

Gender Differences in Self-Esteem among Adolescents at Selected PU College, Bangalore

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Abstract:-

➤ Introduction:

Low self-esteem is linked with adolescent hazards behaviors such as smoking, substance use, suicidal ideas, depression, anxiety, low academic performance and sexual activity. Gender is one of the strongest demographic variables which influence the self-esteem. Only few studies have addressed the gender difference with regards to self-esteem; so the researcher fondled there is necessity to “assess gender differences in self-esteem among adolescents at selected PU College, Bangalore”.

➤ Materials and Methods:

A Cross sectional comparative descriptive study was conducted at selected PU College located in Bangalore urban. Hundred male and 100 female adolescents were recruited for study by using simple random sampling technique. Rosenberg self-esteem scale were used in study.

➤ Results:

The result shown that there is statistically noteworthy change between male and female adolescents with respect to self-esteem.

➤ Conclusion:

The study concludes that gender plays essential role in the development of self-esteem among adolescents.

Keywords:- Self-Esteem, Adolescents and Gender

I. INTRODUCTION

Self-esteem refers to a person's overall feeling of their worth/wealth. It is also refers to the quantity of how much an person "believes, endorses of, recognizes, rewards, or loves him or herself".¹ Demonstrating the ability to sense deserving cheerfulness and have the option to effectively discourse life tasks, self-esteem is a significant.² The low self-esteem is correlated with a significant emotional, physiological and socio-cultural effects that may influence fruitful adolescent growth and adulthood conversion, with internalizing behavioural problems, aggressive behaviours, risk taking behaviours, inappropriate sexual actions (in females) and drug abuse.³

The published study shows that low self-esteem among adolescence results in poor longer-term outcomes, academic failure, employment problems and fiscal problems, physiological/psychological problems and illegal activities.⁴ Gender plays very important role in determining self-esteem. A study by Mohammadzadeh M et al shows that 70.8% of boys and 69.2% of girls had low self-esteem.⁵

A study was conducted to investigate the improvement of self-esteem in young people (N=599) aged 11 to 18 years with average age of 14.10 ($SD=2.16$) at junior and senior high schools in East China. Students completed the Rosenberg Self-Esteem Scale. The results show that larger parts of adolescents are having low self-esteem and low self-esteem was conspicuous among girls.⁶ Low self-esteem was related with a number of modifiable hazard components including overweight, watching TV, group sports participation, school activities and child rearing style.⁷

The adolescence is age group, where there is drastic changes in physiological and psychological development which take place during the transition from childhood to adulthood.⁸ Development of high self-esteem during adolescence plays a defensive part within the improvement of mental wellbeing, effective coping mechanism and problem solving skills.⁹ The above figures and studies show that gender plays significant part in expansion of self-esteem among adolescence; so that the researcher sensed there is necessity towards “assessing Gender differences in self-esteem among adolescents at selected PU College, Bangalore”.

II. METHODS

A Cross sectional comparative descriptive study was conducted at selected PU College, Bangalore. The simple random sampling technique was used. Adolescents aged between 16-18 years and able to speak and write kannada/English were selected for study. The study excluded adolescents with medical problems and chronic illness. The study protocol was approved from Institutional human ethics board. Legal formalities are obtained from principal and informed consent was taken from adolescents and their parents.

➤ Assessment

Adolescents who fulfilled the sampling criteria were administered the socio-demographic sheet and Rosenberg self-esteem scale.

1. Socio-demographic sheet: Age, religion, class, educational of Father, educational of mother, occupation of father, occupation of mother, monthly family income and Type of family.
2. Rosenberg Self-Esteem Scale: Dr. Morris Rosenberg (1965) developed 10-item scale. The items are answered using a 4-point Likert scale. Higher the scores indicate higher self-esteem.

Information was analysed using IBM Statistical Package for the Social Sciences software package (Version 23), and output were presented in tabular form. Chi-square or independent t-test is designed for comparing baseline characteristics of the boys and girls adolescent groups.

III. RESULTS

The Table 1 displays that demographic characteristics between male and female adolescents are equal, except type of family and self-esteem between male and female adolescents varies significantly.

In the present study, mean age of adolescents is 17.66 ± 0.61 and most of them (55%) were studying in II PUC. All of the adolescents were Hindus and highest numbers (34%) of the adolescents' father educational qualification is PUC and above. Majority (43%) of mother educational qualification is illiterate. Majority (48%) of the adolescents' father occupation is Private Job and Mother Occupation is House maker (50%). The mean family monthly income is $\text{Rs } 9400 \pm 3295$.

The Figure 1 shows that most (40%) of boys are having moderate self-esteem whereas majority (48%) of girls are having low self-esteem. The 35% of boys are having low self-esteem and 25% of boys are having high self-esteem. The 39% of girls are having Moderate self-esteem and 13% of girls are having high self-esteem.

IV. DISCUSSION

Self-esteem of individual can be comprehended as a capacity to acknowledge the value of one-self. Self-esteem plays very important part psychological development and linked to depressive disorders.¹⁰ Adolescence is a crucial stage of life in which both physical and psychological development take place rapidly. Adolescent girls are more concerned about body appearance and self-esteem. Thus, this study aims to identify the Gender differences in self-esteem among adolescents at selected PU College.

