

Study on Self-Esteem among the College Students in Trichirappalli District

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Abstract

The correlate of self-esteem among the college students in Trichy District is a study on a sample of 120 respondents in three colleges in Trichy district namely Bishop Heber, ChristhuRaj and Government arts colleges. For the selection of these respective colleges researcher used the simple random sampling (lottery method) from the Final year Under Graduate Students only who is pursuing currently in the Arts and Science College. After that, the researcher had selected 20 from the Arts Section and 20 from the Science Section. Hence the Sampling method for this study is Disproportionate Stratified random sampling method is adopted. This study investigated in the three dimensions of self-esteem like performance, social and Appearance self-esteem. The relationship among the selected variables as well as their association with socio demographic background variables of the respondents was also investigated. The hypothesis generated based on the objectives to find out the relationship between the subject variables. A self-prepared interview schedule and standardized scales were used for the collection of data. Statistical techniques such as mean, standard deviation, median, chi-square, “z” test, Karl Pearson’s coefficient of correlation. Major findings of the study and the conclusions drawn from them indicate that self-esteem is in moderate level among the college students. The study also revealed that there was a significant relationship between the subject variables. Suggestions of the study with general recommendations are given.

Keywords: Self-esteem, performance, social and appearance

1. Introduction

Youth are the basement of the next generation. In many countries, some of the youth are emancipated and some or not. Youth reported with difficulties with education, reliance on mental health issues, and substance use with high recidivism rate. Youth are admitted into the adult status by the formal or the informal process by the society. The considerable traditional, educational, culture, self-esteem and the economic is found with differences among the youth all over the world. The present study intervenes about the youth with their with some aspects of self-esteem with various dimensions like performance, appearance and social esteem.

2. Significance of the study

Youth are more optimistic about their ability to manage financial resources and they might give importance to the self-esteem, in this study we will come to know about this how far the youth people consider these things are labelled, unlabeled and we can also measure the important of these self-esteem based on their uniqueness.

2.1 Objectives of the study

1. To analyses the Self- Esteem of the respondents
2. To find out the relationship /Association between the selected socio demographic characteristics with regard to self-esteem of the respondents.
3. To provide suitable suggestions for improving self-esteem.

2.2 Hypotheses:

- ✓ There is a significant association between socio demographic of the respondents with regard to self-esteem
- ✓ There is a significant relationship between age of the respondents with regard to their self esteem
- ✓ There is a difference between the male and female of the respondents with regard to their self esteem
- ✓ There is a association between the religion of the respondents with regard to their self esteem
- ✓ There is a Relationship between family members of the respondents with regard to their self-esteem.
- ✓ There is a difference between the types of family members of the respondents with regard to self esteem
- ✓ There is a significant difference between male and female of the respondents with regard to performance self-esteem, social self-esteem, appearance self-esteem. And overall self-esteem.

2.3 Research design:

Initially from the 23 Arts and Science College, 3 Arts and Science College has been selected for this study based on the domicile like Rural, Urban and Semi Urban respectively. For the selection of the respective colleges simple random sampling (lottery method) has been adopted by the researcher. The selected respective colleges are Bishop Heber College from the domicile of Urban, Christhu Raj College from the domicile of Semi Urban and Government Arts and Science College from the domicile of rural area. In Bishop Heber College there are 142 Undergraduate final year students, In Christhu Raj College, there are 55 undergraduate final year students and in Government Arts and Science there are 49 undergraduate final year students hence it is considered to be the universe. The universe for the study is 246. In the second phase of the research, from the 3 respective colleges, i.e. (Bishop Heber College, Christhu Raj College and Government Arts and Science College), the researcher had selected the respondents from the Final year Under Graduate Students only who is pursuing currently in the Arts and Science College. After that, the researcher had selected 20 from the Arts Section and 20 from the Science Section. Hence the Sampling method for this study is Disproportionate Stratified random sampling method is adopted.

