need. Self-esteem increases the level of personal security and has been described as a protective factor against risk behaviours. Global self-esteem is conceptualized as one’s positive and negative evaluation of himself or herself and relatedly one’s approval or disapproval of the self (Cooper smith, 1967; Rosenberg, 1965). It differs from narcissism in which self-esteem is not closely tied to Superiority over others or preoccupation with others’ appraisals (Raskin et al., 1991). Some connection between self-esteem and social media behavior might be expected. It is conceivable that the social media could enhance self-esteem, as individuals have the ability of self-selection and the way they wish to present in order to receive social support or positive social feedback not acquired at anywhere. On the other hand, social media may foster low self-esteem through the inherent opportunity to compare oneself to others and the possibility that one may receive negative, or no social feedback. Findings on social media and self-esteem have indeed been mixed.

### NEED OF STUDY :

**Self-esteem** is important because it heavily influences human’s choices and decisions. **Self-esteem** serves a boost and motivational function by making it more or less likely that people will take care of themselves and explore their full potential to do best of them.

Researcher feels that It is very important to understand self-esteem and its ways to boosts the self-esteem which may be very helpful for people to work with confidence. That is why researcher find it interesting to do survey on the adolescents level of self-esteem and to find the association with their demographic variables.

### REVIEW OF LITERATURE

#### 1. Studies related to Self-esteem in adolescents.

**Javaid ah Mir 2020:** The study was conducted with the aim to find relationship between self-esteem levels and number of selfies taken and posted by the adolescent of Higher Secondary School, Soura, Srinagar, Kashmir, selfies taken and posted is the major issue and has caused accidental mis-happening occurring every now and then in day to day life and this selfies practice is increasing day by day in which people especially adolescents want to capture adventurous selfies and want to post it on social media to get positive comments and likes but many a times this adventurous selfies cost their life happened with accidents. And because of this practice adolescents live in fantasy rather than a reality. Quantitative research approach with correlational research design was used to find relationship between self-esteem levels and number of selfies taken and posted by the adolescent of Higher Secondary School, Soura, Srinagar, Kashmir, purposive sampling technique was used. The obtained data was analysed by using descriptive and inferential statistics. Correlation coefficient between self-esteem level and selfies taken weekly is found to

be 0.516 with p value 0.000, which was found to be statistically significant at  $p < 0.01$  level of significance. And Co-relation coefficient between self-esteem level and number of selfies posted weekly is found to be 0.664 with p value 0.004, which was found to be statistically significant at  $p < 0.01$  level of significance. The Mean  $\pm$ SD score for self-esteem is  $16.97 \pm 5.096$  and for number of selfies taken and posted weekly is  $8.88 \pm 10.645$ . The findings of the study regarding selfies taken also revealed that 12(8%) study subject with high self-esteem takes in between 1-10 number of selfies weekly, on the other hand 90(60%) study subject with low self-esteem takes in between 1-10 number of selfies weekly, and 17 (11%) study subject with high self-esteem takes more than 10 selfies weekly on the other hand 1(0.6%) study subject with low self-esteem takes more than 10 selfies weekly. The findings of the study regarding selfies posted also revealed that 10(6.7%) study subject with high self-esteem posts selfies in between 1-10 number weekly, on the other hand 1(0.7%) study subject with low self-esteem posts selfies in between 1-10 number of selfies weekly, and 15(10%) study subject with high self-esteem posts more than 10 selfies weekly on than hand None of study subject with low self-esteem posts more than 10 selfies weekly

**Kiraz A, Ersoy MA in 2017** conducted a study on examining the self-esteem level of single-parent adolescents in Nicosia, Northern Cyprus. The study was conducted on 140 single-parent students enrolled at 10 different schools. According to study results, self-esteem level of adolescents with divorced parents was found as "low. Rosenberg Self-Esteem Scale scores of single parent adolescents were lowest at such sub-dimensions as continuity of self-concept, feeling trust towards people, psychosomatic symptoms, relations with father and psychic isolation. The highest scores were obtained at sensitivity towards criticism, depressive affectivity and parent interest sub-dimensions. No statistically significant difference was detected between such variables as whether father or mother remarried and with whom they lived at the moment as for their self-esteem level. However, it was found out that those adolescents who received psychological assistance had higher self-esteem compared to adolescents who did not. Statistically significant differences were found between sub-dimensions of the scale and such demographic variables of adolescents with divorced parents as their age, with whom they live, their seeing frequency of mother and father, whether they received psychological assistance and whether their father or mother remarried. However, no statistically significant difference was found between their gender and sub-dimensions of the scale.

