"A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF SELF-ESTEEM AND SELF EFFICACY AMONG STUDENTS IN SELECTED PROFESSIONAL COLLEGES OF PUNE CITY"

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ABSTRACT
Background: Self esteem and self efficacy are the important aspect of human life. People with a good self-esteem and self-efficacy are often able to identify their boundaries without a judgment attached. **Purpose:** The purpose of the present study to assess the level of self esteem and self efficacy, correlation between self esteem and self efficacy and to find out association between selected demographic variables. **Material and Methods:** A non experimental descriptive design was used to study 300 students of professional colleges from Pune city. The non probability purposive sampling technique was used to collect data. Self esteem was assessed by using 10 item Rosenberg's self esteem scale and self efficacy assessed by using 10 item General self efficacy scale. The data was collected and analyzed based on the objectives using both descriptive and inferential statistics. **Result:** The study shows that 57% students were age of 20 to 22 years, Majority 59% were males, Among them majority 56% were from nuclear family, 40% fathers were graduate, 43.67% mothers were secondary, 22.67% income was Rs 10000-Rs.40000, 45% stayed at home, 52% participated in extra-circular activities, 94% were fluent in communication. The study revealed that 84.33% students have normal self esteem, 7% students have high self esteem and 8.67% have low self esteem. Related to self efficacy 74.0 % have high self efficacy, 25.7% students have normal self efficacy and 0.3% students have low self efficacy. Spearman's Correlational analysis reveals that moderately positive correlation between self esteem and self efficacy. A significant variable for self esteem was education of mother and for self efficacy type of family and area of residence. **Conclusion:** It is important to assess level of self esteem and self efficacy among professional students to know their confidence level and capabilities to perform task. If student have low self esteem and self efficacy the institutes can advice those students for guidance and counselling. Student can attend different seminars, group activities to improve self esteem and self efficacy.

Key Words: Assess, self esteem, self efficacy, professional colleges, and students.

INTRODUCTION
Individuals overall subjective emotional evaluation of their own worth always reflect in self esteem. The individual made choices for attitude towards self. A person who is having positive feelings about himself or herself will have more self esteem. For example the individual may have low self esteem regarding his/her pleasant appearance but he can show good capability in performing job. The person with low self esteem may show some characteristics like feeling of unhappiness, feeling of anxiety, feelings of inferiority or superiority, impatience or irritation with self or others and negativity.[1] Self efficacy also important aspect in individual's life as it will help the person to try out hard to achieve something in their life. It is important to determine own belief to hold power to change the situation. If person is not able to change the situation he will show some behaviour changes which will affect his health. Self efficacy is a person's belief in their inborn capacity to realize goals or complete task. Expectations of self efficacy determine whether a person is going to be ready to exhibit coping behaviour and the way efforts are going to be continued at the time of person is facing any difficulty. A person's who has high self efficacy will show enough efforts to deal with difficult situation and if he is able to cope up with that situation, it will show the successful outcomes where a person with low self efficacy end up his efforts early and fail to achieve his goal.[3]

NEED FOR THE STUDY

Any nations growth is depend upon its youth. India has the privilege of having the highest youth population in the world, therefore it becomes imperative to nurture this young population in the right direction. One of the important ways of doing so is by providing the quality education to the students at all levels and especially when they reach transit from school to college level where they make their own career choices. It is a well known fact that heart of everything is the motivation. If there is no motivation, there will be no efforts that results in the underutilization of our hidden potential. It has been found in several studies that among the important factors affecting motivation are self esteem and self efficacy. It is believed that higher self-efficacy and self-esteem results in higher level of motivation in the students. Self-Efficacy is strength of one's belief in one's own ability to finish tasks and reach goals. People with high self efficacy will make use of more efforts for completing their task and they continue longer in those efforts. Researchers have found that self-efficacy beliefs play a powerful role in the overall performance. Self-esteem means how we value ourselves, our perceptions and our beliefs in who we are and what we are capable of. It is believed that people who have high self-esteem set higher goals for themselves and are more willing to fight in the case of failure. These students can also tackle difficult situations and don't give up easily.[3]

OBJECTIVES OF THIS STUDY

1) To assess the level of self esteem among students in selected professional colleges of Pune city.

2) To assess the level of self efficacy among students in selected professional colleges of Pune city.

3) To determine correlation between self esteem and self efficacy among students in selected professional colleges of Pune city.