3. Major Findings

Table No:01 Demographical background of the respondents

S. No	Demographical	Number of Respondents (n :120)	Percentage
I	Age		
	19 Years	44	36.7
	20 Years	66	55.0
	21 Years	10	8.3
II	Group		
	Arts	61	50.8
	Science	59	49.2
III	Gender		
	Male	53	44.2
	Female	67	55.8
IV	Religion		
	Hindu	72	60
	Christian	39	32.5
	Muslim	9	7.5
V	Area		
	Urban	52	43.3
	Rural	47	39.2
	Semi Urban	21	17.5
VI	College		
	Bishop Heber	40	33.3
	Christhu Raj Government Arts	40	33.3
VII	Father's Occupation		
	Informal worker	57	47.5
	Business	28	23.3
	Formal Worker	35	29.2
VIII	Father's Annual Income		
	below 1 lakh	52	43.3
	above 1 lakh	33	27.5
	above 2 lakh	35	29.2

Sources: Primary Data

From the above table, that majority of the respondents (55%) belongs to the age of 20 years, (36.7%) of the respondents belongs to the age of 19 and remaining (8.3 %) of the respondents belongs to the age of 21, (50.8%) of the respondents were belong to the group of Arts and the remaining (49.2%) of the respondents were belongs to the Science Group, Majority of the respondents (55.8%) are female and (44.2%) of the respondents were male. Majority of the respondents (60%) belongs to the religion of Hindu, (32.5%) of the respondents belongs to the religion of Christian and remaining (7.5%) belongs to Muslim Religion. Nearly (43.3%) of the respondents residing at urban area, (39.2%) of the respondents residing in rural area and remaining 17.5% of the respondents residing at semi urban area. It is noted that equal number of respondents is seen from each college namely Bishop Heber College, Christhu Raj College and Government Arts College, Majority of the respondents father's

occupation (47.5%) belongs to the category of informal worker, Less than half (29.2%) of the respondents father’s occupation belongs to the category of formal worker and remaining (23.3%) of the respondents father is having own business, majority of the respondents father’s annual income (43.3%) Is below a lakh, (29.2%) of the respondents father annual income is above 2 lakh and (27.5%) of the respondents father annual income is above a lakh. (71.7%) of the respondents had their family members below 3, (25%)of the respondents had the family members in the category between 4 to 7 and remaining (3.3%) of the respondents had their family member above 8.

Table: 2 Distribution of the respondents by the Self Esteem dimension

S. No	Dimension	Variables	Frequency	Percentage
I	Performance Self esteem	Low	67	55.8%
		High	53	44.2%
II	Social Self esteem	Low	62	51.7%
		High	58	48.3%
III	Appearance Self esteem	Low	67	55.8%
		High	53	44.2%
IV	Over all Self esteem	Low	32	26.7
		Average	58	48.3
		High	30	25

(55.8%) of the respondents have low performance self-esteem and (44.2%) of the respondents have high level of performance self-esteem, (51.7%) of the respondents have low social self-esteem and (48.3%) of the respondents have high level of social self-esteem, (55.8%) of the respondents have low appearance self-esteem and (44.2%) of the respondents have high level of appearance self-esteem, (48.3%) of the respondents have average level of self-esteem and (26.7%) of the respondents have low level of self-esteem and remaining (25%) of the respondents have high level of self esteem

Table 3: Relationship between significant relationships between age of the respondents with regard to their self esteem

S. No	Variables	Correlation value	Statistical Inference
1	Age and Self Esteem	.161	p>0.05 Not significant

Inference:

The above table reveals that there is no significant relationship between the age of the respondents with regard to their self-esteem

Table 4: Difference between the male and female of the respondents with regard to their self esteem

S. No	Gender	Mean	S.D	Statistical Inference
1	Male (n :53)	1.89	0.725	Z = -1.307
2	Female (n:67)	2.06	0.715	p>0.05 Not significant

Inference:

From the above analysis it is clearly seen that there is no significant relationship between the male and female of the respondents with regard to their self-esteem.

Table 5: Association between the religion of the respondents with regard to their self esteem

Religion	Self Esteem			Statistical Inference
	Low	Average	High	
Hindu (n:72)	22 (30.6%)	33 (45.8%)	17 (23.6%)	X ² = 4.428 Df=4 p>0.05 Not significant
Christian (n:39)	9 (23.1%)	18 (46.2%)	12 (30.8%)	
Muslim (n:9)	1 (11.1%)	7 (77.8%)	1 (11.1%)	

Inference:

The chi-square value shows that there is no significant association between the religion of the respondents with regard to their Self-esteem.