**Mohammadzadeh M, Awang H, Kadir Shahar H, Ismail S in 2017** conducted a study Emotional Health and Self-esteem among Adolescents in Malaysian Orphanages. This sample of 287 adolescents aged 12-18 years living in six selected orphan homes were included in the study. Study's instruments included Socio-demographic questionnaire, validated Malay version of Depression Anxiety Stress Scale-21 and Rosenberg Self-Esteem Scale. The findings revealed that 85.2, 80.1 and 84.7% of participants had depression, anxiety and stress respectively. Females were more likely to be depressed. Furthermore, anxiety was significantly associated with race and age but no significant associations between stress and the demographic factors were found. The study also showed that 70.8% of males and 69.2% of females had low self-esteem and the self-esteem was associated with depression, anxiety and stress.

**Bibi S, Saqlain S, Mussawar B in 2016** conducted a study on Relationship between Emotional Intelligence and Self Esteem among Pakistani University Students. Study was conducted with a sample size (N=250) including both boys and girls Sample was collected by using convenient sampling technique. Rosenberg self-esteem scale was used to measure self-esteem among university students and emotional intelligence was measured by using emotional intelligence scale by Wong and Law. Pearson Product moment of Coefficient of correlation was used in order to find out relationship of emotional intelligence with self-esteem. Independent t-test was use to access gender difference in self-esteem and emotional intelligence. Results of study revealed that there exist positive relationship between self-esteem and emotional intelligence among Pakistani university students and it was found that females are more emotionally intelligent as compared to males but there does not exist any statistically significant gender difference in self-esteem among university students.

**Ummet D in 2014** conducted a study on Self Esteem among College Students. The aim of this study is to examine college students' self-esteem according to the satisfaction of their basic psychological needs and some certain variances. The sample of the study consisted of 342 students studying in college. The data was collected through Coopersmith Self Esteem Inventroy, Basic Psychological Needs Scale and an information form developed by the researcher. The results revealed that the satisfaction of autonomy and relatedness needs of the students significantly predicted their self-esteem, while the satisfaction of competence need did not predict self-esteem. Also, self-esteem of the students showed significant difference as to educational level of mother, income level and perceived parent attitudes by them, whereas educational level of father and gender did not have effect on self-esteem.

**Moksnes UK, Espnes GA in 2013** conducted a study on investigation of gender differences on life satisfaction and self-esteem as well as the association between self-esteem and life satisfaction in Norwegian adolescents aged 13-18 years. A total of 1,239 adolescents from public elementary and secondary schools participated. The results showed that boys scored higher than girls on both self-esteem and life satisfaction. Self-esteem was positively associated with life satisfaction, explaining 24 % of the variance. However, no interaction effect of gender  $\times$  self-esteem or age  $\times$  self-esteem was found in relation to life satisfaction.