4) To determine the association between selected demographic variables and level of self esteem and self efficacy among students in selected professional colleges of Pune city.

ASSUMPTION

The study assumed that there might be low level of self esteem and self efficacy among students in selected professional colleges of Pune city.

REVIEW OF LITERATURE

The study was conducted by Xavier Belsiyal Chellappan published in January 2015 on level of self esteem among B.Sc Nursing students at Bangalore. The investigator was collected data from 35 B.sc nursing students by using simple random sampling. The result of the study was shown that 68.6% students have normal self esteem and 31.4 % students have low self esteem. The nursing students have shown minimum score of 12 and maximum score of 18 in the total score of 18. The researcher concluded that the study can be helpful to nursing educators whose efforts are focused on promoting professional identity development of future nurses.[9]

Correlational study conducted by Mubashir Gull published in April 2016 at Aligarh Muslim University, Uttar Pradesh on Self-Efficacy and Mental Health among Professional Students. The professional students are going under stressful situations due to academic workload which were affecting their physical health as well as mental health. The investigator assessed relationship between self efficacy and mental health among professional students. 100 samples were collected from different department by using convenience sampling technique. Spearman's Correlational analysis reveals that only loss of behaviour (-.278; p<.01) and general positive affect (.254; p<.05), being the dimensions of mental health index are significantly correlated with self-efficacy. The result further shows a significant correlation of self-efficacy with psychological distress (-.203; p<.05) and psychological well-being (.205; p<.05)-the global dimensions of mental health index. Moreover, it has been found that self-efficacy was positively correlated with mental health index as a whole (.277; p<.01). The results thus revealed that self-efficacy has a positive impact on the mental health of the professional students.[14]

The correlation study was conducted by Sandya bhatt and Dr. Anshubhi jahadur in April – June 2018 on role of self esteem and self efficacy in achievement motivation among college students at lucknow. Investigator studied 200 samples by using general self efficacy scale, Rosenberg self esteem scale and achievement motivation scale. Result of the study shown the strong correlation between student self efficacy and self esteem and weak yet positive correlation between self efficacy, self esteem and achievement motivation.[5]

MATERIAL AND METHOD

IN PRESENT STUDY, RESEARCHER ADOPTED NON-EXPERIMENTAL DESCRIPTIVE RESEARCH DESIGN. THE STUDY CARRIED OUT ON 300 SAMPLES. A NON PROBABILITY PURPOSIVE TECHNIQUE WAS USED. DATA ANALYSIS WAS DONE MAINLY USING DESCRIPTIVE STATISTICS TEST- CHAI SQUARE WAS APPLIED.

DESCRIPTION OF TOOL

The tool includes three sections:

Section I: Socio-Demographic Data
Section II: Rosenberg's self-esteem Scale
Section III - General self-efficacy Scale

PLAN FOR DATA ANALYSIS:

Data analysis was done by using descriptive and inferential statistics based on objectives of study.

RESULT AND DISCUSSION

Section-I
Findings related to Socio-demographic profile and background information of the students.

Sr.No	Demographics	Frequency	Percentage
1	**Age**		
	17 to 19 years	94	31.33
	20 to 22 years	**171**	**57.00**
	22 years and above	35	11.67
2	**Gender**		
	Male	**177**	**59.00**
	Female	123	41.00
3	**Type of family**		
	Nuclear	**168**	**56.00**
	Joint	120	40.00
	Extended	2	0.67
	Single parent	10	3.33
4	**Education of father**		
	Primary	16	5.33
	Secondary	99	33.00
	Graduate	**120**	**40.00**
	post graduate	60	20.00
	No formal education	5	1.67
5	**Education of mother**		
	Primary	24	8.00
	Secondary	**131**	**43.67**
	Graduate	94	31.33
	post graduate	45	15.00
	No formal education	6	2.00
6	**Monthly Income**		
	Rs.10000-Rs. 20000	**68**	**22.67**
	Rs.20001-Rs.40000	**68**	**22.67**
	Rs.40001-Rs.60000	63	21.00
	Rs.60001-Rs.80000	49	16.33
	Rs.80001>	52	17.33
7	**You are staying at**		
	Home	**139**	**46.33**
	Hostel	75	25.00
	Rented	86	28.67
8	**Are you participating in any extra circular activities**		
	Yes	**156**	**52.00**
	No	144	48.00
9	**Any problem in communication**		0.00
	Yes	**282**	**94.00**
	No	18	6.00

