

Correlation between Family Environment and Self Esteem of Adolescents

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ABSTRACT

The present investigation attempted to find out the correlation between the family environment and self esteem of adolescents. The study was conducted on 200 adolescents (100 male and 100 female) studying in various educational institutes located in Bathinda. For data collection Family Environment Scale and Self Esteem Scale were used. For the data analysis various statistical techniques were used. Statistical techniques used were Pearson's product moment correlation and t-test were used. Pearson's product moment correlation was used to determine the correlation between different dimensions of family environment scale i.e. Cohesion, Expressiveness, Conflict, Independence, Achievement Orientation, Intellectual Cultural Orientation, Active Recreational Orientation, Moral Religious Emphasis, Organization and control with the self-esteem of adolescents. The results of the investigation shows that there exist no gender differences in the mean scores of all the ten dimensions of family environment and even no gender differences exist in the mean score scores of self esteem of adolescents. Further co-relational analysis revealed that self esteem is positively correlated to Moral Religious Emphasis and negatively correlated to conflict dimension of family environment. The results indicated a clear correlation between family environment and self esteem of adolescents.

Keywords: *Family Environment, Self Esteem, Adolescents*

Adolescence is derived from a latin term *adolescere* which means to grow up. This period acts as a bridge between childhood and adulthood. This period normally extends from 12 to 19 years. During this period adolescents face a numerous physical and mental developments. Puberty is the major process taking place during this period, adolescent undergoes with many changes which lead to sexual maturity. During this period adolescents establish strong social relationships Santrock defines adolescence as, "The developmental period of transition between childhood and adulthood that involves biological, cognitive and social changes." Kuhlen defines adolescence

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as, 'Period which is sexual, social, occupational and ideological adjustments and striving independence from parents.'

Adolescence is an important period for self-analysis and self-evaluation. Adolescents develop a sense of self or identity. There is an identity development stage in this period of life, three general approaches to understanding identity development are self-concept, sense of identity, and self-esteem.

Self Esteem

Self Esteem is composed of two terms 'self' and 'esteem', self means one's own self and esteem is derived from a Latin verb *aestimare* which means value. By combining these two terms we can conclude self esteem is value for one's own self. It is the person's overall self-worth, attitude towards self. There are mainly two types of self esteem : Low self esteem and High self esteem, which depend upon the situations, environment and the people surrounding.

Low Self Esteem constructs a negative view towards self; it is a condition when a person feels hopeless, incapable, incompetent, lack of confidence in self, useless and unworthy. According to Shilling (1999) "Low self-esteem is a trait of financially unsuccessful people, which in turn results in low risk-taking ability."

On the other hand, High Self Esteem constructs a positive view towards self, there the person feels self-worthy, confident, competent, capable, happy, optimistic, far from worries and energetic.

According to Smith and Mackie (2007) "The self-esteem is the positive or negative evaluations of the self, as in how we feel about it."

Family Environment

Family is the first school for an individual. Child's life is mainly influenced by the family environment; it is the primary source of social development. Each family is different from the other, as it is composed of different members. Each varies in its social and economic conditions with different background. Bhatia and Chadha (2004) measured the psychological environment of family as perceived by adolescents with respect to the quality and quantity of cognitive, emotional and social support given by the family to the child, with eight components namely: cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization; and control.

Adolescence is an important developmental phase of life. It is a path leading to adulthood, an individual starts becoming independent from the family. At this stage social awareness and social intercourse begins, but still parents and other family members play a vital role in adolescents

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life in their well being, they act as a support system within with teens explore their identity and develops their self concept.

Significance of Study

Adolescence is a period in which boys and girls face many problems and issues. It is the most significant stage of development. The type of characteristics one develops in his/her adolescent period last throughout life. The situations, conditions and environment in which they live always reflect in their personality.

Self esteem is one of the most important factors required for everybody to succeed in life. And it is very much clear that Self Esteem/Self Identity mainly generates in the adolescent period. It is the period of intellectual, social, emotional and mental development. And family is the place from where an individual starts his/her first social development. It is the first school for every individual, it plays a crucial role ones life.

To identify the conditions related to family environment among adolescents which influences their self esteem. Various dimensions of family environment which may positively or negatively correlates with the self esteem of adolescents. To improve the family conditions so that better development can be brought in adolescents, this may prove significant in bringing success to our nation.

Realizing the influence of family environment and self esteem of adolescents on each other, the investigator decided to undertake this research. Moreover the lack of researches in this area also encouraged the investigator to probe into it and the investigator decided to conduct a study in this field.

Objectives:

- i) To study the correlation between the scores family environment and self esteem of adolescents.
- ii) To study whether gender difference exist in Family Environment and Self Esteem.

