

	ORIGINAL RESEARCH PAPER	Education
	SELF-ESTEEM IN RELATION TO RESILIENCE AND WELL-BEING AMONG SECONDARY SCHOOL STUDENTS	KEY WORDS:
Dr. Jasraj Kaur	Department of Education and Community Service, Punjabi University, Patiala	
Lakhvir Kaur	Research Scholar, Department of Education and Community Service, Punjabi University, Patiala	
ABSTRACT	This study was conducted to explore the self- esteem in relation to resilience and well-being among school students. 100 school students from district Faridkot of state Punjab were selected as the sample of the study. The tools of Dhar and Dhar (2005) for self- esteem, Wagnild and Young (2009) for resilience Well- being scale by Vijay Laxmi Chauhan and Varsha Sharma (2016) and were used in this research. The results of the study indicated that there was significant correlation between self- esteem and resilience. Moreover, significant association was found between self- esteem and well-being.	

INTRODUCTION Education has an extensive scope in itself. Education is not linked with only what we study in school or college but it is about our general development. Jill (2001) defined that education is essential for a country's development in all aspects, including knowledge and economics, and it is an important foundation to improve related difficulties and speed up the flow of students' motivation to gain knowledge and skills. The basic meaning of education seems to be bringing up, leading out or making evident and display the potentialities in a child. Education is defined in Collin's dictionary (2018) as the act or process of imparting or gaining overall knowledge, developing the powers of reasoning, judgment and generally of preparing oneself or others logically for mature life. Education assists in developing all the facets of individuality name physical, mental, moral, emotional, social and spiritual. It allows to meet social needs and requirements of life. It is not only the acquisition of academic knowledge but also include knowing, understanding and handling sentiments in the right way, at the right time and right method. It pays a lot in the national growth and evolution. Education is considered to be the rudimentary process in society. It is the chief instrument for modification, modernization and production. The concept of self-esteem refers to the person's evaluation or general emotion regarding the self. Thus, self-esteem comprises two main dimensions: personal value and insight of personal skills. Rubio (2007) defined self-esteem as a psychological and social fact where an individual evaluates own self and own proficiency on the behalf of certain values that appear from various emotional conditions and different circumstances. It covers a diverse range of emotions and behaviors' as "a favorable or unfavorable attitude towards the self. Monserrate (2022) defined self-esteem, as an important psychological construct in the procedure of development of individuals, influences the different settings in which individuals find themselves in their life span. Self-regulation is defined as the ability to control and regulate instincts to set and achieve enduring goals. self-regulation refers to the self-directive procedure through which learners alter their mental abilities into task related skills. This is the method or procedure that learners use to manage and organize their thoughts and change them into skills used for learning. In order for students to be self-regulated they must to be aware of their own notion process, and be motivated to enthusiastically participate in their own learning process. Deci and Ryan (2008) defined that it is like an adopted process of taking decisions for successful attainment of goals and achievements. Zautra (2009) divided resilience into two parts with one showing resilience as the ability to individuals to deal with adversity and recover, and the other defining resilience as the ability to continually achieve targets and progress toward a positive future despite pressures and the	ability to cope effectively when faced with adversity. According to Troy et al., (2023) resilience defined as a dynamic capacity that can allow people to thrive in the face of challenges, given the suitable social and personal contexts, suggesting that resilience can be learned or modified and varies on personal and social factors. Well-being as the quality of life of an individual or other social unit. well-being originated from positive psychology. The term well-being specifies the diversity of goodness. Dunn (1961) first coined the term wellness and defined it as an integrated technique of functioning which is oriented towards maximizing the potential of which the individual is proficient. Huppert (2009) defined that well- being is a combination of good mental health, high level of satisfaction with life, good social connections, having a meaning, and purpose in life, high level of happiness, and so on. it may be defined as individual's feeling of contentment, happiness, satisfaction with life's experience, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry in terms of physical, mental, social, emotional and spiritual aspects of life. Review of Related Literature Mesquita et al. (2023) explored the relationship between resilience and self-esteem and burnout. The sample of the study comprised of 399 medical students from Centro University, Brazil. Findings revealed that there exists significant relationship between sleep deprivation and resilience. Also, significant positive relationship between self-esteem and resilience, sleep deprivation and self-esteem. Miezah et al. (2025) explored the relationship between emotional intelligence and self-esteem among 1020 private university students from Ghana. The results of the study had shown that students were ambivalent in emotional intelligence and self-esteem. The results of the study also showed that there was significant relationship between emotional intelligence and self-esteem. Castilo et al. (2022) explored the association between self-esteem and resilience. The participants of the were 1547 students from university of Granada, Spain. The results of the study shown that there exists a significant positive relationship between self-esteem and resilience. Gianjacomio et al. (2025) assessed the mediating role of resilience and also determined the association between social support and burnout among 2817 Public University students from Parana, Brazil. The analysis of the study showed that social support significantly and positively influenced resilience, however resilience had a significant negative effect on burnout. Moreover, resilience significantly mediated the relationship between social support and burnout.
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Fu and Wang (2025) studied the level of well-being and also examined the relationship between well-being with grit and resilience. The sample of the study consisted of 1088 Chinese medical students. The result of the study had shown that grit and resilience significantly predicted well-being. Moreover, resilience was a better predictor of well-being as compared to grit.

