



SELF ESTEEM- A BROAD SPECTRUM APPROACH FOR MENTAL HEALTH

SHWETHA S, K S DEEPIKA

STUDENT, ASSISTANT PROFESSOR

DEPARTMENT OF MANAGEMENT STUDIES,
PES UNIVERSITY, BANGALORE, INDIA.

Abstract: Self-esteem is very important to the person where all individuals have their own self- confident and self-respect. where every person should believe in himself and do his work properly, if he is with less self-confident in his work, it leads to mental health issue. So, in this study I have discussed about when a person's self-esteem in high, how his mental health promoted and when a person's self-esteem is low, how it affects or lower his mental health.

For this discussion I have collected some primary data from students who are studying in Post graduation. By giving some questionnaires, we have conducted simple correlation method and the findings are there is highly strong positive correlation between self-esteem and mental health is 0.97 which is greater than 0.5 and less than +1. where if a person has high self- esteem or self-confident his mental health will also improve or high. If person's self-esteem is low then his mental health will also be affected.

Keywords: Self-esteem, mental health, correlation.

INTRODUCTION

The belief in one's own ability, skills or values is known as self-esteem. self -esteem includes feelings and thoughts about ourself. Self- esteem is defined by smith and Mackie as, "The self- concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it." (Smith, E. R.; Mackie, D. M. (2007). *Social Psychology* (3rd ed.). Hove: Psychology Press. ISBN 978-1841694085.)

Self-esteem is a desirable psychological concept because it may be used to predict many behaviors, including criminal activity, marital satisfaction, happiness, etc. In 18th century, the self- esteem concept was originally appeared in David Hume writings. According that "self- esteem is appreciate and believe highly in oneself which motivate themselves to improve their potential".

William James was a philosopher who first identify that self-esteem is a unique psychological concept. He distinguished it by two levels of hierarchy for the self, where 'I' referred as self after processing it results in 'ME'.

In 1960s Morris Rosenburg defined self-esteem as "felling of self-worth and developed the Rosenberg self-esteem scale", which is most used measuring instrument with 10 item scale score.

Mental health which includes all social behavior, mental behavior, psychological behavior, which determines how an individual manage his stress, personal relationship, interact with others and makes decision. ("[Public Health Agency of Canada](http://www.canada.ca)". www.canada.ca. Retrieved 2021-10-02.)

REVIEW OF LITERATURE

The Author Nazir Hawi and Maya Samaha explained about how internet and social media usage caused more effect on the person, the purpose of study was to comparing and correlation between technological addiction and personality traits, particularly attributes, self-esteem, and self-construal. The findings shows that there are similarities between internet addiction and social media where they are highly correlated, where they were predicted by openness to experience, emotional stability, self-esteem, and internet usage. (Hawi & Samaha, 2019)

The fact is that exam anxiety affects a large number of students worldwide. According to this study's findings, exam anxiety and self-esteem are related to the academic performance of the students. Where pressure of exam has more effect on academic performance of students. It could result in mental and fatigue or stress to the students. Students can be helped by their parents and teachers, who could analyze the situation and help them with different cognitive and behavioral strategies. (Alam, 2013)

The author Thomas li ping tang Pamela Rae gilbert conducted survey in the field of human resources management, where self-esteem is a one of the important variables, where it has been examined in the field of goal setting, performance feedback, intrinsic motivation, quality circles, job stress, work behavior etc. and they also conducted correlation among these variables. The findings are they conducted correlation among variables where it shows organization-based self-esteem was significantly correlated .in future analysis by ANOVA method they find that some of the variable has nonsignificant impact on organizational based self-esteem. (Thomas li ping tang Pamela Rae gilbert).

In this author discuss about developing and enhancing positive mental health in this they evaluated combination of intervention act with mindfulness where both the methodology enhances the meaningful, positive, engaged life other than mental illness. and they also say that mental health promotion where transfer risk model into enhancement model. (Fledderus et al., 2010)

Here the author “Youn Hee Roh”, study about the cause of underemployment on self-confident mental health, and life satisfaction by using some conducted survey in the field changing in wages, where life satisfaction level is more in the underemployment rather than unemployed, and they also determined that there is any similarity between underemployment and unemployed. As a result, they find out by ANOVA method among the group which is divide on the basis of wage difference in that there was only significant difference among unemployed and adequate employ, and there is significant difference between life satisfaction among those group. And they also explain that there is some limitation due to participants, and there is limited sample size. (Roh et al., 2014)

