Self Esteem Among Young Adults-A Comparative Study

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ABSTRACT*: Self-esteem may be defined simply as favorable or unfavorable attitude towards self. The current study examined the self esteem among young adults across gender. A total of 120 respondents were selected from Lucknow city. Out of which 60 were male respondents and 60 were female respondents. The data were collected using a self administered interview schedule along with Rosenberg Self Esteem Scale. The data was coded, tabulated and analyzed using frequency, percentage, Chi-square. The results of the study revealed that male had good self esteem than female. It was also found that there was a non significant difference between gender and self esteem which meant that self esteem was not dependent or influenced by gender.*

Keywords*: Adults, Gender ,Self-Esteem,*

I. INTRODUCTION

Young adulthood is a period of adjustments to new patterns of life and new social expectations. The young adult is expected to play new roles, such as that of spouse, parent and to develop new attitudes, interests and values in keeping with these new roles. These adjustments make early adulthood a distinctive period in the life span and also a difficult one. It is especially difficult because most of the male and female have had someone like parents, teachers, friends or others to help them make the adjustments they are faced with. Now as adults, they are expected to make these adjustments for themselves. To avoid being considered "immature" they hesitate to turn to others for advice and help when they find the adjustments too difficult to cope with successfully alone.(Hurlock

Self-esteem can also be defined as the perception of self-worth, or the extent to which a person values, prizes, or appreciates the self. Self –esteem can be broadly defined as the overall evaluation of oneself in either a positive or negative way. It indicates the extent to which an individual believes himself or herself to be competent and worthy of living. Self-esteem construct is recognized today to be a major factor in learning outcomes. Self-esteem is a socio-psychological construct that assesses an individual's attitudes and perceptions of self-worth. Thus, self-esteem is ''an understanding of one's quality as an object—that is, how good or bad, valuable or worthless, positive or negative, or superior or inferior one is'' Individual assessments of self-esteem are formed through two interrelated processes. First, individuals compare their social identities, opinions, and abilities with others. To the extent that individuals feel that they are inferior to those with whom they interact, their self-esteem will be negatively affected. Second, individuals assess themselves through their interaction with others. People learn to see themselves as others believe them to be.

Types of Self-Esteem: (Robins etal 2001).
  ➢ *Low Self-Esteem*: Low self-esteem is a hopeless condition that keeps individuals from realizing their full potential. A person, who has low self-esteem, feels incompetent, unworthy, and incapable. In fact, persons with low self-esteem feels so poorly about them, these feelings make the person remain with continuous low self-esteem. Low self-esteem is a trait of financially unsuccessful people, which in turn results in low risk-taking ability.
  ➢ *High Self-Esteem:* People who have high self-esteem generally feel good about their ability to participate, confident in social situations and happy with the way. Generally they have following things, they are confident, they have good sense of self-worth, they are positive, encouraging and supportive to others, and they possess good communication. They are participative, Energetic, Ambitious, and they learn from their mistakes. These things give them to strength and flexibility to take charge of their lives and grow from mistakes without any fear **(Cutler, N. E, 1995).**

II. METHODS

The research design followed in the present study was cross sectional in nature. A total of 120 respondents were selected from the urban areas of the Lucknow city between the ages of 20-35 years. Out of which 60 were male and 60 were female respondents. The purposive random sampling techniques were used for

the selection of samples. The data were collected using a self administered interview schedule along with Rosenberg Self-Esteem Scale (Rosenberg, 1965). The data was then coded, scored, tabulated and analyzed by using relevant statistical procedures. The data analysis was done using descriptive statistics in terms of frequency, percentages and Chi-Square test.

III. RESULTS AND DISCUSSION

The general profile of the respondents was studied in terms of their age, occupation and marital status

Table 1 Distribution of the respondents according to age

S.NO	AGE OF THE RESPONDENTS IN YEARS	MALE (N=60)	FEMALE (N=60)	TOTAL (N=120)
1	20-25	19(31.6)	26(43.4)	45(37.5)
2	26-30	25(41.6)	17(28.3)	42(35.0)
3	31-35	16(26.6)	17(28.3)	33(27.5)

(**Figures in parentheses indicate percentages**)

The above table showed that 31.6 percent male and 43.4 percent female respondents were belonging to age group 20-25 years whereas 41.6 percent male and 28.3 percent female respondents were belonging to age group 26-30 years and also 26.6 percent male and 28.3 percent female respondents were belonging to age group 31-35 years.