Data of the above table shows that **57%** students were age of 20 to 22 years, 31.33% students were age of 17 to 19 years and 11.67% students were age of above 22years. Majority **59%** were males and 41% were females. Among them majority of **56%** were belongs to Nuclear family, 40% were from joint family, 3.33% were from single parents and 0.67% students were from Extended family. Majority **40%** fathers were graduate, 33% fathers were secondary, 20% were post-graduates & 5.33% father's education was primary. Among

majority **43.67%** mothers were secondary, 31% mothers were graduate, 15% were post-graduate and 8% mothers education was primary. Majority **22.67%** income was Rs 10000-Rs.40000, 21% income was Rs.40001-Rs.60000, 17% income was above Rs.80000 and 16.33% income was Rs.60001-Rs.80000. Majority **46.33%** stayed at home, 28.67% at rented houses and 25% stayed at hostels. Maximum **52%** participated in extra-circular activities and 48% did not participated in extra-circular activities. Maximum **94%** were fluent in communication and 6% had problem in communication.

Section-II

Findings related to the level of self-esteem of the students from professional colleges.

Sr. No	Scoring of level of self esteem	Frequency (f)	Percentage (%)	Mean	SD
1.	Low self esteem (0-14)	26	8.67 %		
2.	Normal Self esteem (15-25)	253	84.33%	20.28	3.56
3.	High (26-30)	21	7%		

The data given by the above table depicts that level of self-esteem among the students of professional colleges shows majority **84.33%** students are having Normal self-esteem, 8.67% are having Low self-esteem and 7% are having High self-esteem among students. The level of self-esteem among the students shows 20.28 mean with 3.56 Standard deviation.

Section-III

Findings related to the level of self- efficacy of the students from professional colleges.

Sr. No	Scoring level of self-efficacy	Frequency (f)	Percentage (%)	Mean	SD
1.	Low self-efficacy(0-12)	1	0.3%		
2.	Normal self-efficacy(13-26)	77	25.7%	30.643	6.01
3.	**High self-efficacy(27-40)**	**222**	**74.0%**		

The data given by the above table depicts that level of self efficacy among the students of professional colleges shows majority 74.0% students are having High self efficacy, 25.7% are having Normal self-efficacy and 0.3% are having High low self-efficacy among students. The level of self-esteem among the students shows 30.643 mean with 6.01Standard deviation.

Section-IV

Findings relate to the correlation between self-esteem and self-efficacy of the students from professional colleges.

Self-esteem mean (x)	self-efficacy mean (y)	r-Value	$0 \leq r \leq 1$ Karl Pearson	Remark
20.28	30.643	0.4046	r<1	Moderately positive correlation

The data given by the above table shows that correlation between self-esteem and self-efficacy of the students from professional colleges shows means of Self-esteem is 20.28 and self-efficacy mean 30.643. Karl Pearson correlation r- value is 0.4046 which is r<1 that shows Moderately positive correlation between self-esteem and self-efficacy of the students. This interprets that if self-esteem of the student will increase then self-efficacy also increase positively.

Section –V

Findings related to the association between levels of self-esteem with selected demographic variables of the students of professional colleges.

Sr. No	Demographics	D.F	Chi square	CHI Square Table value	p-value	Significance
1	Age	4	1.09	9.48	0.90	No Association
2	Gender	2	3.12	5.99	0.21	No Association
3	Type of family	**6**	6.94	**12.59**	0.33	No Association
4	Education of father	10	7.10	18.30	0.72	No Association
5	Education of mother	10	124.49	18.30	0.00	*** Associated**
6	Monthly Income	8	14.242	15.50	0.076	No Association
7	Residence type	**4**	1.09	9.48	0.90	No Association
8	Are you participating in any extracurricular activities	2	2.102	5.99	0.350	No Association
9	Any problem in communication	2	0.53	5.99	0.77	No Association

The data given by the above table depicts that association between level of self-esteem with selected demographic variables of the students' shows demographic variables education of mother is significantly associated with level of self-esteem at 0.05 level of significance.

Section-VI

Findings related to the association between levels of self- efficacy with selected demographic variables of the students of professional colleges.

