



THE LEVEL OF SELF ESTEEM AMONG UNDERGRADUATE STUDENTS DURING COVID-19 PANDEMIC

Psychology

Paul Mathew

Student, Christ College, Mysuru-570008, Karnataka, India.

Inchara Chamaiah Swamy*

Research Scholar, Department of studies in Psychology, University of Mysore, Mysuru-570006, Karnataka, India. *Corresponding Author

ABSTRACT

The study aimed to examine the level of Self Esteem among adolescents during COVID-19 pandemic in the age range of 18 to 23 years. The research was conducted on 120 adolescents who were undergraduate students. The sample consisted of 60 males and 60 female subjects. A random sampling method was employed to choose the sample for the research study. Self Esteem Scale developed by Dr. Santhosh Dhar and Dr. Upinder Dhar was used to assess the level of Self Esteem among adolescents. The data obtained was analysed using Descriptive statistics, 't' test and ANOVA. The data analysed revealed that the level of Self Esteem among male and female students was similar. There was a significant difference in the level of Self Esteem among urban, semirural and rural undergraduate students.

KEYWORDS

Self Esteem, Adolescents, Urban and Rural

INTRODUCTION

Self appreciation is very important for an individual. Knowing about oneself or having a positive impact about ourselves will improve one's confidence, identity, feeling of security, feeling of competence and sense of belonging. The outcome of healthy self esteem is influencing one's motivation and mental well-being which results in better quality of life. Self esteem can be defined as an individual's general feeling of self worth. It can be considered through positive feelings about oneself. The self esteem reflects how much an individual likes and values him nonetheless of the circumstances. The other terms which replaces self esteem are self regard, self worth and self respect.

Self esteem can be considered as a very important aspect in one's life. It always helps an individual in the process of decision making, maintaining emotional health and overall well being of a person. Self esteem results in having healthy relation with oneself, which enable an individual to maintain healthy relation with others too.

People with low self esteem will have a number of issues in their day to day activities. They will not have any confidence in themselves which tends them not to believe in their abilities, affecting their decision making process. They even believe that they are incapable of achieving their life goals. Their low level of confidence makes them feel they are unlovable and unworthy. The interpersonal relationships will be badly affected and they might have issues in expressing their needs and wants.

In 1984, E Diener conducted a cross cultural study of life satisfaction and self esteem. The research proved that the self esteem of an individual have an independent space in one's life. The self esteem can be simply described as a person's favourable and unfavourable attitude towards oneself. Suldo and Heubner (2006) conducted a study on indicating higher life satisfaction during adolescents. The study found out that the individuals with high level of self esteem have higher life satisfaction, they also experiences more positive than negative effect. Many reserachers proved that self esteem as an emotional evaluation of an individual's own value, which is nothing but their judgement toward oneself. In 2009, Hewitt found that self esteem induces an assurity in one's capabilities and emotions such as despair, triumph, shame and pride.

METHODS

Sample

The sample consists of 120 Undergraduate Students in which 60 of them were male students and the other 60 were female students. The students belonged to the age group of 18-23 years. Random Sampling method was used in the current study.

GENDER	Male	Female	TOTAL
No. Of Respondents	60	60	120

Objectives of the study

1) To understand and compare the level of Self Esteem among male and female undergraduate students.

2) To compare the difference in the level of Self Esteem of the students living in urban and rural areas.

3) To analyze the level of Self Esteem across various dimensions of self esteem among undergraduate students.

Hypothesis of the study

H(1) There is a significant difference in the level of Self Esteem among male and female undergraduate students.

H(2) There is a significant difference in the level of Self Esteem between the students from urban, semirural and rural areas.

H(3) There is a significant difference in the level of Self Esteem across various dimensions of self esteem among undergraduate students.

Procedure

The study was conducted on 120 samples, among whom 60 were male and 60 were female undergraduate students, within the age group of 18-23 years. Random Sampling technique was used to choose the sample for the study (Inchara Chamaiah Swamy, 2021). The required data was collected in a classroom setting. A good rapport was there within the subject and the experimenter. Then the Self Esteem Questionnaire was given to the subject by providing a brief introduction about the project. The following instructions were given: there are some set of questions in the questionnaire, which you should answer without hesitation. All the statements have to be responded to and no statements should be left unanswered. There are no right or wrong answers. The informations given by you will only be used for the research purpose. Please feel free to ask any doubts. With these instruction, a 'start' signal was given. After the collection of the data, scoring was done as mentioned in the answer key. Later, it was subjected to further analysis.

