



A COMPARATIVE STUDY ON SELF-ESTEEM BETWEEN HOMOSEXUAL AND HETEROSEXUAL WOMEN

Psychology

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ABSTRACT

Self-esteem is a state where people feel positive about themselves, that is, they feel that they are valuable and good. In heterosexual relationship people are sexually attracted to members of the opposite physical sex, as in a man being attracted to a woman or vice versa. Women's homosexuality is the tendency of a woman to be emotionally and generally sexually attracted to other women. This condition may influence their self-esteem. Self-esteem Questionnaire by Rosenberg was administered on 80 women. The findings of the study indicated no significant difference between the two groups of Heterosexual (HS) & Homosexual (HM) on the various measures which rejects the hypotheses formulated for this study. Hence both the groups were found to be similar on self-esteem. The findings of the present study would be useful in planning in therapeutic intervention for heterosexual and homosexual women.

KEYWORDS

Self-esteem, women, Heterosexual, Homosexual,

Rosenberg (1965) defines self-esteem as negative and positive attitude of the individual to oneself. Further, Self-esteem is the judgment of worthiness related to the concept of self. Both positive social support and resilience are related to self-esteem. For instance, social support through minority community participation appears to promote an increased sense of both individual and collective self-esteem as a result of the affiliation with other minority individuals (Zimmerman, Darnell, Rhew, et al., 2015). A meta-analysis of longitudinal studies demonstrated that self-esteem is associated with the development of depression and maintenance of anxiety disorders (Sowislo & Orth, 2013). This association has been extended to sexual minority populations, with low self-esteem being associated with higher rates of suicidality in Lesbian Gay and Bisexual (LGB) adolescents (Savin-Williams & Ream, 2003; Van Heeringen & Vincke, 2000) and higher self-esteem associated with reduced risk of depression in Lesbian Gay Bisexual and Queer (LGBQ) young people (Hall, 2018). In their study Pope, Murray, & Mobley (2010) found that individuals in same-sex couples may have more variability in the levels of support they receive from contextual resources. In addition, relationship resources were predictive of relationship satisfaction among the study participants, although personal and contextual resources did not contribute any unique variance to relationship satisfaction. Cropley, & Reid (2008) found that couples who had mutually high perceptions of closeness reported mutual satisfaction and made more positive attributions for partner behavior. However, when only one partner perceived high closeness, there were no effects on that partner's attributions or satisfaction. Findings suggest that relational satisfaction is contingent not just on individuals' perceptions, but also on the implicit communication of attributional charity that depends on couple interdependence. An exploratory study by Dennis (1979) was conducted to examine the level of success of heterosexual and homosexual couples in their "permanent" pairing relationships. All couples showed high levels of success; however, homosexual couples had significantly lower levels compared to married couples. Homosexual females had significantly lower scores on self-esteem and generalized contentment, suggesting that being lesbian and a woman may be a two-fold problem.

In one study, Striegel-Moore, Tucker, and Hsu (1990) found that body esteem was tied to self-esteem in lesbians. Concerns with physical condition and weight as a measure of body esteem related to self-esteem with the lesbian and heterosexual samples. Lesbian students reported lower self-esteem, greater ineffectiveness, interpersonal distrust, and more difficulties in naming their emotions than did heterosexual students. Self-esteem has been found to be positively related to gay male and lesbian identity development stage (Stout, 2001), self-disclosure (Jordan & Deluty, 1998), the importance to the individual of membership in the homosexual group (Jacobs & Tedford, 1980), and involvement in the gay community (Bell & Weinberg, 1978). In a study of 158 women (heterosexual, bisexual, and lesbian), Moradi and Funderburk (2006) found that positive perceived social support led directly to better self-esteem, which then led to lower psychological distress in their sample of women.

The aim of present study was to conduct a comparative study on self-esteem between homosexual and heterosexual women.

OBJECTIVE:

To find out the level of self-esteem in homosexual and heterosexual women.

To compare the level of self-esteem between homosexual and heterosexual women.

Sample:

In this research a total of (N = 80) females above the age of 18 years with homosexual and heterosexual orientation were contacted for the purpose of data collection. The quantitative data was collected through the purposive and snowball sampling procedure for the homosexual population. Whereas, convenience sampling procedure was incorporated for the heterosexual group. Data was collected from 40 females from the homosexual population and 40 females from heterosexual population for this study.

Assessment Tools:

Following tools were used to assess the college students: Personal Data Sheet: To record Personal Relevant information of the individual who is participating. Informed Consent: Taken from the participant.