Sr. No	Demographics	D.F	Chi square	Chi square Table value	P value	Significance
1	Age	4	0.529004	9.48	0.970	No Association
2	Gender	2	1.227164	5.99	0.541	No Association
3	Type of family	6	149.28118	12.59	0.00001	*Associated
4	Education of father	10	4.927	18.30	0.896	No Association
5	Education of mother	10	6.790487	18.30	0.745	No Association
6	Monthly Income	8	10.484	15.50	0.233	No Association
7	Residence type	4	13.847	9.48	0.008	* Associated
8	Are you participating in any extracurricular activities	2	1.042202	5.99	0.593	No Association
9	Any problem in communication	2	0.129275	5.99	0.937	No Association

The data given by the above table depicts that association between levels of self-efficacy with selected demographic variables of the students' shows that Type of family and Residence type are significantly associated with level of self- efficacy at 0.05 level of significance.

DISCUSSION

Finding of the present study shown that 84.33% student have normal self esteem, 8.67% student have high self esteem and 7% student have low self esteem. The mean score of self esteem was 20.28 with SD 3.56 which shows that the student have normal level of self esteem. Related to self efficacy 74.00% student have high self efficacy, 25.7% have normal self efficacy and 0.3% have low self efficacy. The mean score of self efficacy was 30.643 with SD 6.01 which shows that the student have high level of self efficacy. There is a Moderately positive correlation between self-esteem and self-efficacy of the students. This interprets that if self-esteem of the student will increase then self-efficacy also increase positively. A significant variable for self esteem was education of mother and for self efficacy type of family and area of residence. The result shows that student have adequate level of self esteem and self efficacy.

A descriptive Correlational study conducted by Virginia Peterson-Graziose on Self-Esteem and Self-Efficacy as Predictors of Attrition in Associate Degree Nursing Students published on may 2013. The student taken admission in nursing field may face challenges in the first semester and they left the course. The investigator studied the relation between self esteem, self efficacy and life stressors in student life. Nonprobability convenience sample technique was used to collect data. The researcher findings showed that self-esteem was significantly associated with student attrition. The researcher concluded that results from this study provide the basis for targeted interventions designed to decrease student attrition rates in associate degree nursing programs.[19]

IMPLICATION

The findings of the study have implication for mental health nursing practice, nursing education, nursing administration and nursing research.

MENTAL HEALTH NURSING PRACTICE:-

A nurse accompanies the patient for maximum time than any other health professional. So the Confidence and self-confidence are crucial practice elements in nursing education and practice. Nurse educators should have an understanding of the concept of confidence in order to assist in the accomplishment of nursing students and their learning of technical and nontechnical skills. With the aim of facilitating trusted care of patients within the healthcare setting, nursing professionals must exhibit confidence.

NURSING EDUCATION:-

Extreme anxiety and stress will be experienced by nursing students while interacting with healthcare professionals. The nursing students are communicating with patients and other healthcare professional while working in hospital setup. If students have low self esteem they will be not able to communicate with patients and even they are not able to coordinate with colleagues. Sometime low self esteem can affect to self efficacy. The nurse students who have high self esteem they will perform better in hospital. At college level the students who have high self esteem and self efficacy will perform well in curricular and extracurricular activities. In nursing education it is important to improve self esteem and self efficacy of nurse students by improving their knowledge and skills to avoid difficulties in hospital and college.

NURSING ADMINISTRATION

Nursing administration plays an important role in hospitals. As a nurse administrator they can assess the self esteem and self efficacy before recruiting nursing staff in hospital as the nurses at the centre while providing care to the patient and if they have low self esteem and self efficacy nurses would not able to handle crisis situation or emergency situation. Most of the time nurses have to take firm decisions so the nurse with high self esteem and self efficacy can take appropriate decision. Nurse administrator can plan some seminars, workshop for enhancing self esteem and self efficacy.

NURSING RESEARCH

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of nursing knowledge. There is ample scope for research into self esteem and self efficacy among students. Developing new assessment tools in this area of nursing research is to be given more priority.

LIMITATION

The limitation of the present study is as follows
- ➢ In present study the sample has selected only from professional colleges.
- ➢ Student who are willing to participate.
- ➢ The study need to be completed in stipulated time.
- ➢ The study was limited only to the selected professional colleges of Pune city.

RECOMMENDATION

Keeping in view the findings of the study, the following recommendation are made.
- • Another study by using larger sample in different setting to confirm these study findings is recommended.
- • Correlational study can be conducted to see impact of self esteem and self efficacy on academic achievements, stress level and depression.
- • Develop and implement strategies to promote self esteem and self efficacy in students.

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