The author Diana M. Zuckerman in their research paper they collected the responses from different college students, where they passed questionnaire to students and get the responses from 804 women and 127 men, where he assesses about the student’s stress level and their responses to stress how it is associated with the students’ self-esteem, interpersonal self-confident. Where they reported that both men and women equal stress level in some of the area, but women reported more stress than men because of her family and mental health. Due to this stress level in women, they experience more symptoms of depression, anger to express their feeling. But men will be active in order to overcome the stress. They analysis that both men and women have different responses to the different areas of stress. where stress is associated with interpersonal self-confidence and self-esteem. In order to analysis this relationship they used regression and correlation model in order to predict the relationship where they take self-esteem and self-confident a predictor of the stress level for both men and women. (Zuckerman, 1989)

In this study the author discussed about the self-esteem and mental health of the students in their early adolescence, where they collected the Responses from the students whose age is 12,13,14 by passing some questionnaires by keeping the variables like health, self-esteem and social support according to the gender. which conducted for 3 years from 1990 and 1993 in Switzerland. Where they conducted factor analysis in order to analysis the relationship between the subscales for both boys and girls like behavior, social, school, appearance, athletic. They also conducted correlation between the depressive mood with the self-esteem and self-esteem with anxious mood. As a result, they recognized that there is difference between the girls’ and boys’ self-esteem related to the mental health especially on the depressive mood and where social support impact more on the self-esteem. (Bolognini et al., 1996)

The author Drs Kate cooper, Laura Smith and Ailsa Russell investigated the Autism social identity and the mental health in the autistic people. Where autism identity means the type of social identity. Where there are some factors which affect the development of social identity in the autistic people where they experience the social stigma and shortage in communication and social. Where autistic people have low self-esteem and high level of depression and anxiety where autism identification which helps them to positively associated and build relationship with the self-esteem. Where there is also negative and indirect effect between social identification and anxiety and depression both. So, they conducted this research in order to improve or develop the positive Autism identities to the people. They conducted survey through online by keeping standardized scale to measure the responses. They collected the information related to age, sex, education etc. for Autism identification where the scale as the five components with two dimensions. In order to collect the self-esteem of the autism identification in autistic people they collected responses by private and public self-esteem subscales, and personal self-esteem of the participants is collected by using Rosenberg ten item scale, and to measure the depression they used trait depression scale and they used controlled variables as the sex, sexuality and education. In order to analyze they used MANOVA and correlation models. (Cooper et al., 2017)

In this research paper the author they discussed about the self-esteem as the protective factor and other physical and mental health as the nonspecific risk factor. They explained and computed relation between all the other factors with the self-esteem. Where it results in higher self-esteem can lead to better social behavior and better health and poor self-esteem leads to mental disorder like both internal and external problem like depression, suicidal, eating disorder and anxiety, violence etc. (Mann et al., 2004)

In this paper author Unni Karin Moksnes and Randi Johansen Reidunsdatter their main aim of this study is to understand the level of stability and mental health and the self-esteem in adolescent during their school year with the difference in gender. Here they collected the data from 351 students who are studying in the mid Norway between the age of 15-21 years for the year 2017. Where they assess the mental wellbeing by using the Warwick-Edinburgh mental well-being scale and self-esteem is measured by using Rosenberg self-esteem scale. Where they predicted this by using two models like vulnerability model and scar model. Self-esteem on mental health is known as the vulnerability model and mental health on the self-esteem is known as the scar model. They conducted all the analysis using SPSS version by taking 95% confidence level. In order to calculate they used sample t test, and multivariate regression analysis were conducted for prediction. As a result, they found out that where self-esteem is increased little in the girls from the total sample, and whereas mental wellbeing decreased and depression and anxiety increases in the total sample, but it found more in the girls. (Moksnes & Reidunsdatter, 2019)

In this paper the author Julie Jomeen, Colin R. Martin their main objective is to compute the relationship between self-esteem with other indicator like psychological distress like anxiety and depression which is found in the women during pregnancy. Where they found out that low self-esteem which impact negatively on their mental health during pregnancy and delivery. In order to investigate they passed questionnaire to the participate in the antenatal clinic and collected the responses from the 129 women who is about 14 weeks gestation paper. Women were classified as the depressed or non-depressed and they used regression for determination of subscales like general self-esteem, social self-esteem, personal self-esteem where the significant predictors of the women depresses/ non depressed and anxious / non anxious status. (Jomeen & Martin, 2005)