Rosenberg Self-Esteem Scale (RSES) (1965):

The scale is widely used to measure the self-esteem. The scale consists of total 10 items with 4-point Likert-type scale; 1 is strongly disagree, 2 is disagree, 3 is agree, 4 is strongly agree. 50% of the items are reversely scored that indicates that lower the scores, higher the self-esteem. Greater than 20 scores depict the positive self-esteem. The scale has high Reliability and Validity. "The internal consistency range from 0.75-0.92 and test-retest reliability is 0.85-0.88 concurrent validity of Rosenberg self-esteem scale is 0.60-0.72" (Rosenberg, 1965).

Procedure:

Demographic data sheet and the tools were administered to the subjects individually in Delhi/ NCR after the informed consent was being taken from the subjects. After rapport building, the subjects were explained the purpose of the study, telephonically and data was collected through Google forms. In addition to that, the subjects were ensured about the confidentiality of data.

Data Analysis:

In Descriptive statistics the researcher used frequency, percentage, mean and standard deviation whereas in the inferential statistics the researcher applied correlation between the tests materials used in the present study. The entire data will be analyzed using IBM-SPSS 22.0.

Self-esteem Distribution:

The mean score of self-esteem of heterosexual women who

participated in the present study is 20.44 ± 4.48 . The score wise distribution of the heterosexual women ($n=40$) represents that, out of the total participants, 7 (17.1%) indicated low self-esteem and 34 (82.9%) indicated high self-esteem in the present study (Table-4.4).

Table-4.4: Self-esteem distribution (HS)

S. No	Score	Frequency	Percent	Category
1	15 & below	7	17.1	Low Self-esteem
2	Above 15	34	82.9	High Self-esteem
	Total	40	100.0	

Self-esteem Distribution:

The mean score of homosexual women who participated in the present study is 21.46 ± 5.60 . The score wise distribution of the homosexual women ($n=40$) represents that, out of the total participants, 6 (14.6%) indicated low self-esteem while 35 (85.3%) indicated high self-esteem in the present study (Table-4.15).

Table-4.15: Self-esteem distribution (HM)

S. No	Score	Frequency	Percent	Category
1	15 & below	6	14.6	Low Self-esteem
2	Above 15	35	85.3	High Self-esteem
	Total	40	100.0	

Comparison of variable between Heterosexual and Homosexual Women(Df=80)

The mean score of Self-esteem questionnaire (SE) of heterosexual women is 20.44 ± 4.45 . The mean score of self-esteem (SE) for homosexual women is 21.46 ± 5.60 . The comparison results of self-esteem between heterosexual and homosexual women indicates no difference ($df=80, t = .915, p = .363$).

Table-4.27: Comparison of variables between Heterosexual & Homosexual Women

Variable	Orientation:	Mean	SD	SEM	t-Value	p-Value
SE TOTAL	Heterosexual	20.44	4.478	.699	.915	.363
	Homosexual	21.46	5.600	.875		

DISCUSSION:

The aim of the study was to find out the level of self-esteem in homosexual and heterosexual women. The study also aimed to compare the level of self-esteem between homosexual and heterosexual women. Total sample of 80 was collected which included 40 homosexual women and 40 heterosexual women. The mean score of homosexual women who participated in the present study is 21.46 ± 5.60 . data analysis revealed that 14.6% indicated low self-esteem while 85.3% indicated high self-esteem. Similarly, in the study of (Zimmerman, Darnell, Rhew, et al., 2015). social support through minority community participation appears to promote an increased sense of both individual and collective self-esteem as a result of the affiliation with other minority individuals. The study by Pope, Murray, & Mobley (2010) found that individuals in same-sex couples may have more variability in the levels of support they receive from contextual resources.

The study revealed that among the heterosexual women represented out of the total participants, 7 (17.1%) indicated low self-esteem and 34 (82.9%) indicated high self-esteem. Cropley, & Reid (2008) found that couples who had mutually high perceptions of closeness reported mutual satisfaction and made more positive attributions for partner behaviour. In the present study there was no difference in self-esteem between the heterosexual and homosexual women. Self-esteem has been found to be positively related to gay male and lesbian identity development stage (Stout, 2001), self-disclosure (Jordan & Deluty, 1998), the importance to the individual of membership in the homosexual group (Jacobs & Tedford, 1980), and involvement in the gay community (Bell & Weinberg, 1978). Moradi and Funderburk (2006) found that positive perceived social support led directly to better self-esteem, which then led to lower psychological distress in heterosexual, bisexual, and lesbian.

CONCLUSION

Self-esteem is a state where people feel positive about themselves, that is, they feel that they are valuable and good. The findings of the study indicated that the heterosexual and homosexual women were found to be similar on self-esteem. The findings of the present study would be useful in planning in therapeutic intervention for heterosexual and homosexual women.

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