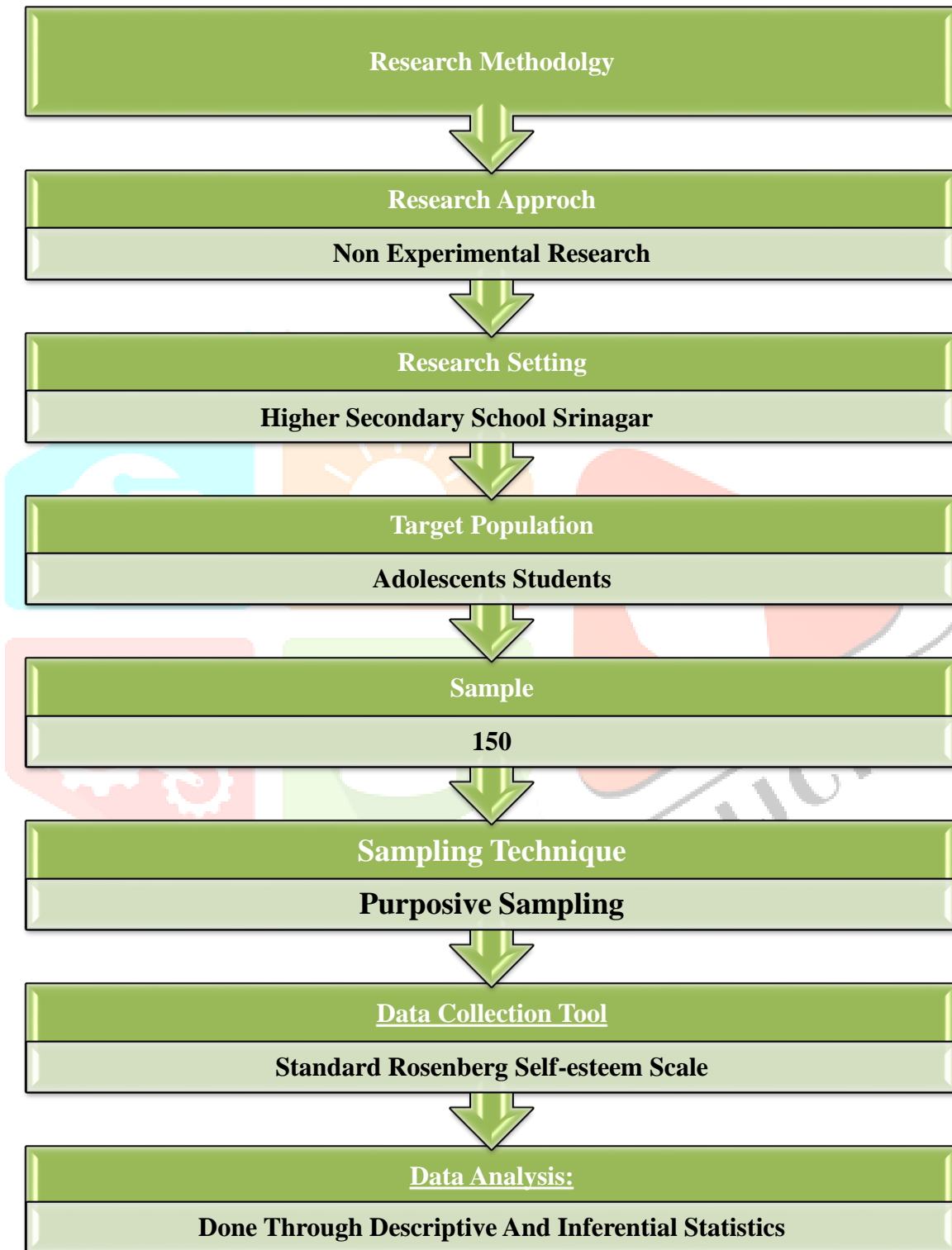
**Sahin E, Barut Y, Ersanli E in 2013** conducted a study on effects of Parental Education Level on Self-Esteem of Adolescents in Turkey. Participants were 2,213 adolescents (1085 boys, 1128 girls). Mean age of participants in this study was 12.76 (SD= 0.96). Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Demographic Information are used as data collection instruments. One-way analysis of variance (ANOVA) statistical test employed to test statistical hypotheses. Results suggested that there were no significant differences in self-esteem scores according to age and grade level. However, there were significant differences in self-esteem scores with regard to the education level of the mother and the father of these adolescents.

## METHADODOLOGY

### **Research Approach**

In view of the nature of the problem under study and to accomplish the objectives of the study, quantitative research approach was found to be appropriate to find the relationship between self-esteem levels by the adolescents of higher secondary school. This type of approach is based on the measurement of quantity. In this type of research, data is collected in numerical form and analysed by using descriptive or inferential statistics..

