Research Paper

Self Esteem among Older Women in India

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ABSTRACT

This research study is a detailed scoping review on the topic self-esteem among older women in India. this a comprehensive overview of the multifaceted nature of self-esteem and its importance, particularly focusing on older women and their psychological well-being. The connections you draw between various psychological theories and concepts provide a thorough understanding of how self-esteem influences different aspects of life, from interpersonal relationships to resilience in the face of challenges. Focusing on self-esteem among older women in the Indian context is especially pertinent, given the unique cultural and societal factors that influence perceptions of self-worth. Addressing gender inequities and promoting empowerment and advocacy can contribute significantly to improving the quality of life for senior Indian women. Your insights into how research on self-esteem can inform customized interventions, social policies, and healthcare services demonstrate the practical implications of understanding and addressing self-esteem issues among older women. Overall, it's evident that recognizing and nurturing self-esteem among this demographic can lead to more fulfilling and healthier aging experiences.

Keywords: *Self Esteem, Elderly Women, Older Women*

Self-esteem is a multifaceted psychological concept that represents an individual's general subjective assessment of their own value and worth. It includes self-perceptions, such as sentiments of competence, assurance, and dignity. The elements and traits of self-esteem are illustrated in detail below: How people view themselves is the foundation of their self-esteem. Numerous elements, such as individual experiences, social interactions, cultural influences, and outside feedback, all contribute to shaping this perception. This idea is related to the self-perception hypothesis, which holds that people learn their attitudes and beliefs by paying attention to the things they do and the situations in which they do them. Psychologist Daryl Bem first put out this notion in 1967. Bem, D. J. (1967). Self-perception: An alternative interpretation of cognitive dissonance phenomena. Psychological Review, 74(3), 183–200.https://doi.org/10.1037/h0024835.

Believing in one's inherent value as a human being is essential to having self-esteem. Healthy self-esteem is characterized by a strong sense of self-worth that is independent of accomplishments outside of oneself or approval from others. The idea presented is consistent with psychological ideas of self-worth and self-esteem. The Sociometer Theory,

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put out by Mark Leary and others in the late 1990s, is one well-known theory in this field. This idea holds that one's level of self-esteem may be used as a barometer, or "sociometer," to assess how well they are accepted and appreciated by society. This theory places a strong emphasis on how social acceptability and a sense of belonging shape a person's sense of self-worth. It implies that those with a greater feeling of self-worth and self-esteem are those who perceive themselves as respected and accepted by others. Moreover, it suggests that one's sense of worth should ideally be based on one's inherent worth as a human being rather than being exclusively dependent on praise or achievements from others. Leary, M. R., & Baumeister, R. F. (2000). The nature and function of self-esteem: Sociometer theory. In M. P. Zanna (Ed.), Advances in experimental social psychology (Vol. 32, pp. 1-62). Academic Press. https://doi.org/10.1016/S0065-2601(00)80003-9.

A crucial element of self-confidence, which is strongly tied to self-esteem, is the conviction that one can achieve goals and get past challenges in life. People with high self-esteem are usually more confident in their abilities and are therefore more willing to take advantage of new opportunities and persevere through difficult times. This aligns with Bandura's Social Cognitive Theory by emphasizing self-efficacy, or the belief in one's ability to accomplish specific tasks or reach goals. According to the Social Cognitive Theory, an individual's self-efficacy plays a crucial role in determining their behavior choices, effort level, and capacity to persist in the face of challenges. People's self-efficacy beliefs influence the decisions they make, the goals they set, and the amount of effort they put in to achieve those goals, according to Bandura's Social Cognitive Theory. Higher levels of perseverance, readiness to face challenges, and tenacity are all signs of self-confidence and are associated with high levels of self-efficacy. People with high self-esteem are more likely to hold higher self-efficacy beliefs because they It's important to keep in mind that while self-esteem and self-confidence are closely related, they are not the same. Self-confidence is directly related to believing in one's abilities to complete specific tasks or reach specific objectives, while self-esteem is a more thorough evaluation of one's value and worth as a person. Bandura, A. (1986). Social foundations of thought and action: A social cognitive theory. Prentice-Hall. The cornerstone of self-esteem is the ability to accept oneself—weaknesses and all. This entails accepting oneself and one's special traits without passing judgment on oneself or having irrational expectations. Respect for Oneself: Maintaining healthy boundaries in one's relationships and interactions with others is a necessary component of self-esteem. This entails respecting the rights and boundaries of others while simultaneously speaking up for one's own needs, values, and beliefs. In order to promote psychological well-being, self-acceptance and self-respect are crucial, according to Rogers' Self-Theory. This idea holds that people aspire to self-actualization, which is the state of becoming the best versions of themselves. Unconditional positive respect and acceptance of oneself, including the acceptance of one's shortcomings and distinctive qualities without passing judgment, are essential components of this process. Additionally, Rogers' theory emphasizes how important it is to keep one's experiences and behaviors consistent with one's self-concept, or how one views herself. People are more likely to have high self-esteem and a stronger feeling of self-worth when their experiences and self-concept are in line. In addition, Rogers stresses the value of assertiveness and sound boundaries in interpersonal interactions. Healthy self-esteem must be developed and maintained by asserting one's needs, values, and views while respecting the rights and limits of others. All things considered, Rogers' Self-Theory offers a thorough framework for comprehending the significance of assertiveness, self-acceptance, and self-respect in promoting a healthy sense of self and personal development. C. R. Rogers (1959). a theory derived from the client-centered paradigm that

