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

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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.

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 and levels 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

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.
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 life—career, relationships, parenting, emotional health, and overall well-being—it 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.

REFERENCES