The research design selected for this study is **Non Experimental Research Design**. In the present study standard Rosenberg self-esteem scale was administered



Schematic Representation of Research Methodology

**ANALYSIS & INTERPRETATION**

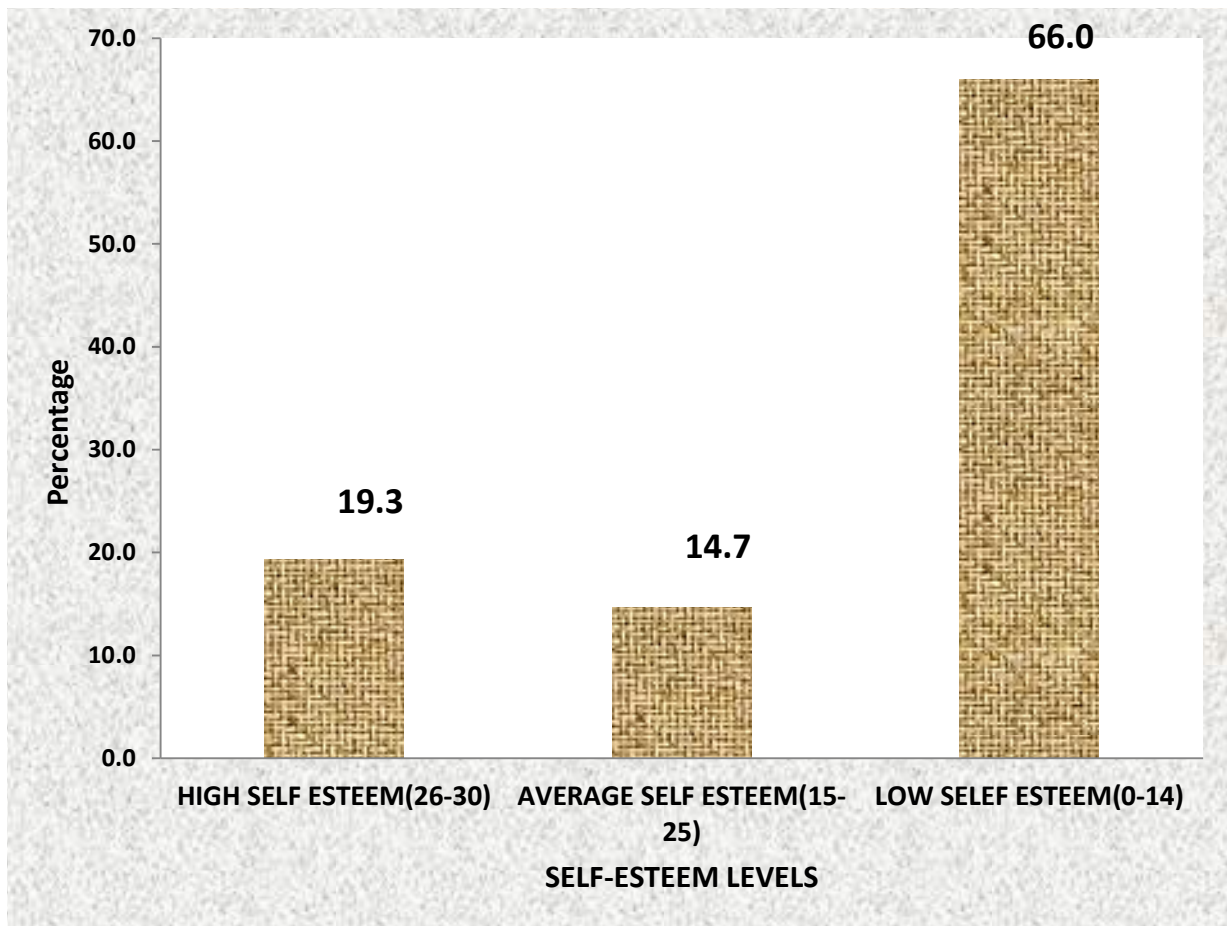
**Distribution of study subjects according to their self-esteem levels**

**N=150**

Category Score	Frequency(f)	Percentage%
HIGH SELF ESTEEM (26-30)	29	19.3
AVERAGE SELF ESTEEM (15-25)	22	14.7
LOW SELEF ESTEEM (0-14)	99	66.0