Hypotheses:

- i) Significant correlation exists between family environment and self esteem of adolescents.
- ii) Gender difference will exist in family environment of adolescents.
- iii) Gender difference will exist in self esteem of adolescents.

Sample:

A sample of 200 adolescents (100 males and 100 females) was selected randomly from six educational institutes of district Bathinda, Punjab, India.

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Research Design:

The present investigation was designed to study the correlation between family environment and self esteem of adolescents studying in various educational institutes in Bathinda. The data was collected using two different psychological tests and were evaluated according to the norms mentioned in the manual, and then correlation of family environment was studied with their self esteem. T-test was employed to find out the gender differences with regard to family environment and self esteem of adolescents.

Test Tools:

The following tools were used in the present study to collect the data:

- i) Family Environment Scale (Moos & Moos, 1994)
- ii) Self-Esteem Scale (Rosenberg, 1975)

RESULTS

To test hypothesis no. 1:

Table:1, Coefficient of Correlation (r) between scores of different dimensions of Family Environment and Self Esteem of adolescents.

Sr. No.	Dimensions of family environment Scale	r
1	Cohesion	0.081142
2	Expressiveness	0.037739
3	Conflict	-0.22833**
4	Independence	-0.04073
5	Achievement Orientation	0.064372
6	Intellectual Cultural Orientation	0.114207
7	Active Recreational Orientation	0.054551
8	Moral Religious Emphasis	0.158125*
9	Organization	0.103654
10	Control	0.040162

*p<0.05, ** p<0.001

As shown in table 1, the coefficient of correlation between different dimensions of family environment and self esteem of adolescents, the table reveals that self esteem of adolescents is positively correlated to Moral Religious Emphasis($r= 0.158125$, $p<0.05$) and negatively correlated to conflict ($r= -0.22833$, $p<0.01$) dimension of family environment scale.

Therefore, the first hypothesis, “Significant correlation exists between family environment and self esteem of adolescents” was accepted for the different dimensions of the family environment scale which are moral religious emphasis and conflict.

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To test hypothesis no. 2:

t-test was employed to find the significance of gender differences in various dimensions of Family Environment Scale of adolescents and Self Esteem of adolescents.

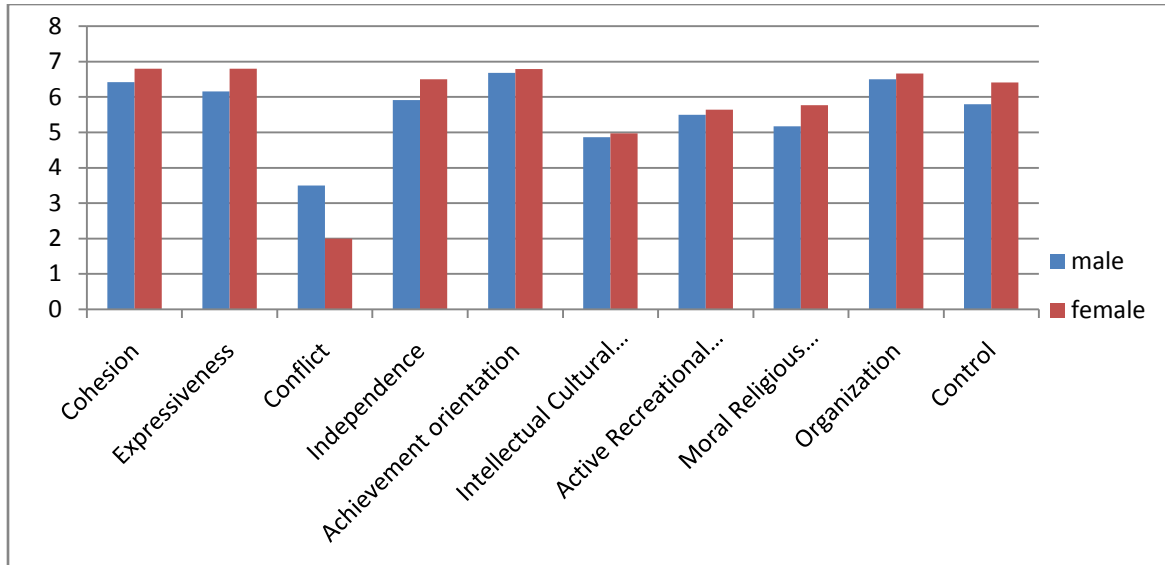
Table: 2, Mean, Standard deviation and t-value to find significance gender difference in dimensions of Family Environment Scale among adolescents.

