



## Influence of Life Skills on the Self-Esteem Among Tribal Adolescence

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### ABSTRACT

*Tribal people are indigenous inhabitants of the country who are living away from the main stream society. Even though there are constitutional provisions the living condition of these people is still pathetic. It is proved that compared to general population the tribal children are poor in academic areas. In this article the researcher intend to study the influence of life skills on the self-esteem of tribal children. They were administered the Life skill Assessment scale and Rosenberg's Self-esteem Inventory. The result shows that there is a positive co-relation exists between life skills and self-esteem of tribal adolescents.*

### KEYWORDS :

### INTRODUCTION

A tribe is observed, historically or developmentally, as a social group prevailing before the development of so called civilized society. They are distinct people, hooked on agricultural livelihood, who are mostly self-sufficient, and not included into the national society. The way of life what they followed were largely self-sufficient, and evidently different from the typical and dominant society. Article 366 (25) of the Constitution of India refers Scheduled Tribes as these communities, who are Scheduled in accordance with Article 342 of the Constitution. This Article says that only those communities who have been declared as such by the President through an initial public notification or through a subsequent amending Act of Parliament will be considered to be Scheduled Tribes." (Ministry Of Tribal Affairs, 2011, as coated by Menon Indu)

Over the past years the tribal population are facing all types of exploitation, still it continues. The indifference from administrators and bureaucracy in dealing with tribal grievances, harsh and unfriendly forest laws and regulations made their life very difficult in forest. As a result they started to come out of their forest life and started to merge with the outside society. But outside their world these people are not enough skilled to cope up with the demands of daily life. While compared to other states the socio-economic condition of tribal people in Kerala is found enhanced. But it doesn't match with the total standard of living condition of the state. A study conducted by Kerala Institute of Local Administration disclosed that there are 4614 landless tribal families in the State. More than 55 per cent dwells in rundown houses. Half of the population faces pure water scarcity problems. The literacy rate among the scheduled tribes is very low while compared to the total literacy rate of the state (72.77). Most of them are school drop-outs.

Self-esteem is a vital component of one's self to retain personal status. It enhances our skills and facilitates to involve in healthy family, society and peer group. The term self-esteem was put forwarded by William James in 19<sup>th</sup> century. Rosenberg(1965) described that Self-esteem is a person's positive or negative attitude toward himself or herself. That is the value recognized by one to his own self. Self-esteem is also identified as the evaluative dimension of the self that embraces feelings of worthiness, prides and discouragement (E. R. Smith/D. M. Mackie, 2007).

Life skills can be defined as "the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of every-day life (WHO,1997)" Life skills have attained a protuberant position as a tool for furnishing individuals to deal with the demands and challenges of daily life. Effective achievement of life skills can affect how one perceive about him and others and enhances their efficiency and talent.

In this article the researcher intends to study the influence of life skills on developing the self-esteem among tribal adolescents.

### OBJECTIVES

- To study the socio-demographic characteristics of the respondents
- To assess the life skills and self-esteem found among the respondents
- To study the relationship between life skills and self-esteem of the respondents.

### METHODOLOGY

The researcher adopted descriptive research design with a sample size of 60. The samples were collected by using disproportionate stratified random sampling technique, that is 20 tribal students from VIII, IX and X standard of a government high school Kannur district, Kerala. They were administered Life Skills Assessment tool- constructed by the Rajive Gandhi National Institute of Youth Development, Rosenberg's self-esteem inventory and a self-prepared questionnaire to assess the socio-demographic characteristics of the respondents. The collected data was analysed by SPSS.

### FINDINGS

#### *Findings with regard to the socio-demographic characteristics of the respondents*

The result shows that 51.7% of the respondents were females and 48.3% of the respondents were males. All the respondents were dwelling in rural area. With regard to the caste of the respondents, vast majority of the respondents belonged to Karimpala community 8.3% belonged to Mavila community and the rest of 1.7% belonged to Paniya community.

It is understood from the result that tribes are also moving out of the stereotypical joint family system; vast majority (91.7%) of the respondents belonged to nuclear families and the rest of 8.3% only belonged to joint families. The birth order of the respondents were also considered for the study. 31.7% of the respondents were first borne, 40% were second borne and the remaining 28.3% were last borne children.