Table 2 Distribution of the respondents according to occupation

S.NO	OCCUPATION	MALE (N=60)	FEMALE (N=60)	TOTAL (N=120)
1	WORKING	42(70)	33(55)	75(62.5)
2	NON WORKING	6(10)	-	6(5)
3	STUDENT	12(20)	27(45)	39(32.5)

(**Figures in parentheses indicate percentage**)

It is evident from the above table that 70 percent male respondents and 55 percent female respondents were working. However only 6 percent male respondents were non working.

Table 3 Distribution of respondents according to marital status

S.NO	MARITAL STATUS	MALE (N=60)	FEMALE (N=60)	TOTAL (N=120)
1	Unmarried	18(30)	27(45)	45(37.5)
2	Married	42(70)	33(55)	75(62.5)

(**Figures in parentheses indicate percentages**)

From the above table it was clearly observed that 30 percent male respondents and 27 percent female respondents were unmarried whereas 70 percent male respondents and 55 percent female respondents were married.

The major findings of the study were as follows-

Table 4 Distribution of respondents on the basis of score obtained on self esteem scale

S.NO	LEVELS OF SELF ESTEEM	MALES (N=60)	FEMALES (N=60)	TOTAL (N=120)
1	Low(below15)	1(1.67)	-	1(0.8)
2	Normal(15-25)	47(78.3)	50(83.3)	97(80)
3	Good(above25)	12(20)	10(16.7)	22(18.3)

(**Figures in parentheses indicate percentage**)

The above table showed that very few 0.8 percent respondents were having low self esteem. More than half 78.3 percent male respondents were having normal self esteem whereas 83.3 percent female respondents were having normal self esteem. Twenty percent male respondents were having good self esteem and ten percent female respondents had good self esteem. It was seen that female respondents were more with normal self esteem as compared to males and also males had good self esteem as compared to females.
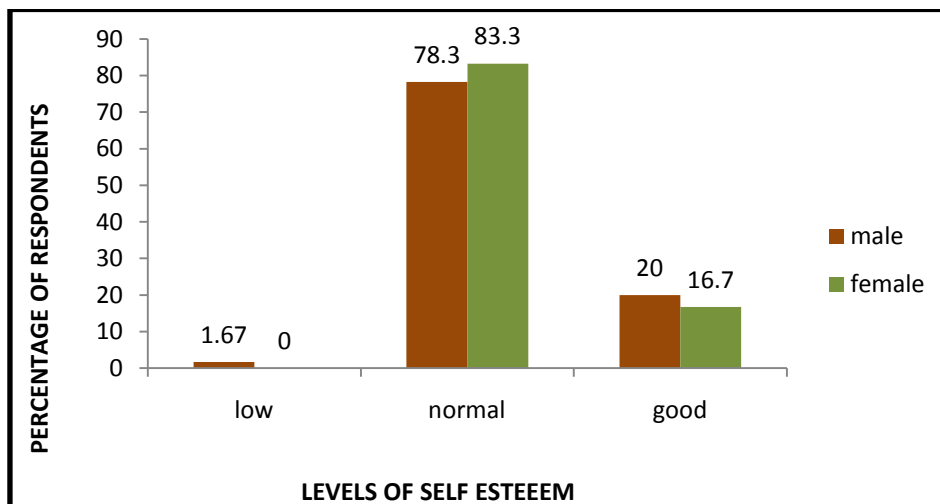
Table 5 Chi-Square value between gender and self esteem

VARIABLE	d.f.	χ2 VALUE	LEVEL OF SIGNIFICANCE
Gender	**2**	**0.09 NS**	**5**

p>0.05, NS= Non significant

It was evident from the above table showed that there was non significant difference between gender and self esteem which means that self esteem was not dependent or influenced by gender.

IV.   CONCLUSION

The study found that in general male had good self esteem than female. Also it was concluded that female had normal self-esteem. The findings of this study were same with the study conducted by **Yacoob *et.al*, 2009** which concluded that males scored higher self esteem scores than women. It was also concluded from the above study that there was a non-significant difference between gender and self esteem which meant self esteem was not dependent or influenced by gender. Findings of this study was at par with the study conducted by **Teoh HJ and Afiqah N, 2010** who study self esteem among young adults-the effect of gender which showed that gender was not significantly associated with self esteem.

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