Research Paper

A Comprehensive Study to Find Out the Self-Esteem of Young Adults

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ABSTRACT

Young adulthood is a phase where one tends to develop a high level of competition as this is the age where they start to live their lives independently without any peer support. Hence at this age having a good self-esteem is highly appreciated so that an individual can compete and live his life, and if he or she doesn't not have good self-esteem then their chance to live a healthy lifestyle will be disturbed. In the present study an attempt has been made to find out the self-esteem of the young adult age ranges from 20 - 30 years among different sexes. Self-esteem questionnaire of Dr. Morris Rosenberg has been used. The study has made a comparison between males and females of young adults age ranges from 20 to 30 years old. Result indicates that both Male and Female groups have shown high scores in Self-esteem. In comparison between males and females (Male mean= 17.70 and Female Mean= 19.00). It has been observed that females are showing higher self-esteem in comparison to male in the present study. The Standard Deviation (S.D) of both the groups (S.D Male= 3.65 and S.D Female= 5.30) have shown that females are showing greater variability of score in comparison to male. t-test (1.106) has not been found statistically significant. So, the present study has shown greater score and variability among the females in terms of self-esteem. So, the self-esteem of young adults has been estimated in the present group and it may be concluded that females are showing greater self-esteem in comparison to male in the above-mentioned age group.

Keywords: *Self-Esteem, Young Adults*

I n Psychology, the word self-esteem is used to describe an individual's sense of his own personal worth. In other words, we can say self-esteem can be defined as how much an individual appreciates oneself, irrespective of his situation. An individual's self-esteem is usually defined with help of these factors: like self-confidence, feeling secured, personality, sense of fitting in, how others react to us, our thoughts etc. The belief that peoples have about themselves decides who they are as an individual, what is their role and purpose in life, and what all things they can achieve. These strong inner influences provide internal mechanisms that help in guiding and finding paths in life and monitoring one's own behavior. Self-esteem can also be called as self-regard and self-worth. "The most basic task

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for one's mental, emotional, and social health, which begins in early years and continues until one dies, is the building of his/her positive self-esteem." (Macdonald, 1994). According to self-esteem specialist, he mentions self-esteem is simply one's attitude towards themselves. He expressed it as a "favorable or unfavorable attitudes toward us" (Morris Rosenberg, 1965)

Why is self-esteem important? It is important that it plays a major role in decision making, in one's relationship, individuals emotional health, and overall well-being. Self-esteem also affects an individual's personality, his motivation to do something, his relationship. People in general who have or fall in low self-esteem tend to always doubt their ability to do something, their decisions, these people tend to have problems in relationships as well, they feel others are always better than him/her and have trouble accepting feedback. Because of which there is a high chance that the person may develop variety of mental health issues like anxiety disorder and depressive disorder. People on other hand who have high self-esteem. Having very low self-esteem then there is huge risk for experiencing suicidal thoughts as well. On other hand, people with high self-esteem are highly motivated to achieve their dreams, they have healthy relationships, and they also tend to motivate others in achieving their dreams. They are very confident and have a very positive outlook on life and know when to say "no". Much research has been conducted over the past years to check the role of gender in self-esteem of young adults. Many research supports that yes there is a significance difference and others say that no there is no significance difference.

This study examines the joint effect of both race and gender on self-esteem of young adults. And results showed in black race there is no significant difference in self-esteem of different genders but other races like Hispanic, Latin do have significant differences **(Sprecher et. al. 2013).** Other study signifies that there is no significant difference in level of self-esteem among young adults, who were in university of Karnataka **(Ramesh and Jain, 2018).** There are other studies which were conducted by various researchers with Population from Lucknow Universities, and it signifies that there is no significant difference among gender for self-esteem in young adults **(Srivastava and Agarwal, 2013).**

On the other hand, there were few studies which support that there is a significant difference of self-esteem in genders among young adults. A study shows that self-esteem was found to be significantly higher in men in comparison to women **(Nupur and Mahapatro, 2016).** Another study has shown that young girls tend to have lesser self-esteem and have pessimistic assessment of their physical characteristics **(Cooke, 1999).** Another study conducted in Israel by **(Agam, Tamir, & Golan, 2015)** also stated that boys are more likely to develop self-esteem, as boys are more likely to me in a situation which encourages competition, conflicts, power, and emotions related to externalizing them and on other hand girls develop emotion related to internalizing them. One research by **(Beer, Hassan & Amin Wani, 2017)** to find out the level of aggression and self-esteem among teenagers, also concluded that their research states girls have poor self-esteem in comparison to teenage boys. Research by **(Teoh & Nur Afiqah, 2010)** Gender did not appear to be a significant factor in self-esteem, according to the findings. While all personality and social support characteristics like extraversion, openness to new experiences, conscientiousness, emotional stability, and total social support were shown to predict self-esteem.

So, the purpose of the present study is to find out whether there is any significant difference in self-esteem of young adults of different genders.

METHODOLOGY

Objectives

1. To determine self-esteem of the young adults ages between 20 – 30 years of both the sexes.
2. To make a comparison between male and female subjects of age 20 – 30 years in respect to self-esteem.

Hypothesis

1. There will be no significant difference between the male and the female subject ages between 20 – 30 years in respect to self-esteem (H_O).
2. There will be significant difference between the male and the female subject ages between 20 – 30 years in respect to self-esteem (H_A)

Sample

30 male's subjects and 30 female's subjects have been taken from U.G and P.G level students at Lovely Professional University (LPU) age ranges from 20 – 30 years of middle socio-economy status.

