

## Gender differences and self-esteem

Dr. Sauli Mitra<sup>1\*</sup>

### ABSTRACT

The aim of the present investigation was to study the self-esteem of the adolescent and to see the gender differences between boys and girls. Eighty students (40 boys and 40 girls), with ages between 14 and 16 years were selected from the different schools of Ranchi town as the participants for this study. Self-Esteem Inventory was developed by Prasad and Thakur (1977) was used for the data collection. The findings of the study revealed that there was no significant difference between boys and girls adolescent in their self-esteem.

**Keywords:** *Self-esteem, Adolescence and Gender Differences*

Self-esteem is viewed as a feeling of self-appreciation in field of psychology. Self-esteem is the panacea of modern life. Self-esteem is derived from Greek word, means Reverence for self. It is a term used to reveal a person's total appraisal or assessment of her or his own value. It is a basic personality characteristic of the individual which reflects the attitude of the individual for a different situation Self-esteem reflects the overall subjective evaluation of his own worth. Self-esteem is an aspect of self-concept. It influences behavior in many ways. It is the evaluative component of the self-concept. Self-esteem emerges at two years of age in relation to the mother. An internal need to act out independence and autonomy as well as increasing competence with language facilities results in an increase in self-esteem. Self-esteem is a global evaluation reflecting our view of our accomplishments and capabilities our values and our possessions. Self-esteem is strongly related to happiness but the research has not clearly established causation that high self-esteem does lead to greater happiness. On one hand if good self-esteem makes a person confident and socially healthy, alternately low self-esteem links the person to emotional instability and anti-social behavior. This ultimately results to poor academic performance and depression breaking the self-confidence. Such people are a danger to them and leave a negative impact. Healthy self-esteem is important to be successful and happy throughout one's life. People with high self-esteem are active, assertive, successful, less childhood destructive, low anxiety and confident. People with low self-esteem are discouraged, self-depressed, unlovable, and fearful of angering others, isolated from others, shrink away from being noticed. On one hand if good self-esteem makes a person confident and socially healthy, alternately low self-esteem links the person to emotional instability and anti-social behavior. This ultimately results to poor academic performance and depression breaking the self-confidence. Such people are a danger to them and leave a negative impact. High self-esteem poses a danger to the society instead of

<sup>1</sup>Assistant Professor, (Dept. of Psychology), M.R.M. College, Darbhanga, India

\*Responding Author

Received: October 21, 2019; Revision Received: December 21, 2019; Accepted: December 25, 2019

© 2019, S Mitra; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License ([www.creativecommons.org/licenses/by/2.0](http://www.creativecommons.org/licenses/by/2.0)), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

## Gender Differences and Self Esteem

themselves as they are prone to indulge themselves in behavior with negative effects on others.

Adolescence is one period in which boys and girls faces with many problems and issues. It is necessary that adolescent self-esteem to be at top to face the problems faced with adolescent period. Adolescence is also an age of identity crisis. It is a period of heavy stress and storm. If the adolescence are not able to control and confront the situation or the critical face. Many teenagers will have low self-esteem and it is imperative to know major reasons for low self-esteem and find out ways and means to combat the low self-esteem. It is highly advisable to make dedicated efforts to bring up the self-esteem. There are many such reasons for low self-esteem of adolescents. If proper care is not given, the low self-esteem gradually will lead to many physical and mental ailments. It is important to bring up the adolescents with high self-esteem.

### REVIEW OF LITERATURE

Gender differences have been of great interest to researchers in the field of Psychology. Gender has an impact on various aspects of adolescents and can also affect changes in self-esteem during the adolescent years. Girls also may have lower self-esteem because during childhood and adolescence girls typically experience a decrease in self-esteem compared to boys whose self-esteem increase or stay the same, Pollastri *et al.*, (2010). Boys base their self-esteem on athletics and extracurricular activities however in the case of females they base it on their social interactions, Klatiana and Frojd. (2011). Sharma (2013) found that significance difference exists between secondary school boys and girls in mental health, self-esteem and family environment. Uba *et al.*, (2010) reported of no significant gender difference in the self-esteem level of the bullied male and female samples. Although this particular study contradicts the findings of the present study however, there is ample evidence from a study by Yang *et al.*, (2006) and other studies stated above which reports on the contrary.

#### *Objective*

1. To examine the impact of Gender on Self-Esteem.

#### *Hypotheses*

1. The Boys will have higher level of Self-Esteem than Girls.

#### *Sample*

Eighty school students from different schools of Ranchi town participated in this study. They were selected using a stratified random sampling technique. There were 40 boys and 40 girls respondents ranging are-group 14 to 16 years.

#### *Tool*

##### **Self-Esteem Inventory**

This inventory was developed by Prasad and Thakur (1977). The scale consists 30 items. This is a seven point scale. The scale assesses two areas one is personally perceived self and other is socially-perceived self. Out of the thirty items, seventeen are socially desirable and thirteen are socially undesirable. The items which are socially desirable would get 7 scores if answered completely true and 1 if answered completely false. Other intermediate answers would get scores accordingly. The socially desirable items would be scored in the opposite manner, i.e., the completely false point would get 7 scores and completely true would get 1

## Gender Differences and Self Esteem

score. Split half reliability co-efficient were found for both the tests were .69 and .66 respectively for personally-perceived self and socially-perceived self. Test Re-test reliability co-efficient were found for both the tests were .69 and .66 respectively for personally-perceived self and socially-perceived self.