The study found that self-esteem varies between male and female adolescents ($t=6.32$; $p=0.008$) and this is supported by study conducted by Bergagna E & Tartaglia S on Self-Esteem among adolescents shows that unequal self-esteem between boys and girls.¹¹

The study also found that Majority (40%) of boys are having moderate self-esteem whereas majority (48%) of girls are having low self-esteem. The 35% of boys are having low self-esteem and 25% of boys are having high self-esteem. The 39% of girls are having Moderate self-esteem and 13% of girls are having high self-esteem. The study conducted by Veselska Z et al on Socio-economic differences in self-esteem of adolescents shows that majority of adolescents girls are having low self-esteem.¹² Robins RW et al study also shows that male participants had significantly higher self-esteem than female participants, showing that sex is a factor in self-esteem.¹³

V. LIMITATIONS

The study was limited to 200 adolescents from V V Puram PU College Bangalore, and small number of subjects limits generalization of the study.

VI. CONCLUSION

Self-esteem is a significant quality of the self-framework, and it impacts the person's emotional wellness and character advancement. As indicated by Maslow, individuals with a feeling of high self-esteem are progressively certain, able, and hence increasingly effective, while those with feeling of low self-esteem will in general feel substandard, baffled, sad, and even get psychological instability. The evidence additionally demonstrate that individuals with high self-esteem have significant level of psychological wellness and self-consistency. The low level of self-esteem is extremely connected with adolescent's girls, hence study heightens importance of gender difference in self-esteem and future research can be focused on providing intervention for low self-esteem, so that adulthood complications can prevented.

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Demographic data	Items	Gender		X ² /t Value	P Value
		Male (N=100)	Female (N=100)		
Age in years (Mean SD)		17.58 (0.57)	17.74 (0.77)	-1.17	0.24
Class	I PUC	44	46	8.83	0.08
	II PUC	56	54		
Religion	Hindu	100	100
Educational of father	Illiterate	12	10	11.84	0.61
	Up to 7 th	24	30		
	Up to 10 th	34	22		
	PUC & Degree and above	30	38		
Educational of mother	Illiterate	46	40	6.14	0.62
	Up to 7 th	36	44		
	Up to 10 th & PUC	18	16		
Occupation of Father	Government Job	8	4	6.79	0.65
	Private Job	44	52		
	Business	32	30		
	Others	16	14		
Occupation of Mother	Private Job	32	24	2.54	0.86
	Business	20	24		
	House maker	48	52		
Monthly family income (Mean SD)		9400 (3295)	10280 (3220)	-1.35	0.18
Type of Family	Nuclear	62	52	5.12	0.02
	Joint	38	48		
Self-esteem (Mean SD)		19 (3.26)	13.25 (5.36)	6.32	0.008

Table 1:- Comparison of Demographic characteristics of adolescents

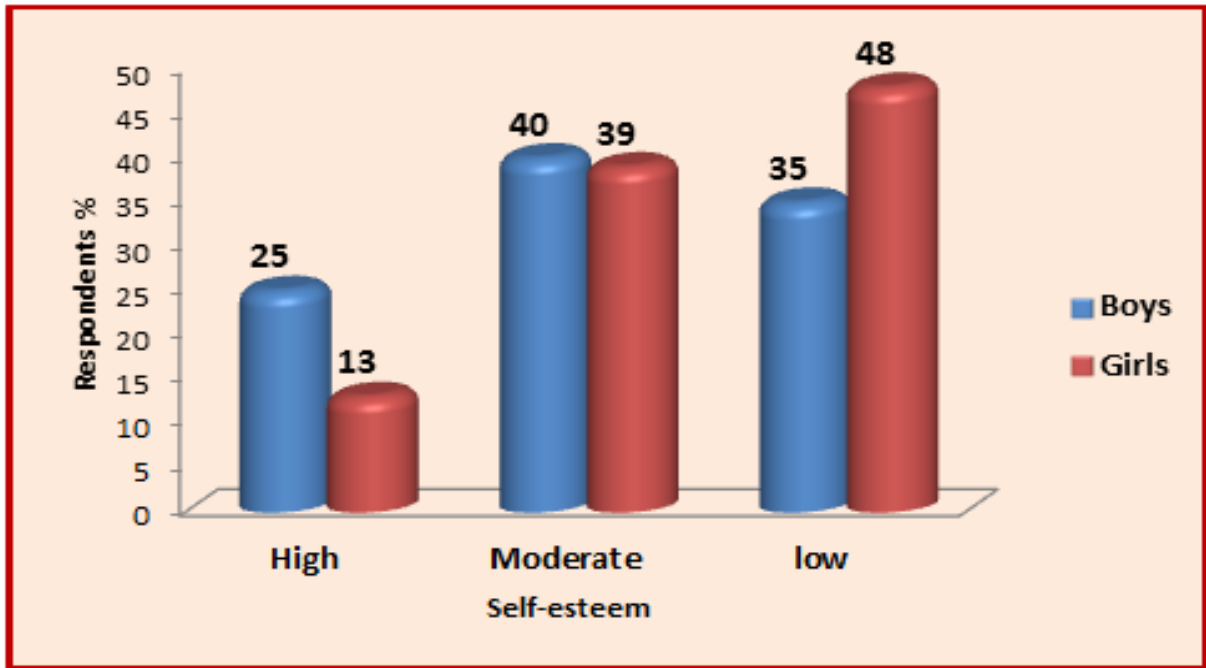


Fig 1:- Classification of adolescents according level of self-esteem