ORIGINAL RESEARCH PAPER

Education

A STUDY ON SELF ESTEEM AMONG HIGH SCHOOL STUDENTS

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ABSTRACT

The Present study is carried out by differential analysis to know the difference between Self Esteem among High School Students. Three hundred and twenty High School Students had been randomly selected for the present study. Normative Survey method was used to collect the data. The study was done in Tirupattur District in Tamilnadu. In the study it is found that there is no significant difference among high school students in Self Esteem with respect to Gender. Also it is found that there is a significant difference in the mean scores of Self esteem among the high school students based on their types of school.

INTRODUCTION

A man is a social being. If he is not able to adjust himself in different aspects of life his personality can't remain balanced. Through the medium of education he learns to adjust himself with the friends, class fellows, parents, relations, neighbors and teachers etc. Education is concerned with the development of all faculties of the child. It performs the functions of the physical, mental, aesthetic, moral, economic, spiritual development of the individual so that the individual may get rid of his animal instincts by sublimating the same so that he becomes a civilized person.

Education is not a static but a dynamic process which develops the child according to changing situations and times. It always induces the individual towards progress. It reconstructs the society according to the changing needs of the time and place of the society. According to Adams, education is a bipolar process in which one personality acts on another to modify the development of other person. The process is not only conscious but deliberate. Therefore, the role of education is countless for a perfect society and man. It is necessary for every society and nation to bring holistic happiness and prosperity to its individuals. An educated individual who possess a high self esteem surely will succeed in all aspects of his/ her life.

Self-esteem is a person's inner appreciation or assessment of him or herself. It matters because people who do not value themselves - who have low self-esteem – treat themselves and others badly. Thus low self-esteem can be seen as a major factor in abuse, addiction, crime, depression, loneliness, low educational achievement, mental illness and unhappiness. People high in self-esteem are often creative, joyful, fun to be with and productive.' Self-esteem is confidence in yourself and a belief in your qualities and abilities (Cambridge Advanced Dictionary 2004). Self esteem is a set of attitudes and beliefs that a person brings with him or her when facing the world.

CONCEPT OF SELF ESTEEM

Self esteem is how we value our selves; it is how we perceive our value to the world, and how valuable we think we are to the others. Self esteem affects our trust in others, our relationships, our work, nearly every part of our lives. Positive self esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes, without the fear of being rejected. Negative self esteem gives felling of unworthiness, incapability, and incompetency.

The term self esteem is one of the oldest concepts in the field of psychology. The term was coined by American Psychologist and Philosopher W. James in 1890. Self esteem is usually defined as a personal judgment of worth living along a dimension with positive and negative ends. It is also widely assumed that self esteem functions as a trait that is not stable across time within individuals. In psychology self esteem or self worth includes a person's subjective appraisal of himself or herself as intrinsically positive or negative to some degree that may become more positive or negative as a person encounters successes or failures in daily life. Synonyms of self esteem include self worth, self regard, self respect, and self integrity.

The 'self' part of self-esteem pertains to the values, beliefs and attitudes that we hold about ourselves. The "esteem" part of self esteem describes the value and worth that one gives oneself. Simplistically self-esteem is the acceptance of us for whom and what we are at any given time in our lives. It is our self-evaluation and our sense of self-worth Self-esteem is a positive or negative orientation toward oneself; an overall evaluation of one's worth or value. People are motivated to have high self-esteem, and having it indicates positive self-regard, not egotism. Self-esteem is only one component of the self-concept, which Rosenberg defines as "totality of the individual's thoughts and feelings with reference to himself as an object." Besides self esteem, self-efficacy or mastery, and self-identities are important parts of the self-concept. Self-esteem is a concept of personality, for it to grow, we need to have self worth, and this self worth will be sought from embracing challenges that result in the showing of success.

Self-esteem is commonly defined as the belief that a person is accepted, connected, unique, powerful, and capable. Self-esteem issues take on a particular significance for students with learning or attention problems because self-assessment of this concept requires the ability to evaluate and compare. These are two skills that are extraordinarily challenging for students with special needs. Therefore, these children are often unable to accurately measure or assess their own self-esteem. Because self-esteem is a feeling - not a skill - it can only be measured by observing the way in which a person acts or behaves. Teachers and parents must become keen and insightful observers of children in order to assess their self-esteem.

