RESEARCH ARTICLE

A STUDY TO ASSESS THE LEVELS OF SELF ESTEEM AMONG ADULT WOMEN

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ARTICLE INFO	ABSTRACT
	The self-esteem in adult women are the instruments for expressing themselves without any psychological disturbances in different situations. It is essential for a better emotional wellbeing and to maintain socially supportive relationships. Aim of the study: To assess the levels of self-esteem among adult women. Methodology: A descriptive research design was adopted for the collecting data from fifty adult women from a selected area, Vellore district, Tamil Nadu, India using purposive sampling technique. The Rosenberg Self Esteem Scale were used to assess the levels of self-esteem in adult women. The data were analyzed using descriptive and inferential statistics. Results: Majority of the adult women were 37(74%) had low self-esteem, 13(26%) had average self-esteem. The Significant associations were found between the levels of self esteem scores with the selected demographic variables, order of birth (x2 =16.75), type of family (x2 =10.57) and education of women (x2 =16.81).

INTRODUCTION

Statement of the problem: Assess the levels of self esteem among adult women at selected area, Vellore District, Tamil Nadu.

Objectives

- To assess the demographic variables of adult women
- To assess the levels of self-esteem among adult women
- To find out the association between the levels of self-esteem and selected demographic variables of adult women.

Hypothesis

- There will be a significant association between the levels of self-esteem among adult women and selected demographic variables.

METHODOLOGY

The descriptive research design was carried out at Athiyur Village, Vellore, Tamil Nadu, India. The population for the study consists of 50 adult women belongs to the age group of 21 to 44 years. The purposive sampling technique was used to select the samples.

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After obtaining formal administrative approval and institutional ethical clearance from the concerning authorities and informed consent from the samples. The investigator personally collected the data for a period of two weeks. The Rosenberg self-esteem scale is used to assess the levels of self-esteem among adult women.

The tool designed for this study had two sections.

Section A: It deals with demographic variables like age, religion, type of family, order of birth, family monthly income, residential area, education of women.

Section-B: Standardized tool to assess the self-esteem.

i) Rosenberg self esteem scale.
i). Rosenberg self-esteem scale: Rosenberg self-esteem Scale (10 objects) becomes used to assess the self esteem of adult women. There will be five objects for positive self esteem and 5 objects for poor self esteem. They will be scored for positive self esteem as 03 for strongly agree, 02 for agree, 01 for disagree and 0 for strongly disagree. Reverse scoring is done for the negative self-esteem. Each correct response is given a score of one and a wrong response score of zero. The maximum score is 25-30 to interpret the levels of self esteem. The level of self esteem is measured in terms of scores. The total score of self-esteem ranged from 0-30 for 10 items.

The Levels of self-esteem were classified as,

- High Self-Esteem - (26-30)
- Average Self - esteem - (15-25)
- Low Self-Esteem - (0-14)

RESULTS AND DISCUSSION

1.The present study was aimed to assess the self-esteem among adult women.

2. In this study the Chi square test is used to determine the association between the demographic variables with self esteem of the adult women.

Table 1 shows that the chi-square values of demographic variables andlevels of self-esteem among adult women. The chi square value showed significance association between the levels of self esteem with demographic variables order of birth
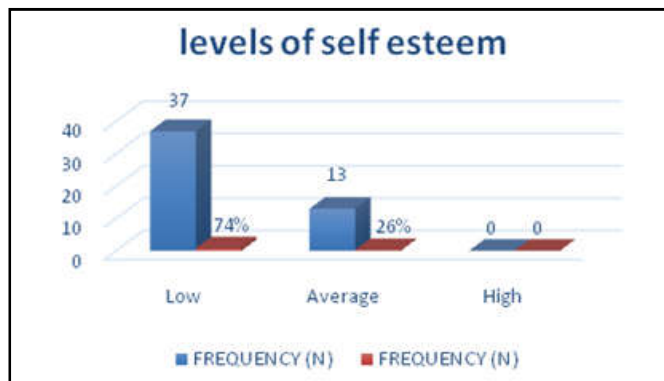

Figure 1. Frequency and percentage distribution of levels of self-esteem among adult women

Table 1. Analysis of association between levels of self-esteem among adult women and selected demographic variables

n=50

Demographic Variables	Sample		Low		Average		High		Chi square (x^2)
	n	%	n	%	n	%	n	%	
Age in years									
21– 28 years	23	46%	14	28%	9	18%	-	-	1.34
29 - 36 years	16	32%	12	24%	4	8%	-	-	Df=4
37 - 44 years	11	22%	6	12%	5	10%	-	-	NS
Religion									
Hindu	38	76%	23	46%	15	30%	-	-	3.82
Christian	9	18%	8	16%	1	2%	-	-	Df=6
Muslim	3	6%	1	2%	2	4%	-	-	NS
Others	-	-	-	-	-	-	-	-	
Type of family									
Nuclear	36	72%	28	56%	8	16%	-	-	10.57
Joint	14	28%	4	8%	10	20%	-	-	Df=6
Extended	-	-	-	-	-	-	-	-	S*
Broken	-	-	-	-	-	-	-	-	
Order of birth									
First	16	32%	4	8%	12	24%	-	-	16.75
Second	20	40%	18	36%	2	4%	-	-	Df=4
Higher than second	14	28%	10	20%	4	8%	-	-	S*
Family monthly income									
44418 & above	-	-	-	-	-	-	-		
22209-44417	-	-	-	-	-	-	-	-	2.15
16657-22208	3	6%	2	4%	1	2%	-	-	Df=12
11104-16656	7	14%	4	8%	3	6%	-	-	NS
6663-11103	15	30%	8	16%	7	14%	-	-	
2243-6662	11	22%	7	14%	4	8%	-	-	
Residential Area									
Urban	42	84%	28	56%	14	28%	-	-	0.79
Rural	8	16%	4	8%	4	8%	-	-	Df=2
									NS
Education									
Post graduate	-	-	-	-	-	-	-	-	
Graduate degree	-	-	-	-	-	-	-	-	
Higher secondary certificate	-	-	-	-	-	-	-	-	
High school certificate	8	16%	-	-	8	16%	-	-	16.81
Middle school certificate	21	42%	16	32%	5	10%	-	-	Df=12
Literate	16	32%	12	24%	4	8%	-	-	S*
Illiterate	5	10%	4	8%	1	2%	-	-	

Key: S- Significant *p<0.05.NS- Not significant.

In this study regarding self-esteem among 50 adult women, Fig. no 1 represents that 37(74%) of adult women had low self-esteem, 13(26%) had average self-esteem.

(x2 =16.75), type of family (x2 =10.57) and education of women (x2 =16.81), had shown statistically significant association with levels of self esteem among adult women. Hence the stated H$_1$hypothesis was accepted.

Conclusion

Being more assertive and self esteem can lead to a more rewarding life. It can improve upon existing aspects of their life (such as better relationships with friends and family) and completely change or introduce other aspects (such as personal or career opportunities.) Unfortunately, the tools necessary to help build self-esteem aren't taught in childhood or in most school systems; often, they are things individuals learn only when they wind up struggling with mood or relationship problems that cause them to seek help. But I believe everyone, especially women, deserves self-confidence and can benefit from developing an awareness of what it takes to find inner strength. Because self-esteem impacts every area of lifecareer, relationships, parenting, emotional health, and overall well-beingit is vital to gain a better understanding of how can actively build and maintain a healthy sense of self-worth. With dedicated effort, focused attention, and a willingness to put new tools into practice, can build self-esteem and experience a greater level of confidence.

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