Li and WU (2025) assessed the effect of creativity on well-being. The sample of the study comprised of 1124 college students. The results of the study had shown that there was a positive relationship between creativity, well-being and meaning of life. Moreover, meaning in life played a partial mediating role between creativity and well-being. The findings of the study also investigated that creativity directly influenced well-being and indirectly influenced well-being through meaning in life.

Significance of the Study

Self-esteem, resilience and well- being are important to help students to cope with challenges, stress and anxiety everyday life. Resilience helps to succeed academically despite obstacles that make it difficult for students to succeed. self-esteem during adolescence tends to be unbalanced, because of the many changes that happen in the adolescents' roles and responsibilities. Resilience helps to succeed academically despite obstacles that make it difficult for students to succeed. The emerging challenges have necessitated that the schools also shift the focus to the psychosocial needs of students and take care of overall well – being. It covers terms such as happiness morale and positive effects. Well-being is beneficial for students to live a healthy life, making it an important aspect of one's life in the schools.

Objectives of the Study

- To study the relationship among self-esteem and resilience of school students.
- To study the relationship among self-esteem and well-being of school students.

Hypotheses of the Study

- Three will be no relationship among self-esteem and resilience of school students
- Three will be no relationship among self-esteem and well-being of school students.

Research Method

The study was conducted through descriptive method of research.

Sample of the Study

The sample consisted of 100 school students from Faridkot district, Punjab.

Tools Used

- Self-esteem scale by Dhar and Dhar (2015).
- Resilience scale by Wagnild and young (2009).
- Well- being scale by Vijay Laxmi Chauhan and Varsha Sharma (2016).

Relationship Among Self-esteem and Resilience of School Students

The scores of school students on self-esteem, resilience and well-being were correlated by using Pearson's coefficient of correlation.

Table 1 Relationship Between Self-esteem and Resilience Among School Students

Variable	N	Correlation (r)
Self-esteem	100	0.39**
Resilience		

**p<0.01 level

The results of the coefficient of correlation of this study shown

that the correlation score is 0.39 which is significant at 0.01 level. Hence the hypothesis, “There will be no significant relationship between self- esteem and resilience of school students” is rejected. It shows that there is significant relationship between self- esteem and resilience. The results of the researches made by Prabhu and Shekhar (2016), Balgiu (2017), Kaur and Kaur (2017), supported the results of the present study.

Table 2 Relationship Between Self-esteem and Well- being Among School Students

Variable	N	Correlation (r)
Self-esteem	100	0.49*
Well- being		

p<0.05

The results of the coefficient of correlation of this study shown that the correlation score 0.49 is which is significant 0.05 at level. Hence the hypothesis, “There will be no significant relationship between self- esteem and well-being of school students” is rejected. It shows that there is significant association between self- esteem and well-being. The findings of the studies conducted by Holopainen et al. (2020), Singahal and Prakash (2021), Sundaram and Patel (2023) lend support the result.

CONCLUSIONS

- There is significant positive association between self-esteem and resilience among school students.
- There is significant positive association between self-esteem and Well- being among school students.

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