addresses personality, treatment, and interpersonal connections. In S. Koch (Ed.), Psychology: A study of science (Vol. 3, pp. 184–256). McGraw-Hill.

Those who have a good sense of self-worth show self-compassion by being kind, understanding, and forgiving to themselves, especially when they fail or experience setbacks. They respond to themselves with empathy rather than harsh self-judgment, realizing that imperfection is a normal aspect of being human. According to Neff's notion of self-compassion, people should treat themselves with the same compassion, tolerance, and forgiveness as they would a close friend when they are going through a tough moment or failing. Three key elements make up self-compassion: common humanity (realizing that pain and imperfection are a part of the human experience), self-kindness (being warm and understanding toward oneself), and mindfulness (keeping a balanced awareness of one's emotions and experiences without being too involved with them). Neff claims that as self-compassion is not reliant on outside approval or peer comparison, it is a healthier substitute for self-esteem. Rather, self-compassion encourages people to accept their flaws with respect and understanding, which promotes resilience, mental health, and personal development. According to Neff's study, those who have higher degrees of self-compassion also often have lower levels of stress, anxiety, and depression as well as a stronger sense of psychological well-being overall. Consequently, developing self-compassion can be a useful strategy for fostering resilience and mental health in the face of adversity. Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. Self and Identity, 2(3), 223–250. https://doi.org/10.1080/15298860309027.

People with high self-esteem feel more independent and autonomous, which empowers them to pursue objectives and make choices that are consistent with their interests and beliefs. This independence stems from a sincere desire for personal pleasure and development rather than a need to prove oneself to others. According to the Self-Determination Theory, people are born with the psychological needs of relatedness (the need to feel linked to others), competence (the need to feel successful in one's interactions with the environment), and autonomy (the need to feel volitional and self-endorsed in one's activities). People are more likely to feel well-being, personal development, and intrinsic drive when these demands are met. Because they have a strong sense of self-worth and self-efficacy, which empowers them to make decisions and pursue objectives that are in line with their interests and beliefs, people with high self-esteem typically feel more autonomous and independent. Rather than seeking outward validation or acceptance from others, their drive comes from an inside desire for personal progress and pleasure. According to SDT, autonomy is necessary to promote psychological well-being and good functioning because it enables people to follow their own passions and behave in ways that truly complete and satisfy them. Consequently, fostering independence and autonomy can be advantageous for improving self-worth and general wellbeing. Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. Psychological Inquiry, 11(4), 227–268. https://doi.org/10.1207/S15327965PLI1104_01.

The capacity to overcome adversity and preserve an optimistic attitude in the face of difficulties is a function of resilience, which is influenced by high self-esteem. People that have high self-esteem are more capable According to the Broaden-and-Build Theory, pleasant emotions improve people's thought-action repertoires, which boosts their capacity for creativity, problem-solving, and cognitive flexibility. These expanded perspectives and improved abilities eventually aid in the development of internal resources like resilience. Good feelings and life perspectives are linked to high self-esteem. People who have a strong

sense of self-worth are more likely to see adversity positively and react to it accordingly, staying upbeat and handling difficulties well. The Broaden-and-Build Theory suggests that the increased cognitive and emotional resources that come with high self-esteem help to promote resilience. Furthermore, in difficult circumstances, self-esteem acts as a buffer, preventing people's mental health from being negatively impacted by stress and misfortune. As a result, resilience is enhanced by strong self-esteem since it promotes good feelings, flexible coping mechanisms, and a sense of value and competence in oneself. All things considered, the Broaden-and-Build Theory offers a framework for comprehending how resilient and psychologically healthy feelings, such those connected to strong self-esteem, are fostered in the face of hardship. Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. American Psychologist, 56(3), 218–226. https://doi.org/10.1037/0003-066X.56.3.218.

