Research Paper

A Study of Self Esteem and Dreams among College Students

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ABSTRACT

Objective: The goal of this study was to understand the dreams and self-esteem among college students. Besides, it was hypothesized age; gender and type of family have a significant impact on self-esteem and dreams. **Tools Used:** Multidimensional dream inventory (MDI) and Rosenberg self-esteem scale was used. The Rosenberg self-esteem scale presented high ratings in reliability areas: internal consistency was 0.77, minimum coefficient of reproducibility was at least 0.90 Rosenberg, 1965, and personal communication, April 22,1987). The Persian scale demonstrated good test-retest reliability (69%), and Cronbach alpha coefficient for the whole questionnaire was calculated at0.85. **Sample:** survey method was used to collect the data. There were 150 data collected from college student among them 80 were males, 70 were females. **Analysis:** Pearson product moment correlation, independent sample t- test were applied to analyse the data. **Result:** The findings reveal that there is a significant relationship between self-esteem and dreams. The significant differences were observed based on demographic details.

Keywords: Self Esteem, Dreams, College Students

Dreams are one of the most fascinating and mystifying aspects of sleep. Since Sigmund Freud helped draw attention to the potential importance of dreams in the late 19th century, considerable research has worked to unravel both the neuroscience and psychology of dreams. While everyone dreams, the content of those dreams and their effect on sleep can vary dramatically from person to person. Even though there's no simple explanation for the meaning and purpose of dreams, it's helpful to understand the basics of dreams, the potential impact of nightmares, and steps that you can take to sleep better with sweet dreams. There's no definitive evidence about what dreams consist of, but it's generally accepted that dreams represent a collection of thoughts, struggles, emotions, events, people, places and symbols that are relevant to the dreamer in some way.

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence. Your self-esteem can affect whether you: Like and value yourself as a person. As self-esteem is overall judgement of one's self - worth, healthy levels must be maintained

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or client risks feelings of worthless and dislike of themselves. Such positive or negative valuations are likely to lead to correspondingly healthy or unhealthy behaviour. Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself" (Adler & Stewart, 2004).

METHODOLOGY

Sample
The sample of this study consists of college students of government Arts College, survey method was used to collect the data. There were 150 data collected from college students among them 80 were males, 70 were females.

Instruments
Two measures were used in this study,

1. Multidimensional Dream Inventory
It was developed by Kallmeyer, R.J., & Chang, E.C. Developers intended the scale to function as a tool for "studying the consequences and correlates of dreams".[1]-a measure providing insight into the nature and function of personal differences in dreaming. Population for Testing the scale has been vali-dated with individuals aged 17-50 years. Using a 5-point, Likert-type scale, respondents indicate the degree to which they agree with a variety of statements about dreaming. The scale ranges from 1, meaning "strongly disagree," to 5, "strongly agree." Higher scores denote a greater endorsement of each of the scale's four factors, indicating a higher degree of importance, vividness, usefulness, and recall ascribed by the respondent to his or her dreams.

2. Rosenberg-Self Esteem Scale
It was developed by Morris Rosenberg in 1965 and is widely used in psychology, mental health and psychiatry. Rosenberg self -esteem scale (RSES)is one of the most widely used self-esteem measures in social science research. For items marked with an (R), reverse the scoring (for example, 0=3, 1 = 2, 2 = 1, 3 = 0). For those items without an (R) next to them, simply add the score. Typical scores on the Rosenberg scale are around 22, with most people scoring between 15 and 25. A score of less than 15 suggests low self-esteem may be an issue. Remember that this assessment is just for information, it is not a diagnosis.

Procedure
Samples were collected from the Arts college students. Students were asked to sit comfortable and given the instructions and told them their responses are only for research purpose. Then they are respond the questions and tick the answers.

RESULTS

Table: 1 Correlation between dreams and self-esteem

Correlations	Self Esteem
Dreams	.23**

*Note:**. Correlation is significant at the 0.01 level (2-tailed).*

The relationship between dreams and self-esteem was investigated using Pearson product. Preliminary analysis was performed to ensure no violation on the assumptions of normality linearity and homostatity. It can be seen that from the table 1 dreams is a significantly and

positively (r=.231, p>0.05). This may be became of high self-esteem people have more positive dreams.

Table: 2 T-Test for Age on dreams and self-esteem

Variables	Age	N	Mean	SD	T
Dreams	Below 20	90	31.94	7.52	
	Above 20	60	35.25	6.70	2.81*
Self Esteem	Below 20	90	15.60	3.68	
	Above 20	60	15.38	3.59	.35 NS

Note; NS = not significant, N=Total, Mean, Standard deviation

An independent sample t-test was conducted to compare the dreams scores for below 20and above 20. There was a significant difference in scores for below 20(M=31.94, SD=7.527) and above 20 (M=35.25, SD=6.706). There is no significant difference in scores for self-esteem for below 20 (M=15.60; SD=3.687) and above 20 (M=15.38, SD=3.594)

Table: 3 T-Test for gender on dreams and self- esteem

Variable	Gender	N	Mean	SD	T
Dreams	Male	67	33.31	6.65	
	Female	83	33.23	7.93	.07 NS
Self Esteem	Male	67	15.13	3.86	
	Female	83	15.82	3.44	1.14 NS

Note; NS = not significant

An independent sample t-test was conducted to compare the dreams scores for males and females. There was no significant difference in scores for male (M=33.31, SD=6.652)) and female (M=33.23, SD=7.939). There is a significant difference in scores for self-esteem for male (M=15.13; SD=3.865) and females (M=15.82, SD=3.440).

Table: 4 T-Test for type of family on dreams and self-esteem

Variable	Type of Family	N	Mean	SD	T
Dreams	Nuclear	74	33.69	6.25	
	Joint	76	32.86	8.32	.69 NS
Self Esteem	Nuclear	74	15.46	3.96	
	Joint	76	15.57	3.31	.17 NS

Note: NS = not significant

An independent sample t-test was conducted to compare the dreams scores for type of family. There was a no significant difference in scores nuclear family (M=33.69, SD=6.259) and joint family (M=32.86, SD=8.329). There is no significant difference in scores for self-esteem for nuclear (M=15.46; SD=3.966) and joint (M=15.57, SD=3.316)

Table-5 t-Test for have you dreams every day on dreams and self-esteem

Variable	Have you dreams everyday	N	Mean	SD	T
Dreams	Yes	123	33.37	7.64	
	No	27	32.81	6.02	.48NS
Self Esteem	Yes	123	15.64	3.64	
	No	27	14.93	3.62	.92NS

Note: NS = not significant

An independent sample t-test was conducted to compare the dreams scores for have you dreams every day. There was a no significant difference in scores yes (M=33.37, SD=7.649) and no (M=32.81, SD=6.026). There is no significant difference in scores for self- esteem for yes (M=15.64; SD=3.644) and no (M=14.93, SD=3.636)

DISCUSSION

The study aimed involves the dreams and self-esteem level of the college students. The purpose of this study is to assess the relationship between dreams and self-esteem and significant difference based on demographic data. The present study revealed that there was a significant relationship between dreams and self-esteem among college students. Hence, the hypothesis is not accepted, unfortunately there was no significant difference between dreams and self-esteem-based age, gender, type of family, have you dreamed every day. Hence the null hypothesis was accepted. The study has certain limitations that need to be pointed out while considering. The study and its outcome show some of these limitations can be seen as a fruitful avenue for future research. The sample size was small and the study was limited to only college students.

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Conflict of Interest
The author(s) declared no conflict of interest.