Maximum Score=30

Minimum Score=0

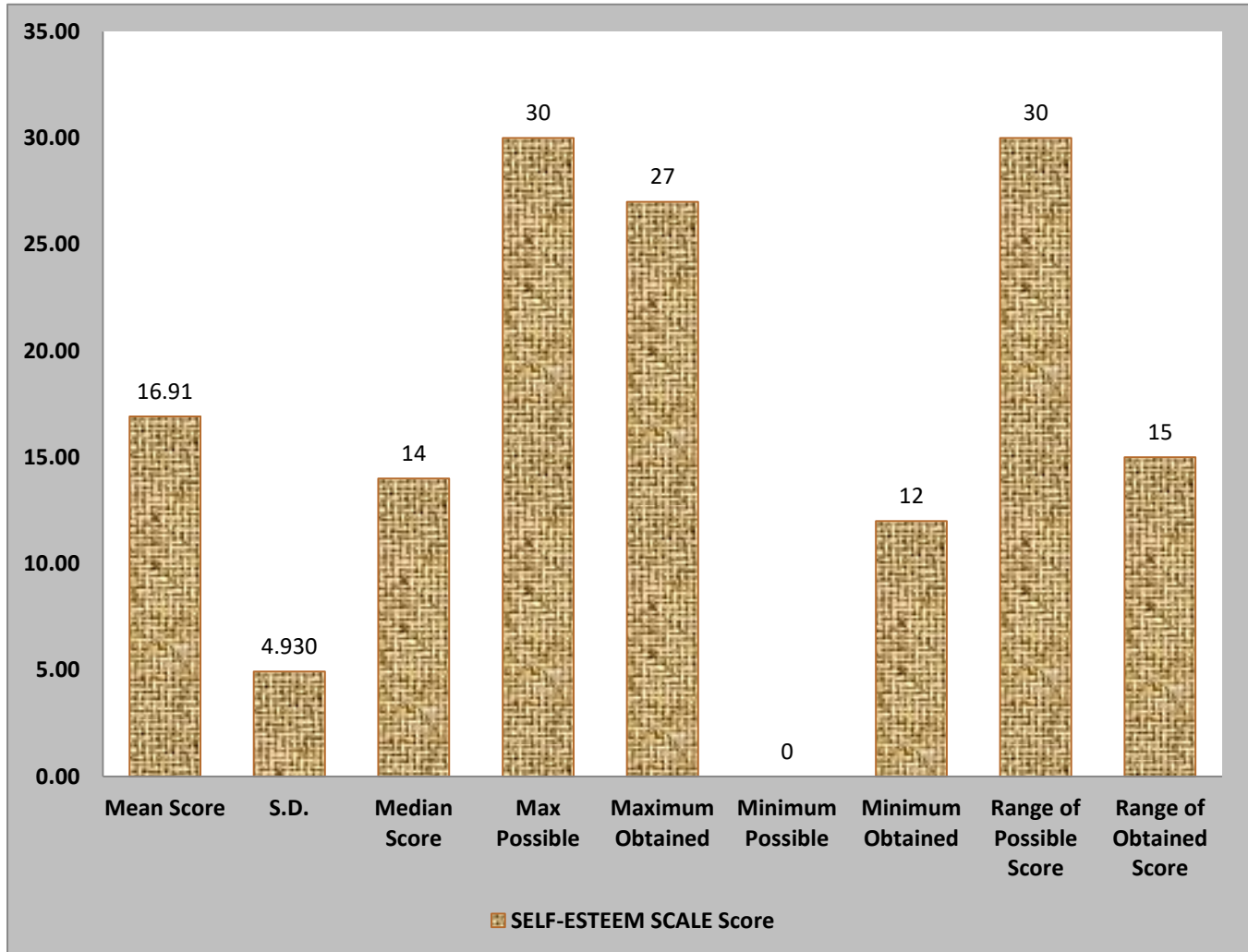


**Percentage Distribution of study subjects according to their self-esteem levels.**

Table and fig. shows that 29 (19.3%) study subjects had high self-esteem level, 22(14.7%) had average self-esteem level and 99(66%) had low self-esteem level

