



## Impact of Self-Esteem among young adults

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### Abstract

Self-Esteem is an estimate of one's sense of self-worth established on perceived success and acquisitions, as well as a perception of how much one is appreciated by his/her nears and dears. It includes physical appearance, academic achievements, athletics abilities, and special talents.

A person who has a positive outlook for himself is, more likely to display positive behavioral characteristics such as acting independent and mature.

So, having good Self-Esteem in young adults makes them more productive and are not prone to depression and are good in decision making. So, an attempt has been made to compare Self-Esteem among males and females of the age group between 20-30 years. Self-Esteem questionnaire by Rosenberg, 1965 has been administered between the group of males & females of that age group. 20 male and 20 female subjects have been taken. Results indicate that t-value is not significant and the means of the two groups were also of same

level (22.65 for females and 22.33 for males). Both the groups have shown more positive scores on self-esteem. The S.D. values (4.29 for females and 3.06 for males) have shown that males subjects showed lesser variability in scores compared to females. The present study indicates that high value of self-esteem has shown among the young adults of 20 to 30 years in both the sexes. So, it may be concluded that the prevalent of high self-esteem among males and females in this selected groups

## Introduction

According to Yang, et. al. (2016), Self-Esteem is a judgment or self-evaluation of our work or goodness and how well we feel are doing in the areas of our life that we rate as important. Your self-esteem is described with the aid of using many elements including: • Self-confidence • Feeling of security • Identity • Sense of belonging • Feeling of competence Self-esteem tends to be lowest in early life i.e., childhood and will increase at some point of adolescence, in addition to adulthood, ultimately attaining a reasonably strong and enduring level. This makes self-esteem just like the steadiness of character/personality developments over time. Many theorists have written regarding the dynamics concerned within the development of self-esteem. The thought of self-esteem plays a crucial role in psychologist Abraham Maslow' hierarchy of needs, that depicts esteem together of the basic human motivations. Maslow urged that people need each appreciation from people and inner dignity to create esteem. each of those desires should be accomplished so as for a personal to grow as someone and reach self-actualization. According to Abdel Khalek et. at. (2017) Those higher in Self-Esteem have an inherently strong sense of worth, while those low in self-esteem can sometimes feel worthless and even dislike themselves. SelfEsteem is influenced by many factors, research done by Horsburgh, Veselka, & Bleidom et. al. (2009) has shown that around 50% of the personality and our self-worth feelings are inherited; the rest is environmental. Also, some studies by Paul Casey et al. (2006) have shown that concern with weight and shape is strongly associated with women's self-esteem, while men's self-esteem is more closely linked to concern about their fitness. So, young adults who had good body shape and fitness reported higher levels of self-esteem. According to the study done by Lull and Orth (2011) in which they studied 300 previous research done on self-esteem, found that Self-esteem appears to hold steady until mid-adolescence and seems to increase substantially with age. A Research, 'global self-esteem across the life-span' was conducted by Robins et al. (2002), which figured out that self-esteem levels rose gradually throughout the adulthood. This trajectory generally was held across gender, socioeconomic status, and nationality. Also, as per Ruth and Orth (2011) self-esteem increase during adolescence and continuous to increase more slowly in the young adulthood. Women and Men did not differ in their self-esteem trajectories. As some studies showed no differences in the men and women self-esteem trajectories, few research manifested significant differences between the self-esteem of men and women like the research done by Srivastava and Mahapatra (2013) among the young adults of Raipur, India came with the results that showed men with higher level of self-esteem than that of women. Another study done by Nupur and Shalini (2013) on young adults of Lucknow revealed that males had better self-esteem than females with no significant difference between the gender and self-esteem. Few attempts have also been made to increase the self-esteem levels via behavioural intervention programs. In a study done by

Shraddha and Surila, (2015) a self-structured behavioural intervention program was superintended for three months to enhance the lower self-esteem levels and lower collective self-esteem levels among subjects. The results showed significant difference between pre-intervention and postintervention self-esteem score and it also showed significant differences between pre-intervention and postintervention collective self-esteems of the subjects.

## Methods

### ▪ Objectives:

To determine Self- Esteem among young adults ages between 20-30 years.

To compare Self-Esteem of young adult males to that of the females ages between 20-30 years.