In this study the author Hyun-Jung Jang¹ and Mi-Kyung Jeon conducted survey where their main objective is to understand the relationship between the mindfulness, self-esteem, and mental health of the students of the university in the city M and c and collected data of the 458 students who are studying in the university. They collected the data from May to June in the year 2014. In order to collect the data, they passed the questions where it contains 6 questions based on general and 20 questions on the mindfulness were used 5-point scale in order to measure where more the points indicate strong mindfulness. 10 questions based on self-esteem where 5 questions are related to the positive and 5 questions is related to the negative self-esteem where the higher score indicates the higher self-esteem. and 47 questions based on mental health to the students where here there are more sub division of is included in the questions where the score less that indicate better the mental health. For analysis the relationship they used SPSS software tool and computed correlation between each of the variables according to the Pearson correlation. (Jang & Jeon, 2015)

OBJECTIVE

The main intention of this study is to measure the self-esteem which promote the mental health. Here in this analysis, I considered the students who are studying in their Post Graduation, where it studies about how self-esteem impact on the mental health promotion. and how much confident they are about themselves and how they believe in themselves and take all challenges and face it with strong mind set. Some of the factors which also affect the mental health of the person like, stress of studying and completing work in given time limit, time managing, and family problems, doubting themselves, and feel that they are completely worthless by comparing themselves with others. So, for this self-confident is only the best solution overcome one's own self by all this factors which affect mental health.

METHODOLOGY

Rosenberg self-esteem scale. that promote mental health is used for measuring the self-esteem. The sample of post graduate students is used. Sample size considered is 30 as students were reluctant to answer the questions. Ciarrochi, J., & Bilich, L. (n.d.). Measures Package.

The questions asked are listed below.

1. I believe that I am a valuable person, at least on an equal footing with others.
2. I believe I possess a number of positive characteristics.
3. Overall, I am inclined to believe that I am a failure.
4. I can accomplish things just as well as most people.
5. I don't think I have anything to be proud of.
6. I have a good outlook about myself.
7. Overall, I am pleased with myself.
8. I wish I could have better self-esteem.
9. There are moments when I feel completely worthless.
10. At times, I doubt my abilities."

A five-point Likert scale was used for the above questions.

Correlation analysis was used for analysis. Correlation is a statistical tool that studies the relationship between two variables.

DISCUSSION

Self-esteem and Mental health are the two variables considered.

Strongly agree=3

Agree=2

Disagree=1

Strongly disagree=0

Self -esteem is obtained by adding all the rating given by all the students for each question the total scores that represents the participant's level of self-esteem. The total score can range from 0 to 30, with higher scores indicates higher levels of self-esteem. Mental health is analysed by rounding off the total score of self-esteem by 3 where it is the highest score.

To calculate correlation coefficient between self-esteem and mental health using the data which is collected from the responses from the students. So, in order to compute we can use statistical tools like MS Excel.

Method to calculate correlation are:

Step 1: Enter all the data into excel, make sure that self-esteem scores and mental health scores are in separate columns.

Step 2: Go to file and click on option and select add ins, and select the tools which is need, like data analysis.

Step 3: Now go to data and click on data analysis.

Step 4: select correlation from data analysis tool and select data of self-esteem and mental health and click enter, and here is the result.

Formula in order to compute correlation between two variables in manual method.

$$r = \frac{n(\sum XY) - (\sum X)(\sum Y)}{\sqrt{[n\sum X^2 - (\sum X)^2][n\sum Y^2 - (\sum Y)^2]}}$$

were,

r= correlation co-efficient

n = Quantity of Information

$\sum X$ = Total of the First Variable Value

$\sum Y$ = Total of the Second Variable Value

$\sum XY$ = Sum of the Product of & Second Value

$\sum X^2$ = Sum of the Squares of the First Value

$\sum Y^2$ = Sum of the Squares of the Second Value

	sum of self-esteem	mental health
sum of self-esteem	1	
mental health	0.972666895	1

CONCLUSION

Hence here we can conclude that the correlation coefficient between self-esteem and mental health is 0.972, which indicates a highly strong positive correlation between these two variables. This suggests that the person with more self-esteem is tend to report more levels of mental health, while those with less self-esteem tends to show lesser levels of mental health.

However, correlation does not explain about the cause-and-effect relation and there may be other factors also to influencing both self-esteem and mental health promotion. Correlation it only gives degree and direction of relationship between variables.

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