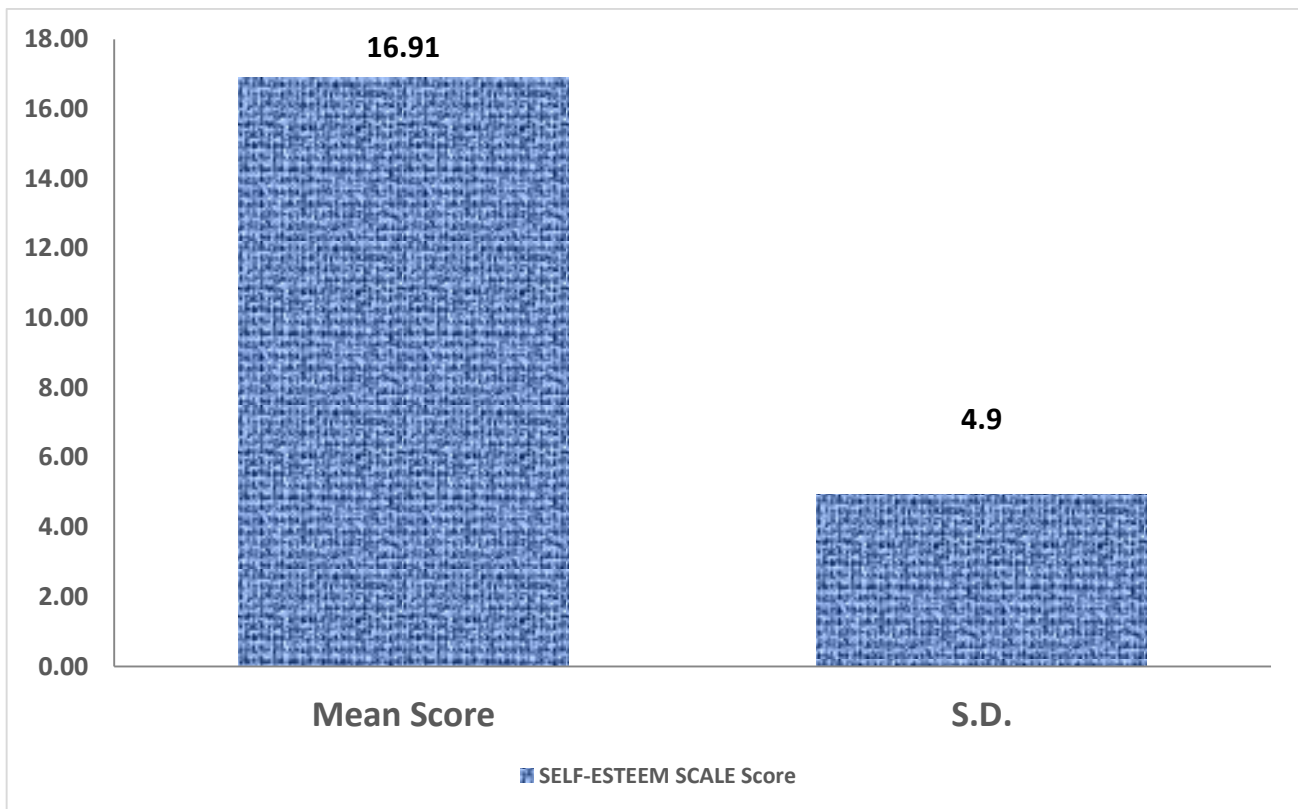
Descriptive statistic of study subjects according to their . Self-esteem level

Descriptive Statistics	Mean±SD	Median	Maximum	Minimum	Range	Mean %
SELF-ESTEEM SCALE Score	16.91±4.93	14.00	27	12	15	56.4
			Maximum= 30	Minimum= 0		