NEED AND SIGNIFICANCE OF THE PRESENT STUDY

The self esteem in education depends on the quality of both those who teach and learn. The role of teacher in the learning process is very high .So the knowledge of the students is essential for teacher to guide them. Hence in the present study is an attempt as also been made to investigate the level of self esteem found among the students in general?

Abraham Maslow states that know psychology health is possible unless the essential core of the person is fundamentally accepted, loved and respected by other and by his self. Self-esteem allows people to face life with more confidence, benevolence and optimism and thus easily reach their goals and self- actualize. It allows once self to be more ambitious, but not with respect to possession or success,

worth with respect to what one experience emotionally, creatively and spiritually. Self-esteem affects motivation, behavior, life satisfaction, and is related to well being throughout life.

OBJECTIVES OF THE STUDY
1. To find out there is a significant differenceamong the high school students in Self esteem based on their gender.
2. To find out there is a significant differenceamong the high school students in Self esteem based on their types of school.

HYPOTHESES OF THE STUDY
1. There is no significant difference among the high school studentsin Self esteem based on their gender.
2. There is no significant differenceamong the high school students in Self esteem based on their types of school.

METHOD
Normative Survey method was used in the present study.

TOOLS USED
Self esteem Scale developed and standardized by S.Karunanidhi (1996) had been used in this study. The scale consists of 25 items among the total number of items, 18 items are positive statements whereas 7 items are negative. The reliability of this scale was established by Cronbach's Alpha method. The obtained reliability coefficient is 0.827 revealing that the tool is reliable. The content validity of the Self esteem Scale is found to be moderate validity.

SAMPLE OF THE STUDY
The sample consists of 320 High Schools Students studying in nine different schools in Tirupattur District, Tamilnadu.

DELIMITATIONS OF THE STUDY
• The investigator limited the study with the sample of 320 high school students from the 9 high schools in the Tirupattur Educational District.
• The level of significance considered in this study is 0.05 levels.

STATISTICAL TECHNIQUES USED
In this present studyfollowing Statistical techniques were used

a. Descriptive Analysis
I) Measures of central tendency (mean)
ii) Measures of variability (standard deviation)

b. Differential Analysis
I) Independent sample 't' test
ii) One way ANOVA test

ANALYSIS OF THE DATA
HYPOTHESIS: 1
There is no significant differenceamong the high school students in Self esteem based on their Gender.

Table 1: Significant difference in mean scores of Male and Female High school students in their Self esteem

Variable	Gender	N	Mean	S.D	t-value	Result
Self Esteem	Male	156	92.84	7.920	0.720	Not Significant at 0.05 level
	Female	164	91.95	7.900		

It is clear from the Table: 1, the significant value 0.720 is found to be not statistically significant at the 0.05 level. Hence it is clear from the result that there is no significant difference in the mean scores of Self esteem among the high school studentsbased on their gender.

HYPOTHESIS: 2
There is no significant differenceamong the high school students in Self esteem based on their types of school.

Table 2: Significance of difference of high school students in their Self Esteem based on their types of school

	Sum of Squares	Df	Mean Square	F	Sig.	Result
Between Groups	658.717	2	329.358	5.409	0.005	Significant at 0.05 level
Within Groups	19300.771	317	60.886			
Total	19959.488	319				

It is clear from the Table: 2, the significant value 0.005 is found to be statistically significant at the 0.05 level. Hence it is clear from the result that, there is a significant difference in the mean scores of Self Esteem among the high school studentsbased on their types of school.

FINDINGS OF THE STUDY
1. There was no significant difference in the mean scores of Self esteem among the high school studentsbased on their gender. Therefore it was found that the gender has no influence on Self esteem among the high school students.
2. There was a significant difference in the mean scores of Self esteem among the high school studentsbased on their types of school. Therefore it was found that the types of school have influence on Self esteem among the high school students.

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