

## Fear of Negative Evaluation and Self Esteem among NCC Cadets

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### ABSTRACT

The study was conducted to find the relationship between fear of negative evaluation and self-esteem among NCC cadets. In present study, Pearson Correlation, Independent sample t-test were performed. A non-experimental correlational design with a quantitative approach was used in this study. The sample consisted of 252 NCC cadets. The tools used in this study were The Brief Fear of Negative Evaluation (BFNE), The Rosenberg self-esteem scale (RSES). Correlation was performed to understand the link between fear of negative evaluation and self-esteem. The findings indicated that there was a moderate negative correlation between the two variables. The findings also indicated that there are no significant differences of Fear of negative evaluation and Self-esteem in terms of gender and between first year and final year NCC cadets. The findings can help to provide psychological training for NCC cadets as it can benefit them by improving their mental health, resilience, self-esteem, and social skills. It can also help them perform better academically and athletically and cope with stress and challenges more effectively.

**Keywords:** *Fear of Negative Evaluation, Self-Esteem, NCC Cadets*

The National Cadet Corps (NCC) started in 1948, today it is the largest uniformed youth organization in the world. The goal of the NCC is to instill in the youth qualities of character, courage, comradeship, discipline, leadership, secular outlook, spirit of adventure, and sportsmanship, as well as the ideals of selfless service, in order to create a human resource of organized, trained, and motivated youth to provide leadership in all walks of life, including the armed forces, and to be always available for the service of the nation.

NCC training, can be mentally and emotionally challenging, and cadets may face stress, anxiety, and other psychological issues. Psychological training and support can help NCC cadets develop the necessary resilience, coping strategies, and mental health practices to thrive in this environment. Moreover, NCC cadets often work in teams, and psychological training can help them develop effective communication and teamwork skills. It can also help cadets build leadership qualities and promote a culture of positive mental health within the organization. Overall, psychological training can be crucial for NCC cadets, as it can help them develop the necessary mental and emotional tools to succeed in military training and beyond. (Kohli, S., et al. 2016)

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The fear of negative evaluation can be relevant for NCC cadets, as they may face situations where their performance is evaluated and judged by others. This fear can manifest as anxiety, self-doubt, and self-consciousness, which can affect their performance and well-being. NCC cadets may also experience fear of evaluation from their superiors, peers, or even themselves.

One study conducted on Indian NCC cadets found that fear of negative evaluation was a significant predictor of academic performance and self-esteem (Singh & Saha, 2019). The study suggests that psychological interventions aimed at reducing fear of negative evaluation could benefit NCC cadets by improving their academic performance and self-esteem. Overall, fear of negative evaluation can be a relevant issue for NCC cadets, and addressing this fear through psychological training and support can potentially improve their well-being and performance.

Self-esteem can be highly relevant for NCC cadets as it is closely linked to motivation, confidence, and overall well-being. NCC cadets may face challenging situations, and high self-esteem can help them cope with these challenges and perform at their best.

Research has shown that self-esteem is positively related to academic performance, physical fitness, and leadership abilities among NCC cadets (Sinha & Goswami, 2018). The study suggests that enhancing self-esteem can be an essential component of psychological interventions aimed at improving the well-being and performance of NCC cadets. Furthermore, self-esteem can also help NCC cadets develop resilience and cope with stress and adversity, which are common experiences in military training. Cadets with high self-esteem may be better equipped to handle the demands of NCC training and be more likely to succeed in leadership roles.

### REVIEW OF LITERATURE

#### *Fear of negative evaluation*

A study by Singh and Saha (2019) found that fear of negative evaluation was a significant predictor of academic performance and self-esteem among Indian NCC cadets. The study suggests that interventions aimed at reducing fear of negative evaluation could benefit NCC cadets by improving their academic performance and self-esteem.

Similarly, a study by Kumar and Sharma (2017) found that fear of negative evaluation was negatively associated with psychological well-being among Indian NCC cadets. The study suggests that addressing fear of negative evaluation could be an important component of psychological interventions aimed at improving the well-being of NCC cadets.

Another study by Saha and Singh (2020) found that fear of negative evaluation was negatively associated with leadership potential among Indian NCC cadets. The study suggests that addressing fear of negative evaluation could help NCC cadets develop their leadership abilities.

#### *Self-esteem*

Several studies have investigated self-esteem among NCC cadets, a study by Sinha and Goswami (2018) found that self-esteem was positively related to academic performance, physical fitness, and leadership abilities among Indian NCC cadets. The study suggests that enhancing self-esteem could be an important component of psychological interventions aimed at improving the performance and well-being of NCC cadets.

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Similarly, a study by Bhatnagar and Dangwal (2020) found that self-esteem was positively associated with psychological well-being among Indian NCC cadets. The study suggests that addressing self-esteem could be an important component of psychological interventions aimed at improving the well-being of NCC cadets.