### *Procedure*

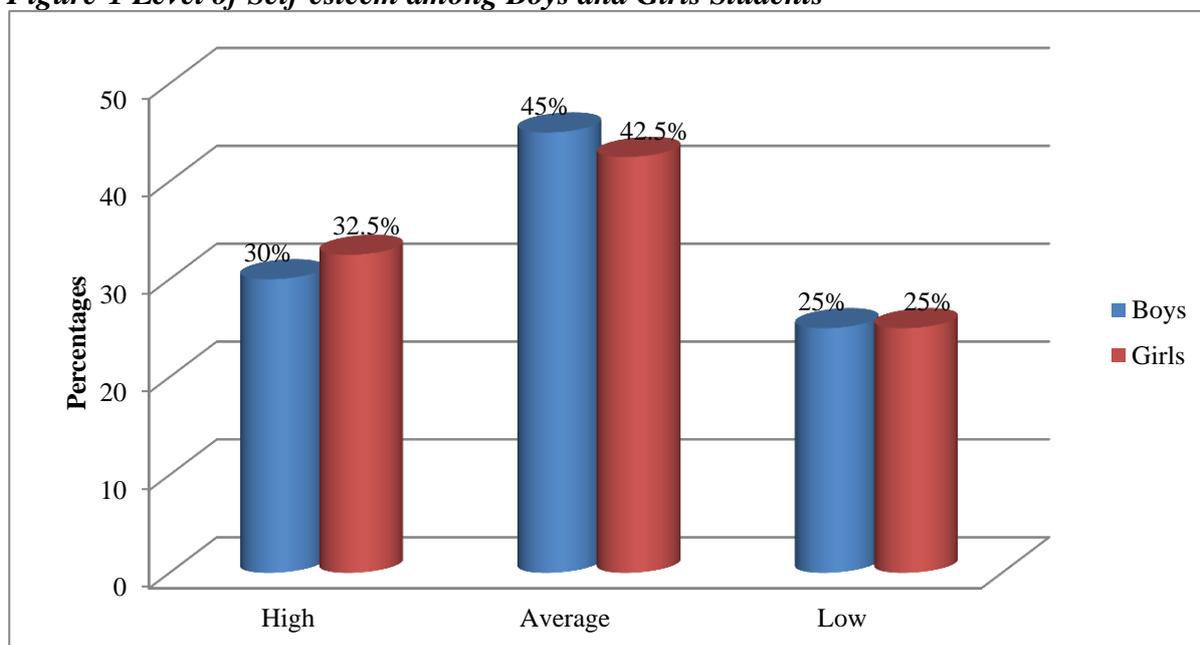
The self-esteem inventory was administered to both groups with instructions to complete all questions honestly and not to discuss the questions with fellow students. Scoring was done according to the respective scoring keys. In order to fulfill the objective of the study the score obtained were analyzed with percentage, mean SD's and t values.

## RESULT AND DISCUSSION

**Table –I Level of Self-esteem among Boys and Girls Students**

Group	N	High		Average		Low	
		N	%	N	%	N	%
Boys	40	12	30	18	45	10	25
Girl	40	13	32.5	17	42.5	10	25

**Figure-1 Level of Self-esteem among Boys and Girls Students**



Above table and figure showed girls found slightly higher percentage of high self-esteem as compared to boys counterpart. Boys exhibited slightly higher percentage of average level self-esteem. Similar level of low self-esteem was found among boys and girls group.

**Table – 2 Mean, SDs and t value among boys and girls student in Self-esteem**

Groups	N	Mean	SD	t value	P value
Boys	40	136.2	22.07	0.10	Not Significant
Girls	40	135.73	18.96		

## Gender Differences and Self Esteem

**Figure-2 Mean scores of boys and girls student in Self-esteem**



It was marked in the above table and figure that means scores on self-esteem almost similar in boys and girls student. There exists no significant difference between two mean scores. Boys student scored slightly higher as compared to boys, but their difference was not statistically significant. It may be due to societal changes in the developing India the trend seems to have changed. The girls are now getting much more opportunities to step out of the house in order to get educated, explore opportunities, develop careers and even many a times make a choice of a suitable partner for marriage. There has been a reduction in stringent rules (especially in urban India) for women, which they used to have to adhere to, such as, being restricted to household chores and serve the opposite gender. Now even girls are getting the same quality of education and attention from their parents and teachers. So again it was a welcome finding and against the expectations of many people looking at India from outside.

### REFERENCES

- Kaltiala-Hein, R., & Frojd, S. (2011). Correlation between bullying and clinical depression in adolescent patients. *Dove Press Journal. Adolescent Health, Medicine and Therapeutic*. DOI: 10.2147/AHMT.S11554
- Pollastri, A.R., Cardemil, E.V., & O'Donnell, E.H. (2010). Self-Esteem in Pure Bullies and Bully/Victims: A Longitudinal Analysis. *Journal of Interpersonal Violence*. 25(8): 1489–1502. DOI: 10.1177/0886260509354579
- Sharma, R. (2013). Mental health of the secondary school students in relation to their selfesteem and family environment. M.Ed. Dissertation, LPU.
- Uba, I., Yaacob, S.R., Juhati, R., & Talib, M.A. (2010). Effect of Self-esteem on the Relationship between Depression and Bullying among Teenagers in Malaysia. *Asian Social Science*. 6 (12).
- Yang, S.J., Kim, J.M., Kim, S.W., Shin, I.S & Yoon, J.S. (2006). Bullying and victimization behaviors in boys and girls at South Korean Primary Schools. *J Am Acad Child Adolesc Psychiatry*. 45(1), 69-77.

### Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

***Conflict of Interest***

The author declared no conflict of interests.

**How to cite this article:** S Mitra (2019). Gender differences and self-esteem. *International Journal of Indian Psychology*, 7(4), 574-578. DIP:18.01.066/20190704, DOI:10.25215/0704.066