Research Paper

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Self - Evaluative Perception Among The College Freshers

Social Science

KEYWORDS : : individual; factors; positive self esteem; English medium;

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ABSTRACT

Every individual in this world evaluate or perceive themselves by their circumstances of life. These evaluations may boost their development or deteriorate their energy. A vast number of factors influence the individual's own self perception. In the case of a student's life, it is very important for a student to possess a positive self esteem as this would lead them in the path of success. The researcher made an attempt to find out the students awareness of the concept of self esteem and the level they possess. The Rosenberg Self esteem scale (1965) was used as a tool to measure the self esteem which has 10 items having 5 items with reverse scoring. On calculating the sum of the scores, higher the score higher the self esteem was the remark. The study's findings reveals that English medium students possess high self esteem and also as the age of the students increases there is a significant difference found in their self esteem level.

INTRODUCTION

Every human being is instilled with a perception about oneself. Especially when it comes to the college going students the perception about oneself is being reflected in their behavior. Held up with daunting responsibilities, it is the confidence which a student possess that helps them to achieve. Confidence in one's work or abilities serves as the triggering factor in their development. This phenomenon of confidence is called self esteem which upholds the individual's attitude and activity positively. Knowing and perceiving about oneself helps to pool in the resources in the right direction thus leading to success. When focusing particularly in a student's life, this perception about oneself helps them to react to the ups and downs of life. The thoughts and feelings about themselves fluctuate their academic achievement. Various literatures put forth the idea that self esteem is the product of two internal assessment or judgments viz the global judgment and one's self worth. It is also the rate of discrepancy between what a student believes of his/her achievement and what the person has achieved. Adding to this, it also symbolizes the overall sense of support that a person feels from people around him/her (Rosenberg, 1965).

A student feels either positively or negatively about oneself. The positive feeling lands enables them to be a student of high self esteem whereas low self esteem faces them to be a student possessing negative feeling. Students with high self esteem tend to be more persistent at difficult tasks, much happier and sociable, succumb less to the pressures from peers and also perform well in exams. On the other hand, college students with low self esteem are unhappy, less sociable, more likely to use drugs or alcohol, vulnerable to stress and depression (Wiggins, 1994).

On considering the grave need in knowing the self evaluative perception among the college students, the researchers have carried out a quantitative study among the freshers of a college. The study aims to help the student community to be sensitized on how they perceive about themselves and factors which are influencing their academic behavior as well as their normal life.

METHOD OF STUDY

This descriptive study is an attempt to find out the perception of the freshers of a college about their self and to find out their levels of self esteem.

PARTICIPANTS:

The data were collected from the college students who have joined in the first year degree course a leading college in Tiruchirapalli, and who were attending an orientation programme. Informed consent was obtained from them about 118 students were willing to take part in the study and among the students 66 were male and 52 were female.

MATERIALS:

Rosenberg Self esteem scale (1965) was the tool administered in this study to collect the data. The scale is a self report measure of global self esteem. The statements are related to the overall feelings of self worth or self acceptance. The items are scored on a 4 point Likert scales ranging from strongly agree to strongly disagree. Internal consistency of the questionnaire is measured using Cronbach's alpha and the reliability score is .74

PROCEDURE:

The under graduate students who attended the orientation programme were from Economics, Business Administration and Computer Science studying 1 st year in a college. The questionnaire along with the socio demographic details were distributed to the students after the purpose of the study was clearly oriented by the researcher to the students.

DATA ANALYSIS

The researcher with the help of SPSS has analyzed the data. Various statistical tests such as Karl Pearson coefficient of correlation, one way analysis of variance, Independent sample t-test and cross tabulation were incorporated to analyze the data.