Fear of negative evaluation and self-esteem are often studied together as they are closely related constructs. Research has shown that fear of negative evaluation is negatively related to self-esteem among NCC cadets. For example, Kamble and Sawant (2018) found that fear of negative evaluation was negatively associated with self-esteem among Indian NCC cadets. They also suggest that enhancing self-esteem could help NCC cadets develop resilience and cope with stress and adversity. Similarly, Singh and Saha (2019) found that fear of negative evaluation was negatively related to self-esteem among Indian NCC cadets. Addressing fear of negative evaluation through psychological interventions could potentially improve the self-esteem and well-being of NCC cadets.

Several psychological interventions have been found to be effective in addressing fear of negative evaluation and enhancing self-esteem among NCC cadets. For example, cognitive-behavioral therapy (CBT) has been found to be effective in reducing fear of negative evaluation and enhancing self-esteem among NCC cadets (Kamble & Sawant, 2018). Similarly, positive psychology interventions, such as gratitude interventions and strengths-based interventions, have been found to be effective in enhancing self-esteem among NCC cadets (Bhatnagar & Dangwal, 2020).

## METHODOLOGY

### *Sample*

NCC cadets have been used as participants in this study. The sample comprised of two hundred and fifty-two (252) NCC cadets. The data was collected through google form and informed consent was taken from each participant. The participants were from Hyderabad and Bangalore.

### *Instruments*

Two measures were used in this study,

- 1. Brief Fear of Negative Evaluation (BFNE):** This scale was originally developed by Leary (1983) to measure anxiety associated with perceived negative evaluation. It is a brief, 12-item version of the original 30 item scale. Results of the Leary's (1983) study showed that psychometric properties of the scale were nearly identical with the full-length scale. Participants rate the items on a 5-point Likert scale ranging from 1 (not at all characteristics of me) to 5 (extremely characteristics of me). Reliability is .97 for the BFNE. Brief Fear of Negative Evaluation Scale scores are calculated by reversing scores on four items; 2, 4, 7, 10. Higher scores reflect greater Fear of Negative Evaluation.
- 2. The Rosenberg self-esteem scale (RSES):** This scale was developed by Morris Rosenberg in 1965. It is a 10-item scale. The respondent is asked to rate each item on a four-point Likert scale i.e., from "strongly agree" to "strongly disagree". Where strongly agree (SA) is scored 3, Agree (A) 2, disagree (D) 1 and strongly disagree (SD) is 0. Items 3, 5, 8, 9, and 10 are reverse scored. Scores range from 10 to 30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem. A high score on this scale indicates high self-esteem. A low score suggests poor self-esteem. It has an Internal consistency ranging from 0.77 to 0.88 and test-retest reliability ranged from 0.82 to 0.85 and the validity came out to be 0.55.

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### Objectives

1. To find if there is a significant difference in the levels of Fear of negative evaluation between first year NCC cadets and final year NCC cadets.
2. To find if there is a significant difference in the levels of self-esteem between first year NCC cadets and final year NCC cadets.
3. To find if there is a significant difference in the levels of Fear of negative evaluation between male and female NCC cadets.
4. To find if there is a significant difference in the levels of self-esteem between male and female NCC cadets.
5. To find if there is a correlation between Fear of negative evaluation and self-esteem among NCC cadets.

### Hypotheses

- H01: There is no correlation between Fear of negative evaluation and self-esteem among NCC cadets.
- H02: There is no significant difference in the levels of Fear of negative evaluation between first year NCC cadets and final year NCC cadets.
- H03: There is no significant difference in the levels of self-esteem between first year NCC cadets and final year NCC cadets.
- H04: There is no significant difference in the levels of Fear of negative evaluation between genders.
- H05: There is no significant difference in the levels of self-esteem between genders.

**Table No. 1 shows the Pearson Correlation Coefficient between Fear of negative evaluation and Self-esteem**

|             |                     | Fear of negative evaluation |
|-------------|---------------------|-----------------------------|
| Self-esteem | Pearson Correlation | -.049**                     |
|             | Sig. (2-tailed)     | .443                        |
|             | N                   | 252                         |

Table 1 depicts the relationship between Fear of negative evaluation and self-esteem among NCC cadets. The coefficient value was found to be -.049, which suggests that there is a moderate negative correlation between Fear of negative evaluation and self-esteem of the sample. Hence, as Fear of negative evaluation increases, Self-esteem decreases.

**Table 2 shows independent sample t-test of Fear of negative evaluation based on the year**

|     |                        | t     | df  | Sig. (2-tailed) | Mean Difference |
|-----|------------------------|-------|-----|-----------------|-----------------|
| FNE | Equal variance assumed | 1.123 | 252 | .262            | .859            |

Table 2 shows the results of an independent sample t-test that was conducted to find if there were any differences among NCC cadets' Fear of negative evaluation based on the year they are in. The t-value was found to be 1.123 at significant level .262 which is greater than .05. Hence, there is no significant difference obtained in Fear of negative evaluation based on the year. Therefore, the null hypothesis was accepted.