Inclusive Criteria

1. All the subjects have been taken who's age ranges from 20 – 30 years.
2. All the subjects are the students at Lovely Professional University (LPU) who are of U.G and P.G level
3. All the students belong to middle socioeconomic status.

Exclusive Criteria

1. No student has been taken who is below 20 years of age and above 30 years of age.
2. No subject has been taken who is either below or above middle socioeconomic status.
3. No subject has been taken who is not a student at Lovely Professional University (LPU).

Test And Tools

The test and tools used in this research is Rosenberg Self-esteem Scale (RSES):

- **Self-esteem questionnaire:** This test was developed by Morris Rosenberg in mid-1960's to assess the global self-esteem of an individual. Rosenberg and others in 1995 defined global self-esteem as "an individual's positive and negative attitude towards themselves as a whole". This test is a 10 items scale that measures an individual's sense of self-worth/self-esteem, by measuring both positive and negative feelings about oneself. This test has both positive statement and negative statements. Positive item are Q.1, Q.3, Q.4, Q.7, Q.10 and Negative items are Q.2, Q.5, Q.6, Q.8, Q.9.
- **This self-report scale** is most often seen as Likert scale, where the individual will respond to each statement with the degree to which they agree to it. They will respond to statement as either Strongly Agree (SA), Agree (A), Disagree (D), or Strongly Disagree (SD). For all the positive statements we score them as) 0,1,2 and 3 respectively and reverse scoring for all the negative statements. Total score varies from 0 (be the lowest) to 30 (be the highest).

Procedure

In this present study a total of 60 students were taken using random sampling method. Out of these 60 students, 30 were male and 30 were female sample. After that their consent were asked whether they would love to participate in my research and after that they were thoroughly informed that their responses will be kept confidential, and that they can leave the test whenever they want. Before the conduction of the test a healthy rapport session was there to make the participant comfortable, and after that a through instructions were given to the participant regarding the self-esteem scale. Questionnaires then were handed over to them to for fill it up. After completion of the test the questionnaire were collected, and they were thanked for their valuable time. After data collection, all questionnaires were scored individually by keeping in mind about the positive and negative statement and its scoring. Then all the collected scores were tabulated, and results were shown in different result table, and the discussion was done after that the conclusion was made accordingly.

RESULT

Table Number 1- Showing distribution of scores of our male subjects

PARTICIPANTS	SCORE	PARTICIPANTS	SCORE	MEAN	S.D
Subject 1	11	Subject 16	27		
Subject 2	23	Subject 17	18		
Subject 3	12	Subject 18	18		
Subject 4	15	Subject 19	14		
Subject 5	18	Subject 20	17		
Subject 6	20	Subject 21	19		
Subject 7	21	Subject 22	16		
Subject 8	21	Subject 23	16	17.70	3.650
Subject 9	12	Subject 24	12		
Subject 10	15	Subject 25	20		
Subject 11	20	Subject 26	18		
Subject 12	19	Subject 27	23		
Subject 13	19	Subject 28	20		
Subject 14	18	Subject 29	14		
Subject 15	16	Subject 30	19		

Table Number 2- Showing distribution of scores of our female subjects

PARTICIPANTS	SCORE	PARTICIPANTS	SCORE	MEAN	S.D
Subject 1	19	Subject 16	18		
Subject 2	11	Subject 17	20		
Subject 3	23	Subject 18	13		
Subject 4	27	Subject 19	26		
Subject 5	15	Subject 20	14		
Subject 6	28	Subject 21	17		
Subject 7	29	Subject 22	22		
Subject 8	20	Subject 23	27	19.00	5.305
Subject 9	21	Subject 24	19		
Subject 10	25	Subject 25	18		
Subject 11	17	Subject 26	15		
Subject 12	15	Subject 27	19		
Subject 13	13	Subject 28	7		

| Subject 14 | 18 | Subject 29 | 16 | | |
| Subject 15 | 16 | Subject 30 | 22 | | |

Table Number 3- Showing distribution of scores of our male and female subjects

	Mean	Standard Deviation (S.D)	t- score	df	p-value	Remarks
Male	17.70	3.650	1.106	58	2.0017	Not significant at 0.05
Female	19.00	5.305				

t-score is 1.106 and df is 58. If we investigate t table and find out its value, then the value which we obtained indicates that there is no statistical significance.

DISCUSSION

From the above result, it has shown that both group of male and female subjects have scored above average in self-esteem scale. From mean it is evident that, female subjects have shown more self-esteem compared to its male counterpart. From standard deviation it has shown that females have expressed more variability in score compared to male subject. The t-score has been found in-significant which means that the difference between scores of male and female subjects have not been statistically significant at 0.05 level.

Then finding of the study has been in line with the previous research finding like in the study of gender difference in Indian college students it was found that there was no significant difference in self-esteem of different genders (Jain and Dixit, 2014). Other study from various researchers also signifies that there is no significant difference in the level of self-esteem among young adults like in the research paper 'Self-Esteem Among University Students' by (Ramesh and Jain, 2018).

Hence, for the above scores it is evident that both male and female subjects have shown greater self-esteem. Though their scores have more variability, we may say that the subject of present study have shown more self-confidence, feeling of security, good and bold personality, our sense of fitting and having high emotional intelligence.

CONCLUSION

From the above findings, it may be concluded that the self-esteem of both the groups have been found above average and female subjects have shown greater self-esteem on the same category in compared to male subjects. The difference between the score of male and female subjects not been statistically significant. So, alternative hypothesis (H_A) has been rejected and null hypothesis (H_O) has been accepted. So, self-esteem of male and female subjects has been tested the president study with its different outcomes.

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Conflict of Interest

The author(s) declared no conflict of interest.