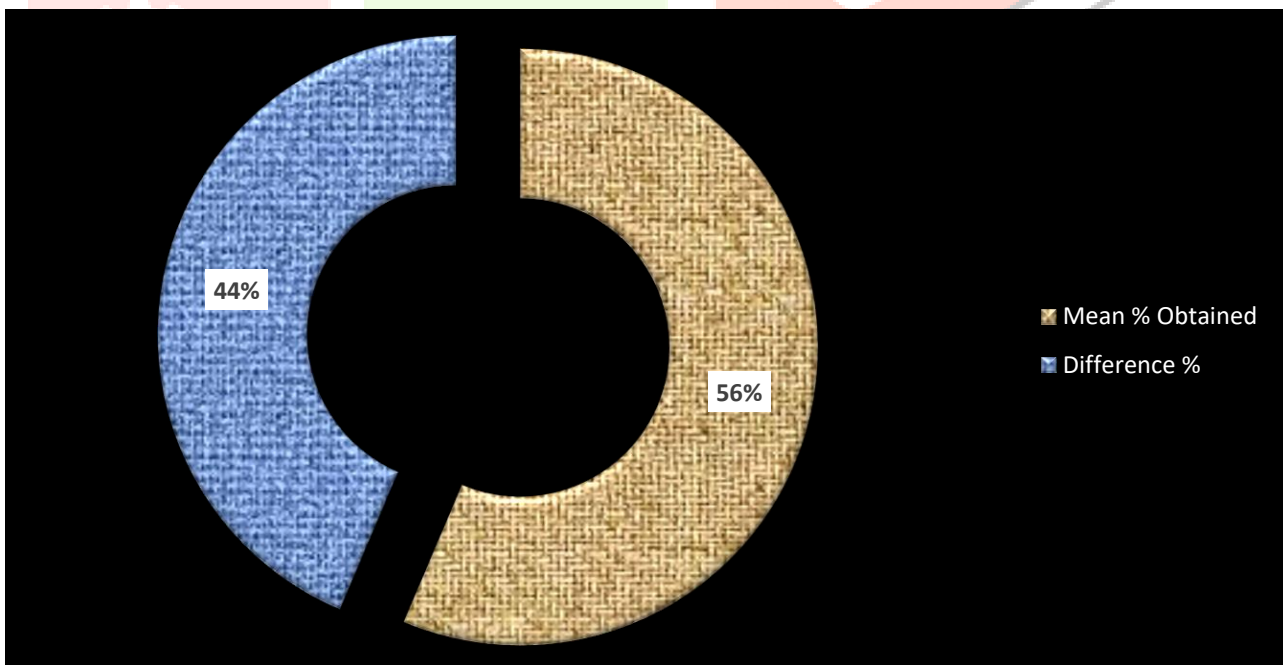


Distribution of study subjects according to their mean score, SD, median score, range, minimum score, maximum score and mean %.

Table and .Fig shows that the (Mean ±SD) of study subjects was  $16.91 \pm 4.93$  16.19%, Mean % was 57.0%, Median was 14.00%, range was 15, Minimum score was 12 and maximum score was 27.



Distribution of study subjects according to their mean score, SD.



Distribution of study subjects according to their mean percentage and difference percentage.