The study reveals that the educational status of the parents of the respondents are poor. Only 3.3% of the fathers and 15% of the mothers have achieved above higher secondary education. 41.7% of the mothers and 40% of the fathers had undergone secondary schools and 49% of the fathers and 40% of the mothers had educated till primary level and the rest of 1.7% of the fathers hadn't received any formal education. But it is significant that all the mothers were educated formally.

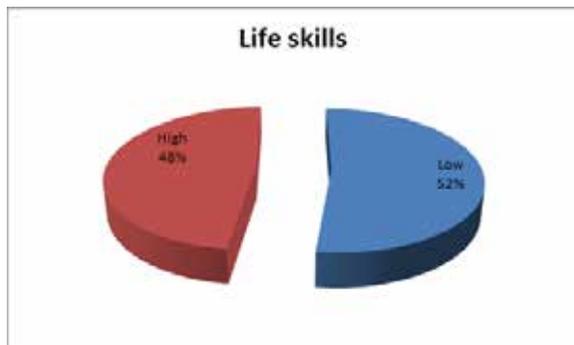
While considering the income level of the respondents vast majority (95%) of the respondents belonged to BPL (Below Poverty Line) category and the rest of 5% only belonged to APL (Above Poverty Line) category. Majority of the parents (86.7% of the fathers & 78.3% of the mothers) were found coolie workers. Only 1.7% of the parents were there in government job. Despite of the reservation in government jobs and other provisions these people are still away from a secured job.

It is known that more than half (61.7%) of the respondents fathers are independent of alcohol and the rest of 39.3% consumes alcohol.

**Findings related with life skills.**

**Diagram I**

**Life skills found among the tribal adolescents.**



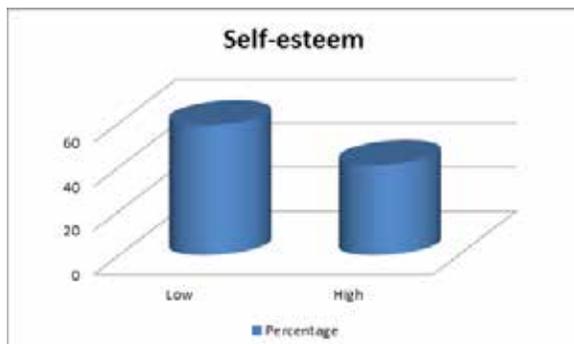
The above diagram reveals that more than half of the respondents possess low life skills and 48% of the respondents possess high life skills. Which indicates majority of the respondents lacks certain important skills which are necessary to cope up with the demands of daily life.

The statistical tests describe that there is no significant difference in life skills with regard to the socio-demographic characteristics of the respondents.

**Findings related with self-esteem**

**Diagram II**

**Self-esteem found among the tribal adolescents**



It is evident from the above diagram that the self-esteem among majority (62%) of the respondents were found low. 38% possessed high self-esteem. The researcher also assessed the association between socio-demographic characteristics and the self-esteem. It is found that only education ( $f=3.439, P<.05$ ) and occupation ( $f=2.495, P<.05$ ) of fathers make significant difference in the self-esteem among the respondents.

**Table I**

**Correlation between self-esteem and Life skills**

Variables	Correlation Value	Significance
Life skills& self-esteem	.400	P<.01

The table point out that there is a significant positive co-relation exists between life skills and self-esteem. Where there is an increase in the life skills, the self-esteem also increases.

**CONCLUSION**

It is evaluated from the study that despite of numerous constitutional provisions and privileges the socio-economic condition of tribe is still agonizing. They are mostly dependent on daily waged income. Study also reveals that they are striving to move away from their own tradition; the joint families are replaced with the nuclear family, the alcohol dependent nature is abating. It can be conclude that tribal people are poor not only in socio-demographic characteristics but also the necessary skills needed in life. Majority of them possess low self-esteem and life skills. It is also proved that the life skills are very essential to keep a virtuous self-esteem because both the characteristics are positively correlated. Hence it is very important to impart adequate life skill lessons in academic syllabus.

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