Table:6 Relationship between family members of the respondents with regard to their self-esteem.

S. No	Variables	Correlation value	Statistical Inference
1	Family Members and Self Esteem	0.123	p>0.05 Not significant

Inference:

From the above table it is observed that there is no significant relationship between family members of the respondents with regard to their self-esteem.

Table 7: Difference between the types of family members of the respondents with regard to self esteem

Sln0	Type of family members	Mean	S.D	Statistical Inference
1	Nuclear (n:75)	1.95	0.787	Z = -0.717
2	Joint (n:45)	2.04	0.601	p>0.05 Not significant

Inference:

From the above table it is observed that there is no significant difference between type of family members of the respondents with regard to their self-esteem.

Table 8: Difference between the male and female of the respondents with regard to their performance self esteem

Sln0	Male and Female	Mean	S.D	Statistical Inference
1	Male (n:75)	1.95	0.787	Z = -2.019
2	Female (n:45)	2.04	0.601	P<0.05 significant

Inference:

From the above table it is observed that there is significant difference between the Male and Female of the respondents with regard to their performance self-esteem.

Table 9: Difference between the male and female of the respondents with regard to their social self esteem

Sln0	Male and Female	Mean	S.D	Statistical Inference
1	Male (n:75)	1.95	0.787	Z = -0.0958
2	Female (n:45)	2.04	0.601	P<0.05 significant

Inference:

From the above table it is observed that there is significant difference between the Male and Female of the respondents with regard to their social self-esteem.

Table 10: Difference between the male and female of the respondents with regard to their appearance self esteem

Sln0	Male and Female	Mean	S.D	Statistical Inference
1	Male (n:75)	1.95	0.787	Z = 0.217
2	Female (n:45)	2.04	0.601	P>0.05 Not significant

Inference:

From the above table it is observed that there is no significant difference between the Male and Female of the respondents with regard to their appearance self-esteem.

4. Findings

- ✓ More than half (55%) of the respondents are in the group of 20 years
- ✓ More than half (55.8%) of the respondents were male.
- ✓ More than half (50.8%) of the respondents belongs to the group of arts.
- ✓ Majority (60.0%) of the respondents belongs to the religion of Hindu
- ✓ Nearly half (43.3%) of the respondents resided at urban area
- ✓ Nearly half (47.5%) of the respondents father's work as informal worker.
- ✓ Nearly half (43.3%) of the respondents father earns below a lakh.
- ✓ Majority (71.7%) of the respondents have had a family members below 3
- ✓ Majority (62.5%) of the respondents belongs to the nuclear family.
- ✓ The finding indicates that nearly half (30.8%) of the respondents were high level of self-esteem in the Christian Religion, Majority (77.8%) respondents have average level of self-esteem in the Muslim

- Religion and Nearly half (30.6%) of respondents have low level of self-esteem in the religion of Hindu.
- ✓ Majority (55.8%) of the respondents of having low performance self-esteem, Majority (51.7%) of the respondents had high social self-esteem and Majority (55.8%) of the respondents of had high appearance self-esteem
- ✓ Nearly half (48.3%) of the respondents had average level of self-esteem, nearly less than (26.7%) of the respondents had low level of self-esteem and nearly less than (25%) of the respondents had high level of self-esteem.

5. Suggestions

- ✓ This study highlights the majority of the respondents experience average level of self-esteem. Self-awareness training program can be provided to them
- ✓ The management can provide meeting for the Stake holders like Parents, Teachers, Mentors as they play vital role
- ✓ Self-esteem plays an important role in the youth's life. Programmes can be focussed to the youth to build the self-esteem and the personal value.

Social work professional can provide counselling, guidance and training in this regards to develop the personal values and self-esteem.

6. Conclusion

The present study has tried to discover the level of self-esteem by considering the following dimensions: performance self-esteem, appearance self-esteem and social self-esteem. In the performance self-esteem it is noted that more than half of respondents (55.8%) having the low performance self-esteem. More than half of respondents (51.7%) having the high level of social self-esteem and more than (55.8%) half of respondents (51.7%) having the high level self-esteem

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