**REFERENCES**

1. A STUDY TO THE FIND RELATIONSHIP BETWEEN SELF-ESTEEM LEVELS AND NUMBER OF SELFIES TAKEN AND POSTED BY THE ADOLESCENT OF HIGHER SECONDARY SCHOOL, SOURA,SRINAGAR, KASHMIR, Mr. Javaid Ahmad Mir INDIAN JOURNAL OF APPLIED RESEARCH : Volume-10 | Issue-12 | December-2020
2. Mir, Javaid Ahmad. (2020). A study to the find relationship between self-esteem levels and number of selfies taken and posted by the adolescent of higher secondary school, soura,srinagar, kashmir. 10.13140/RG.2.2.33781.19680.
3. Isuan CL(2015).Correlation of selfie and selfesteem.www.academia.edu/ 27826725/correlationof\_selfie\_and\_self-esteem.cited on 6-06-18.
4. Campbell S. Effects of self-photographs on viewer's mood, selfesteem and motivation. Western University Scholarship@Western Undergraduate Honors Theses Psychology Spring 4-30-2016.cited on 7-06-18.
5. Effectiveness of planned teaching programme on knowledge regarding hazardous effects of junk foods on health among adolescents in little angel educational institute bagat-e-shoora srinagar Kashmir, world journal of pharmacy and pharmaceutical sciences volume 10, issue 1, 611-618 DOI: [10.20959/wjpps20211-18076](https://doi.org/10.20959/wjpps20211-18076)
6. [https://www.researchgate.net/publication/346678281\\_Psychiatric\\_rehabilitation/citations](https://www.researchgate.net/publication/346678281_Psychiatric_rehabilitation/citations)
7. Mullai E, Macaj O, Kotherja O .selfie-mania influence on adolescent self-esteem. Interdisciplinary Journal of Research and Development "Alexander Moisiu" University, Durrës, Albania Vol (IV), No.2, 2017
8. Campbell S. Effects of self-photographs on viewer's mood, selfesteem and motivation. Western University Scholarship@Western Undergraduate Honors Theses Psychology Spring 4-30-2016.cited on 7-06-18.
9. Hingerton H. Social Media Selfies: Exploring relationships between Gender, Narcissism, Self-esteem, Body Image and Problematic Internet Use.from: esource.dbs.ie/bitstream/handle/10788/3114/ba\_hingerton\_h\_2016.pdf?sequence=1. Cited on 2nd march 2018.
10. Barry CT, Doucette H, Loflin DC, Rivera-Hudson N ,Herrington L L ."Let Me Take a Selfie": Associations Between Self-Photography, Narcissism, and Self-Esteem. Psychology of Popular Media Culture. Advance online publication. <http://dx.doi.org/10.1037/ppm0000089>. Cited on 7-06-18.
11. Shin Y, Kim M, Im C, Chong SC (2017). Selfie and self: The effect of selfies on self-esteem and social sensitivity. Personality and Individual Differences. Volume 111, 1 June 2017, Pages 139-145.
12. Biolcati R, Passini S (2017). Narcissism and self-esteem: Different motivations for selfie posting behaviors.Cogent Psychology. <https://doi.org/10.1080/23311908.2018.1437012> . Cited on 5-06-18.
13. Barker V (2009). Older Adolescents' Motivations for Social Network Site Use: The Influence of Gender, Group Identity, and Collective Self-Esteem. CyberPsychology & BehaviorVol. 12, No. 2.
14. Kiraz A, Ersoy MA (2017). Analysing the self-esteem level of adolescents with divorced parents. Quality & Quantity. 1-22. 10.1007/s11135-017-0614-4. [accessed Jun 08 2018].
15. A STUDY TO ASSESS THE EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUE ON LEVEL OF STRESS AMONG IST YEAR B.SC. NURSING STUDENTS IN MADER-E-MEHARBAN INSTITUTE OF NURSING SCIENCE AND RESEARCH, SOURA,SRINAGAR, KASHMIR., Ms Bushra Mushtaq INDIAN JOURNAL OF APPLIED RESEARCH : Volume-11 | Issue-1 | January-2021.
16. <https://www.medcrave.org/index.php/MOJDDT/article/view/4916>
17. Bushra M, Ajaz AK (2018) Jacobson Muscle Relaxatation Technique (Jpmr) (20 Min). JOJ Nurse Health Care 8(1): 555726. 6. Bushra Mushtaq (2018) Balanced Diet and A to Z to remain Healthy. Novel Techniques in Nutrition and Food Science 2(2).
18. Bushra Mushtaq (2018) Psychiatric rehabilitation. MOJ Drug Develop ther. 2(5): 214-215.
19. [https://www.researchgate.net/publication/346678281\\_Psychiatric\\_rehabilitation/citations](https://www.researchgate.net/publication/346678281_Psychiatric_rehabilitation/citations)
20. Mushtaq, Bushra. (2021). A study to assess the effectiveness of progressive muscle relaxation technique on level of stress among Ist year b.sc. Nursing students in mader-e-meharban institute of nursing science and research, soura,srinagar, kashmir. 10.13140/RG.2.2.26285.82409.