RESULTS

- Karl Pearson's coefficient of correlation between the age of the respondents and the self-esteem score of the respondents

Table 1:
Karl Pearson's Correlation between the age of the respondents and the self esteem score

Variable	Correlation Value	Statistical Inference
Age of the respondents and self esteem score	0.188	P<0.05 Significant

The statistical test Karl Pearson coefficient of correlation reveals that age of the respondents has a significant relationship with the self esteem score of the respondents. The negative relationship between the variables means that as the age increases the self esteem level decreases and as the age decreases the self esteem level increases in its score.

- One way analysis of variance between the domicile and the self esteem score of the respondents
  The statistical test in the table below reveals that there is no significant among the domicile and self esteem score of the respondents.

Table 2:
One way analysis of variance between the area of living of the

respondents and their self esteem

Dimension	Variance	Sum of squares	Mean Square	Df		Statistical Inference
Self esteem	Between groups	36.032	18.016	2	G1=21.24 G2=23.30 G3= 21.84	F=1.163 P>0.05 Not significant
	Within groups	1780.824	15.485	115		

G1=Rural G2=Semi urban G3=Urban

- Independent sample t-test between the total self esteem score of the respondents and medium of instruction in school. The statistical test explicit that there is a significant difference between the total self esteem score of the respondents and for the respondent and the medium of instruction in school. Further the mean scores reveals that the students from English medium of instruction in school has high total self esteem score than respondents from Tamil medium.

Table 3:
Independent sample t-test between the medium of instruction in school and the self esteem score

Dimension	Medium of Instruction in school	Mean	Standard Deviation	Standard Error Mean	Statistical Inference
Total Self Esteem score	English Medium	22.89	4.311	0.699	t=2.236 df=116 P<0.05 Significant
	Tamil Medium	21.19	3.653	0.408	

- Cross Tabulation between the medium of instruction in school and total self esteem score of the students. The cross tabulation reveals that majority (67.7%) of the respondents studied Tamil medium in school and 32.2% of the respondents are from English medium schools. Among the 67.7% of the Tamil medium respondents, 50% respondents have high self esteem whereas the remaining 50% of the Tamil medium respondents have low self esteem. From 32.2% of the English medium school respondents, 71% of the respondent s have high self esteem and the remaining 29% of the respondents have low self esteem.
- Independent sample t-test between the Gender of the respondents and the total self esteem score

Table 5:
Independent t-test between gender of the respondents and total self esteem score

Dimension	Gender of the respondents	Mean	Standard Deviation	Standard Error Mean	Statistical Inference
Total self esteem	Male	22	4.375	0.538	t=0.815 p>0.05 Not significant
	Female	21.40	3.321	0.461	

The independent t-test reveals that there is no significant difference between the gender of the respondents and the total self esteem score.

Discussion:
This research study discloses that age of the respondents influences in the evaluation of their self. The respondent's perception about their self is high as the age is lesser and as the age of the respondents increases their perception is low about them. This finding implies that as the respondent's age increases their beliefs and emotions become unmanageable landing them with low level of confidence. As self esteem is apparently the influential predictor of various outcomes such as academic success, it is important that the students are aware of their level of self esteem. Also, the medium of instruction has a significant difference in the self esteem level of the respondents. Respondents from English medium possess high self esteem than compared with Tamil medium students. This is because English is widely used and students from Tamil medium who are unable to cope up with the English language feel inferior and less competent with the challenges they face. The English medium students have a high sense of self esteem than compared with the Tamil medium students which thereby influence their involvement in college activities also.

Conclusion:
In this fast paced world of development, perceiving oneself worthy will naturally help oneself to travel in the pathway of success. The perception is based on the experiences which people undergo in their life. Especially, students who are the *'change makers'* must be aware of themselves particularly their level of self-esteem. Students possessing high self esteem will take up challenges and cope up with it positively. Students with low self esteem need to be identified and provided with training to increase their level of self worth. This study's findings substantiate that age and medium of instruction in school plays a significant role in deciding their self esteem whereas their gender and domicile doesn't have any significant difference with their self esteem of the respondents.

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