### ▪ Hypothesis:

There will be no significant relation of the self-esteem among young adults ages between 20-30 years. (Ho)

There will be no significant relationship between the comparison of males and females' young adults ages between 20-30 years in self-esteem. (Ho)

### ▪ Sample:

20 males and 20 females of the age group of 20-30 years have been taken for the present study.

Inclusion criteria:

- I. Subject should belong to undergraduate and post graduate students at the university.
- II. Subject should have been taken from middle socio-economic status.
- III. Subject should belong to the age group between 20 to 30 years.

Exclusion criteria:

- I. No subject has been taken below the age of 20 and above the age of 30 years.
- II. No subject has been taken from any socio-economic status below or above the middle status.
- III. No subject has been taken who does not belong to UG or PG level of studies in Lovely Professional University.

### ▪ Tools:

Self-Esteem Questionnaire by Rosenberg, 1965. It contains 10 items rated on a scale 1 (strongly agree) to 4 (strongly disagree). Some of the items are reversed-scored and the total score can be calculated by summing up the total points for an overall measure of self-esteem. Items 2,5,6,8 and 9 are reversed scored, while the

other items are scored normally. This scale is considered highly consistent and reliable, and scores correlates highly with measure of self-esteem and negatively with the measure of depression and anxiety.

### Procedure

For the present study 20 male subjects and 20 female subjects were selected to determine their self-esteem levels by using the Self-Esteem Questionnaire by Rosenberg, 1965. Instructions were given to the subjects and the questionnaire were distributed. Responses were collected and the scoring was done according to the scoring pattern given in the manual. Finally, after the Statistical analysis of the scores, interpretation was made.

### Result and Discussion

Result Table 1: Showing distribution of scores of the male subjects

S.NO.	Test Scores	Mean	S.D.
1	21	22.33	3.06
2	20		
3	20		
4	21		
5	21		
6	24		
7	22		
8	22		
9	15		
10	22		
11	20		
12	26		
13	29		
14	21		
15	19		
16	18		
17	23		

18	24		
19	24		
20	28		

Result Table 2: Showing distribution of the scores of female subjects

S.NO.	Test Scores	Mean	S.D.
1	23	22.65	4.29
2	23		
3	23		
4	24		
5	21		
6	25		
7	27		
8	23		
9	23		
10	20		
11	22		
12	21		
13	20		
14	23		
15	24		
16	21		
17	13		
18	27		
19	26		
20	24		

Result Table 3: Showing comparison of the results of the males and female subject

Males	Females	t-values	p-values	Remarks
Mean=22.33	Mean=22.65	0.2716	0.7874	Not significant
S.D.=3.06	S.D.=4.29			

## Discussion

Present Study was conducted to compare the self-esteem of the two groups of 20 males and 20 females falling under the age range of 20 to 30 years. Results indicate that the means of the two groups is found to be 22.65 for females and 22.33 for the males which is of same level. Both the groups have shown equal level of self-esteem i.e., more positive scores on self-esteem for both.

The S.D. values for these two groups were found to be 4.29 for 20 females and 3.06 for 20 males which indicates that male subjects showed lesser variability in scores as compared to female subjects. No prominent variations for self-esteem were found in the two groups.

The t-value equals 0.2716 with the df of 38 and 95% confidence interval, P-value equals 0.7874, by conventional criteria, this difference is considered to be not statistically significant.

The present study indicates that high value of self-esteem has shown among the young adults of 20 to 30 years in both the sexes. So, it may be concluded that the prevalent of high self-esteem among males and females in this selected groups.

The results of our present studies relate with the research of Lull (2011), Orth (2011), and Robins, et al. (2002) In this study, the self-esteem in males and females are almost the same with regards to their age. However, another study has indicated (Srivastava and Mahapatra, 2013), that there is a difference between the scores of self-esteems between males and females, the difference may be due to socioeconomic status but in the present study this particular trend has not been followed.

Finally, it may be stated that both male and female subjects of the study have scored very high in self-esteem and the difference between male and female subjects scores have not been found significant.

## Conclusion

From the above results, it may be concluded that there is no statistically significant comparative relation among the scores of male and female subjects. So, null hypothesis has been accepted in this case. However, very high trend of self-esteem has been found in both male and female subjects. Hence, the self-esteem of young adults has been estimated for the groups of the present study and high prevalence of Self-esteem has been found.

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