The conviction in one's capacity to achieve particular activities and objectives is known as self-efficacy, and it is strongly linked to self-esteem. High self-esteem is often correlated with higher levels of self-efficacy, which boosts motivation, perseverance, and achievement in a variety of spheres of life. 1. Interpersonal Relationships: People who respect and appreciate themselves are better able to build and sustain meaningful connections with others, which is one way that healthy self-esteem promotes interpersonal relationships. They are more likely to build relationships based on honesty, mutual respect, and trust than they are to indulge in people-pleasing behavior or put up with abuse. According to John Bowlby's attachment theory, people's internal working models of relationships are shaped by their early experiences with caregivers, which in turn affects their later interpersonal actions and relationship dynamics. Positive interpersonal skills and a good sense of self-worth are linked to secure attachment, which is defined by emotions of comfort, security, and trust in interpersonal interactions. Secure attachment style personalities frequently possess a high feeling of self-worth and are more adept at forming and sustaining deep connections with other people. People who are securely attached are more likely to express their wants and feelings, communicate honestly, and establish healthy boundaries in their relationships. They are less prone to act in ways that please other people or put up with rude or violent behavior. In general, attachment theory offers a framework for comprehending how stable attachment styles—which in turn support strong interpersonal relationships marked by integrity, respect, and trust—are developed as a result of healthy self-esteem. Bowlby, J. (1969). Attachment and loss: Vol. 1. Attachment. Basic Books.

The World Health Organization (WHO) lacks a standard definition of "old age" or a cutoff age at which someone is considered to be "old." Rather, the World Health Organization places emphasis on the idea of "healthy aging," which centers on maximizing chances for security, involvement, and health in order to improve people's quality of life as they age. However, many organizations and nations define older populations using a specific chronological age for statistical and research purposes. A person's definition of "old" can change based on social, cultural, and economic variables. In most circumstances, people 60 years of age and older are regarded as belonging to the older population. It's critical to understand that aging experiences are diverse and complicated, and chronological age alone may not adequately convey these aspects. In addition, a person's functional abilities, social support network, health, and socioeconomic standing all have a big impact on how happy they are in later life. In order to promote healthy and active aging for all people, regardless of chronological age, WHO underlines the significance of taking into account many dimensions of aging, even though age 60 or above is typically used to designate older

populations in statistics and research contexts. World Health Organization. (n.d.). Aging and life course: Healthy aging. https://www.who.int/health-topics/ageing#tab=tab_1.

As one ages, maintaining a good sense of self-worth is crucial to psychological well-being. Positive self-image increases the likelihood of reduced levels of anxiety, sadness, and loneliness in older women, which improves their quality of life overall. American Psychological Association. (2020). Psychological well-being. https://www.apa.org/topics/well-being.

Women experience a range of physical and mental changes as they age, which may have an effect on how confident and positive they feel about themselves. Resilience and a sense of acceptance of their changing identities are fostered by healthy self-esteem, which makes it easier for older women to adjust to these changes. American Psychological Association. (2020). Aging and mental health.https://www.apa.org/pi/aging/resources/guides/aging-mental-health.pdf

As women mature, self-esteem enables them to preserve their independence and autonomy. When someone has a strong sense of self-worth, they are more inclined to put their own needs and wants first rather than giving in to peer pressure or cultural preconceptions. American Psychological Association. (2020). Women and self-esteem. https://www.apa.org/pi/women/programs/girls/women-esteem

High-self-esteem older women typically have more satisfying social lives. They are more capable of setting limits, voicing their demands, and forming deep relationships with people, which fosters a feeling of community and social support. American Psychological Association. (2020). Self-esteem. https://www.apa.org/topics/self-esteem.

Studies indicate a good correlation between older persons' physical health results and self-esteem. Women who have a positive sense of self-worth are more likely to take preventative measures, seek medical attention when necessary, and age with better general health outcomes. American Psychological Association. (2020). Aging and mental health. https://www.apa.org/pi/aging/resources/guides/aging-mental-health.pdf

Ageism and cultural stereotypes can negatively impact older women's self-worth and value. Sustaining a strong sense of self-worth can function as a buffer against these prejudices, enabling senior women to reject preconceptions and stand up for their dignity and worth. American Psychological Association. (2020). Aging and mental health. https://www.apa.org/pi/aging/resources/guides/aging-mental-health.pdf

Activities related to lifelong learning and personal growth are more common among older women who have a healthy sense of self-worth. Their receptiveness to novel experiences, obstacles, and chances for personal growth results in sustained cognitive stimulation and a feeling of direction in their older years. American Psychological Association. (2020). Lifelong learning and personal growth. https://www.apa.org/topics/lifelong-learning.

