



# Self-Esteem and Academic Performance of M.Ed. Students

**“Be faithful to that which exists within yourself” –  
Andre Gide**

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**Abstract:** Self Esteem is defined by many factors which involve self confidence, feeling of security, identity, sense of belonging and feeling of competence. Self Esteem is of two types, High Self Esteem and Low Self Esteem. Research documented that High Self Esteem plays an important role in academic achievement, whereas Low Self Esteem creates negative feelings. The study results revealed that there is a significant correlation between Self Esteem and academic achievement of M.Ed students.

## **INTRODUCTION:**

The term self-esteem defines a person's overall subjective sense of personal worth or value. In short, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Self-esteem is defined by many factors including,

- Self-confidence
- Feeling of security
- Identity
- Sense of belonging
- Feeling of competence

Self-esteem involves self-worth, self-regard, and self-respect.

Self-esteem affects your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.

Characteristics of healthy Self- esteem persons

- Have a firm understanding of their skills
- Are able to sustain healthy relationships with others because they have a healthy relationship with themselves
- Have realistic and appropriate expectations of themselves and their abilities

- Understand their needs and are able to convey them

Factors effecting self Esteem are Family environment, success, physical characteristics, confidence and comments by others.

Classification of Self-Esteem is of two types:

→**High Self-Esteem** – Feeling positively about yourself, your actions and your future.

→**Low Self-Esteem** – Feeling negatively about yourself, your actions and your future.

### Effects of Low Self-Esteem

- Create anxiety, stress, loneliness, and increased likelihood of depression.
- Cause problems with friendship and interpersonal relationships
- Reduced academic performance.

### REVIEW OF RELATED LITERATURE:

Research shows that high self-esteem helps the person stay motivated and helps to achieve their goals.

**According to Leary (1999), self-esteem is important because it contributes to psychological well-being, better relationships, good health, and a positive identity. High self-esteem helps us to approach life positively and set goals. It also helps us become self-motivated, confident, and successful.**

### Parents and Teachers role in Self Esteem:

Development of positive self-esteem helps a child make required adjustments about their self-worth and competence. Parent role is to help children in developing the skills they require to feel capable when they are faced with life's many challenges. The role of parents is to teach children to respect individuals and to avoid being influenced by peers' pressure.

Self-esteem is affected by many factors but the most important factor being 'family'. The major task of parenthood is parent helping their children to develop strong positive self-esteem. A parent is the most influential person when it comes to how a child feels about him/herself–her self-esteem. A parent is a mirror of who the child is.

**Value each student for his or her individual strengths and abilities.** Do not compare students to one another. Teach students to recognize and value one another's differences. Give individual, rather than generic whole group, praise so students can see how their individual contributions matter.

A student education can be greatly enhanced by their parent's participation in the classroom and at home.

Research has also documented that high self- esteem plays an **important role in academic achievement**, social and personal responsibility (Redenbach, 1991). Those who have higher academic achievement tend to feel more confident in contrast those who lack confidence in themselves achieve less.

There is a very highly significant correlation between self-esteem and degree of academic achievements of students. (Jerylene Priyadharshini. J.1, Dr.Relton.A.2, 2014)

A positive correlation between self esteem and academic achievement is often noted in the literature on educational psychology.

**RESEARCH METHODOLOGY**

The present study is a descriptive research design. The sample size is 60. Self esteem is an independent variable, whereas Academic Achievement is a dependent variable. Hypothesis is there is a significant correlation between self esteem and academic achievement. The researcher selected 60 M.Ed. students randomly and administered a Standardized scale for self-esteem by Rosenberg's Self-Esteem Scale, which contains 10 items. Scores were given as per the scoring key. First semester marks were taken as academic performance. Statistical technique for the present study is t-test.

**RESULTS:**

Table 1:

Showing the Correlation Coefficient score between Self-Esteem and Academic Achievement

Variable	Self- Esteem	Academic Achievement
Self –Esteem	1	0.0094
Academic Achievement	0.0094	1

Correlation is significant at 0.01 levels (2-tailed)

**Interpretation:**

The above table, 1 infers that the obtained correlation coefficient 0.0094 is found to be significant ( $P < 0.01$ ) with regard to self esteem and academic achievement of M. Ed students. Therefore, there is a significant correlation between self esteem and academic achievement of M. Ed students. Hence, the formulated hypothesis is accepted.

**DISCUSSION:**

The study results revealed that there is a significant correlation between self esteem and academic achievement of M. Ed students. It is evident that, the students with high self-esteem had good academic achievement and the students with low self esteem had low academic achievement.

**CONCLUSION:**

Therefore, we can conclude by saying that Self-Esteem plays a pivotal role in Academic Achievement of students.

**References:**

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