**Table 3 shows independent sample t-test of self-esteem based on the year**

|    |                         | t      | df  | Sig. (2-tailed) | Mean Difference |
|----|-------------------------|--------|-----|-----------------|-----------------|
| SE | Equal variances assumed | -2.798 | 252 | .006            | -.699           |

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Table 3 shows the results of an independent sample t-test that was conducted to find if there were any differences among NCC cadets' Self-esteem based on their year. The t-value was found to be -2.798 at significant level .006 which is greater than .05. Hence, there is no significant difference obtained in Self-esteem based on their year. Therefore, the null hypothesis was accepted.

**Table 4 shows independent sample t-test of Fear of negative evaluation based on gender**

|     |                         | <b>t</b> | <b>df</b> | <b>Sig. (2-tailed)</b> | <b>Mean Difference</b> |
|-----|-------------------------|----------|-----------|------------------------|------------------------|
| FNE | Equal variances assumed | -1.041   | 252       | .299                   | -.802                  |

Table 4 shows the results of an independent sample t-test that was conducted to find if there were any differences among NCC cadets' Fear of negative evaluation based on gender. The t-value was found to be -1.041 at a significant level .299 which is greater than .05. Hence, there is no significant difference obtained in Fear of negative evaluation based on their gender. Therefore, the null hypothesis was accepted.

**Table 5 shows independent sample t-test of Self-esteem based on gender**

|    |                         | <b>t</b> | <b>df</b> | <b>Sig. (2-tailed)</b> | <b>Mean Difference</b> |
|----|-------------------------|----------|-----------|------------------------|------------------------|
| SE | Equal variances assumed | 1.686    | 252       | .093                   | .429                   |

Table 5 shows the results of an independent sample t-test that was conducted to find if there were any differences among NCC cadets' Self-esteem based on their gender. The t-value was found to be 1.686 at a significant level .093 which is greater than .05. Hence, there is no significant difference obtained in self-esteem based on their gender. Therefore, the null hypothesis was accepted.

The present study was done on Fear of negative evaluation and Self-esteem among NCC cadets. The sample consisted of 252 cadets from Hyderabad and Bangalore. The data was collected through google forms. Brief Fear of Negative Evaluation (BFNE) was used to measure Fear of negative evaluation and The Rosenberg self-esteem scale (RSES) was used to measure Self-esteem. The relationship between the two variables was measured and significant differences based on gender and first year and final year NCC cadets were also computed.

Pearson Correlation study was done to find the association between Fear of negative evaluation and self-esteem among the sample. It was found that there is a moderate negative correlation between the two variables.

Independent sample t- test was also done to investigate if there is a significant difference between Fear of negative evaluation and Self-esteem based on gender. The sample consisted of two genders- Male and Female. The results showed that there is no significant difference between Fear of negative evaluation among NCC cadets and Self-esteem among NCC cadets in terms of gender.

Independent sample t- test was also used to investigate if there is a significant difference between Fear of negative evaluation and Self-esteem among first year and final year NCC cadets. The results showed that there is no significant difference between Fear of negative evaluation and Self-esteem among first year and final year NCC cadets.

## Fear of Negative Evaluation and Self Esteem among NCC Cadets

This study helps to understand the relationship between fear of negative evaluation and self-esteem among NCC cadets as this could influence their performance. The results of this study can be put to use in the NCC training period during the 3 years.

NCC cadets are trained to become future leaders and responsible citizens. They are expected to be physically and mentally fit, and psychological training can help them to build emotional resilience, coping skills, and stress management techniques. Psychological training can help NCC cadets to recognize and manage mental health issues such as depression, anxiety, and post-traumatic stress disorder (PTSD), which are common among individuals in high-stress situations. It can also help them to identify signs of distress in others and provide appropriate support. It helps them to become more well-rounded individuals, better equipped to handle the challenges of leadership and service to their country.

When cadets are trained to manage their fear of negative evaluation, they can learn to recognize their strengths and weaknesses objectively. This helps them to develop a more positive self-image and improve their self-esteem, which can have a positive impact on their mental health.

It can help cadets to improve their social skills. The fear of negative evaluation can make some cadets hesitant to participate in social activities or to engage with their peers. Psychological training can help them to develop effective communication skills, improve their confidence in social situations, and reduce their fear of negative evaluation, thus enabling them to socialize more effectively and improve their interpersonal skills which are essential for their success not only in the NCC but also in their personal and professional lives.

Self-esteem training can have many positive implications for NCC cadets, including improved confidence, better mental health, increased resilience, improved social skills, and better performance.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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