Mature women with high self-esteem act as excellent role models for the next generation. Through their tenacity, acceptance of who they are, and dedication to personal development, they encourage others to develop positive self-esteem and age with dignity. American Psychological Association. (2020). Women and self-esteem. https://www.apa.org/pi/women/programs/girls/women-esteem.

Self Esteem among Older Women in India

Older women's empowerment and well-being depend heavily on their sense of self-worth, which helps them face the difficulties of aging with fortitude, independence, and a sense of purpose. Society can better assist the aging population and guarantee that older women continue to flourish and make significant contributions to their communities by promoting good self-esteem.

Gaining a greater understanding of psychological well-being is made possible by studying older women's self-esteem. This research aids practitioners and researchers in their understanding of this population's psychological health. Through an analysis of variables including social support, life transitions, and health status that impact self-esteem, researchers can find ways to improve the mental well-being and general quality of life of older women.

Customized Treatments and Support Services: Research on self-esteem can provide valuable insights for the creation of customized interventions and support programs for senior women. Through activities like group therapy, skill-building seminars, or community-based projects meant to promote social connection and empowerment, these programs may have a emphasis on boosting self-esteem.

Resolving Health Disparities: Studies on older women's self-esteem can provide insight into differences in resource availability and health outcomes. Policymakers and healthcare providers can address underlying social determinants and improve health equity by implementing targeted interventions to identify groups at risk for low self-esteem, such as marginalized populations or individuals with chronic health conditions.

Improving Successful Aging: Maintaining physical and mental health as well as social participation into later life is a fundamental component of successful aging, which is characterized by high self-esteem. Researchers may better understand what makes for healthy aging and how to promote it across varied groups by examining self-esteem among older women. This study helps uncover elements that lead to resilience, flexibility, and overall life satisfaction.

Developing Social Policies and Programs: Knowledge from research on older women's self-esteem can help create social policies and initiatives that will assist the aging population. Policymakers should support programs that address structural inequality, encourage social participation, and enable older women to have happy and meaningful lives by emphasizing the role that self-esteem plays in encouraging healthy aging outcomes.

Contributing to Gerontological Knowledge: By developing theoretical frameworks, assessment instruments, and empirical data pertaining to psychological well-being in later life, research on older women's self-esteem advances the discipline of gerontology as a whole. Researchers may aid in the creation of more thorough models of aging and guide future research paths in the discipline by deepening our understanding of how self-esteem changes with age and its consequences for social and health outcomes. All things considered, researching older women's self-esteem can yield insightful information that can guide programs, policies, and interventions meant to support healthy aging and improve the quality of life for senior citizens in society.

Studying self-esteem among older women in the Indian context is crucial for several reasons: Effect on Mental Health: Depression and anxiety are among the mental health

conditions for which low self-esteem is a substantial risk factor. Considering the high rate of mental health issues among India's senior population, knowing what influences one's sense of self-worth might aid in creating focused therapies that enhance psychological wellness.

Cultural and Societal Factors: Family duties, gender roles, and society expectations are highly valued in Indian society, and this might have an impact on elderly women's self-esteem. Examining self-esteem within this framework facilitates a more profound comprehension of the ways in which cultural standards and societal constraints influence the mental health of senior women.

Gender Inequities: In India, older women frequently have particular difficulties associated with gender disparities, such as restricted access to economic opportunities, education, and family decision-making authority. These elements may lower one's sense of self-worth and exacerbate inferiority or worthlessness sentiments.

Quality of Life: A person's whole quality of life is greatly influenced by their sense of self-worth. Higher self-esteem among older women increases their likelihood of participating in social activities, keeping up better connections, and feeling more satisfied with their lives overall. Improving the lives of senior Indian women can be facilitated by having a better understanding of the elements influencing self-esteem.

Healthcare and Support Services: Information on older women's self-esteem levels can help healthcare professionals and support services create treatments that are specifically customized to meet the requirements of this population. Healthcare practitioners may support holistic well-being and enhance health outcomes for older women by emphasizing the development of self-esteem.