Sr. No.	Dimensions of Family Environment Scale	Gender	Mean	Standard Deviation	t-value	Level of Significance
1	Cohesion	Male	6.42	1.342243	0.045238	Not Significant
		Female	6.8	1.35587		
2	Expressiveness	Male	6.16	1.773657	0.002787	Not Significant
		Female	6.8	1.385349		
3	Conflict	Male	3.5	1.93584	0.575237	Not Significant
		Female	2	1.745731		
4	Independence	Male	5.91	1.670269	0.00491	Not Significant
		Female	6.5	1.41778		
5	Achievement Orientation	Male	6.68	1.309484	0.548095	Not Significant
		Female	6.79	1.397168		
6	Intellectual Cultural Orientation	Male	4.86	1.675853	0.628927	Not Significant
		Female	4.97	1.424568		
7	Active Recreational Orientation	Male	5.5	1.38899	0.47541	Not Significant
		Female	5.64	1.15924		
8	Moral Religious Emphasis	Male	5.17	1.442886	0.00164	Not Significant
		Female	5.77	1.36962		
9	Organization	Male	6.5	1.598611	0.405691	Not Significant
		Female	6.66	1.350047		
10	Control	Male	5.79	1.659348	0.010654	Not Significant
		Female	6.41	1.608657		

As shown in table 2, it was found that there exist no significant gender difference between the family environment of adolescents. Then scores of cohesion for male adolescents was 6.42 and of female adolescents was found to be 6.8, t-value was found to be 0.045238 , which is not significant at any level. The same was with all the dimensions of family environment scale which were expressiveness, conflict, independence, Achievement Orientation, Intellectual Cultural Orientation, Active Recreational Orientation, Moral Religious Emphasis, Organization and control , t-value for all the mentioned dimensions were found to be not significant.

Therefore, the second hypothesis, “Gender difference will exist in family environment of adolescents” was rejected.

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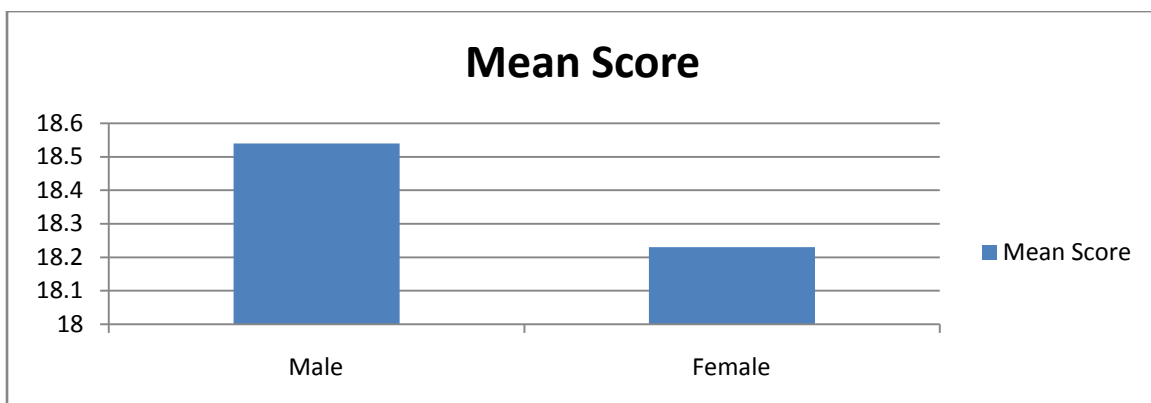


Bar Graph showing difference in mean scores of male and female adolescents, among different dimensions of Family Environment Scale

Table: 3, Mean, Standard deviation and t-value to find significance gender difference of Self Esteem among adolescents.

Self Esteem	Gender	Mean	Standard Deviation	t-value	Level of Significance
	Male	18.54	2.77587	0.465625	Not Significant
	Female	18.23	3.146489		

From table 3 , it is clear that there existed no significant difference in mean scores of male and female adolescents in their self esteem. The mean score of self esteem among male adolescents was 18.54 and the mean score of self esteem of female adolescents was 18.23. As shown in the table the computed t-ratio of the sample was 0.465625, which is not significant at any level. Thus the second hypothesis, “gender difference will exist in self esteem of adolescents” is rejected.



Bar Graph showing the difference in the mean scores of Self-Esteem of male and female adolescents

CONCLUSION

The coefficient of correlation between the different dimensions of family environment scale and self esteem of adolescents was calculated and it was found significant for Moral Religious Emphasis at 0.05 level and for Conflict at 0.01 level and 0.05 level of significance. (Where Conflict poses a negative correlation between self esteem of adolescents). And no significant gender differences exist in family environment and self esteem of adolescents.

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Conflict of Interests

The author declared no conflict of interests.

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