Tool Used In The Study

In the current study, the research tool used was Self Esteem Scale of Dr. Santhosh Dhar and Dr. Upinder Dhar. According to the scale, there are six major factors which constitutes Self Esteem that encompasses positivity, openness, competence, learning orientation, humility and self worth.

Statistical Techniques Used In Analysing The Data

For further analysis, the following statistical techniques are applied based on the objectives and hypothesis of the current study. The Descriptive Statistical Techniques such as Mean and Standard Deviation (SD) and Inferential Statistical Techniques such as t-test and ANOVA are used. The further data analysis is done by SPSS software.

RESULT AND DISCUSSION

Table No. 1: Level Of Self Esteem Among Male And Female Students.

GROUP	STUDENTS	
	MALE	FEMALE
Mean	102.00	102.10
Standard Deviation	11.390	10.991
SEM	1.470	1.419

N	60	60
t-value	-.049	
p-value	0.839	

Table No.1 reveals the level of Self Esteem among the male and female undergraduate students. The mean scores of the level of Self Esteem among male and female students are 102.00 and 102.10, respectively. This score conveys slightly lower scores for male than female. It implies that out of the samples taken, the level of self esteem is more in male. The results shown in the table tells us that there is no significant difference in Self Esteem among male and female undergraduate students.

Table No. 4: Level Of Self Esteem Of The Students Based On Domicile

GROUP	DOMICILE		
	URBAN	RURAL	SEMI RURAL
Mean	100.25	107.42	102.41
Standard Deviation	11.094	8.637	11.696
SEM	1.387	1.981	1.923
N	64	19	37
f-value	3.171		
p-value	0.046		

Table No.4 reflects the the level of Self Esteem of the students from urban, rural and semi rural areas. From the above table, the mean score for students from urban area is 100.25, students from rural area is 107.42 and for students from semi rural area is 102.41, respectively. The above table reveals that **there is a significant difference in Self Esteem of the students based on domicile.**

Table No. 5: Level Of Self Esteem Of The Students Associated With Different Dimensions Of The Self Esteem Scale

GROUP	DIMENSIONS					
	Positivity	Openness	Competence	Humility	Self Worth	Learning Orientation
Mean	26.28	22.28	13.25	18.11	13.72	8.41
Std. Deviation	4.122	3.928	2.757	3.627	2.751	1.955
SEM	0.376	0.359	0.252	0.331	0.251	0.178
N	120	120	120	120	120	120
f – value	0.779	2.135	2.475	0.491	1.436	0.438
p – value	0.461	0.123	0.089	0.613	0.242	0.646

Table No. 5 reveals the level of Self Esteem of students associated with different dimensions of the Self Esteem Scale. The mean score for the dimensions of Self Esteem is, Positivity-26.28 ,Openness- 22.28, Competence- 13.25, Humility- 18.11, Self Worth- 13.72, Learning Orientation- 8.41, respectively. It is very clear from Table No. 5 that there **is a significant difference** in the competence dimension of Self Esteem.

DISCUSSION AND CONCLUSION

The current study focuses on the level of Self Esteem among male and female undergraduate students. From the statistical analysis, it is certain that there is no significant difference in male and female undergraduate students in terms of level of Self Esteem.

In *Table 1*, it shows that female have more mean score than male. The study conducted by Christina Galanou, Michael Galanakis, Evangelos, Alexopoulos & Christina Darviri (2014) suggests that women have higher levels of self-esteem than men.

In a similar study by Habibollah Naderi; Rohani Abdullah, H Tengku Aizan, Jamaluddin Sharir & V. Kumar (2009), it has been found that there is no significant relation between self esteem and academic achievement in undergraduate students. The study also portrays the insignificant difference in self esteem between male and female students.

Therefore, the above studies supports the findings of the current study, that is, there is no significant difference in self esteem among male and female undergraduate students.

Form this research study we can infer that the majority of the sample have high level of self esteem. Self esteem of the students and domicile of the students **are significantly related**, where in rural students have greater self esteem than the urban students.

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