Empowerment and Advocacy: By bringing attention to the significance of self-worth and self-perception, research on older women's self-esteem may also empower them. This may result in advocacy campaigns for social inclusion, gender equality, and senior women's empowerment in Indian society. Research on older women's self-esteem in the Indian setting is essential to comprehending the nuances of their lived experiences, resolving inequalities in mental health, advancing gender equality, and improving general well-being in later life.

METHOD

The writing presents a scope of examination that address numerous features of more seasoned individuals' psychological well-being and prosperity, with an accentuation on the people who live in nursing homes or helped residing offices. Memory bunch treatment (RGT) and multimodal treatments are two instances of mediations that have been researched for their capability to work on generally speaking personal satisfaction, lower wretchedness, and lift confidence in the senior populace. Likewise, the connection between specific qualities and results connected with psychological well-being in more established people has been contemplated. These components incorporate idealism, self-adequacy, care, and social help. Besides, research has exhibited the high frequency of sadness in the more established populace, highlighting the need of psychological wellness mediations for this segment. The impact of tireless outer muscle torment on personal satisfaction and the hardships related with seeking treatment for senior maltreatment have additionally been considered. In light of everything, these explorations advance our insight into the factors influencing more established individuals' prosperity and give feasible medicines to upgrade their psychological well-being and way of life.

Research Design: Scoping Review

Statement of the Problem: A study on self-esteem among the elderly women in India.

Research Questions:
- What are the different factors that affect self-esteem among older women in India?
- Are there any ways to improve self-esteem among older women in India?

Objectives of the study:
- To understand the different factors that affect self-esteem among the elderly women in India.
- To understand how to improve self-esteem among the elderly women in India.

Operational Definition: the subjective evaluation of one's worth, value, and overall sense of self-importance among female individuals aged 60 years and above by doing an in depth analysis of already existing literature.

- **Variables:** Elderly Women, Self Esteem
- **Demographic Variables:** women, ages 60 and above, India, Retired, Life satisfaction, self-esteem, self-efficacy
- **Universe of the study:** Elderly women in India and their levels of self esteem
- **Geographical Area:** India

Sample Distribution
Inclusion Criteria:
Age, Population, self-esteem, depression, loneliness, stress, abuse, quality of life, Intervention, with in India

Exclusion Criteria:
individuals below the age of 60, individuals with cognitive impairments or severe mental illnesses, geographical areas outside India

Data Analysis:
The data was analyzed through a scoping review of already existing data,
- THEMES
- Mental health in aging
- Common types of intervention
- mental health
- Coping strategies
- Distress

RESULTS AND DISCUSSION
This scoping review focuses on the psychological factors affecting self-esteem among elderly women in India, particularly emphasizing depression, self-confidence, self-efficacy, and optimism. It highlights interventions such as memory group therapy (RGT) and multimodal interventions that have shown positive outcomes in reducing depression, improving self-esteem, and enhancing overall quality of life among older women.

Several studies underscore the prevalence of depression among older adults in India, with rates varying depending on demographic factors. Factors like social support, optimism, and engagement in group activities are associated with higher levels of self-esteem, while challenges such as poverty, widowhood, and health issues can contribute to lower self-esteem and diminished mental well-being.

Research also delves into the effectiveness of interventions like RGT and multimodal approaches in reducing depression and increasing self-esteem among older women in institutional settings. Additionally, it addresses barriers to seeking help for elder abuse, emphasizing the need for trust in services and addressing cultural and familial concerns.

While there is a wealth of research on the psychological well-being of older adults in India, including interventions and challenges they face, there is a noted gap in recent studies focusing specifically on self-esteem in the geriatric population. Further research in this area could provide valuable insights into enhancing the mental health and overall quality of life of elderly women in India.

CONCLUSION

This is a scoping review that primarily centers around the confidence among more established ladies which is explicitly bound to the Indian populace it includes different examinations and discoveries connected with the prosperity and psychological well-being of old people, especially zeroing in on variables like despondency, confidence, dejection, and personal satisfaction. A few mediations, including memory bunch treatment, multimodal mediation, care, positive thinking, and memory treatment, have been investigated for their viability in working on these viewpoints among the older populace living in old age homes.

Also, concentrates on feature the pervasiveness of wretchedness among the older in various districts, the effect of maltreatment on emotional wellness, and the meaning of variables like social help, handicap, and actual wellbeing in deciding generally life fulfillment. These discoveries highlight the significance of addressing emotional well-being issues and carrying out mediations to upgrade the prosperity of older people, particularly those living in institutional setting.

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Conflict of Interest

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