



# EFFECT OF SELF-ESTEEM ON LIFE SATISFACTION AMONG ADOLESCENTS

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## ABSTRACT

*This study aims to investigate two things based on the empirical data mentioned above: (1) how self-esteem and life satisfaction are related (2) the effects of gender on self-esteem as well life satisfaction. This review paper indicates that our emotional health, relationships, well-being, and ability to make decisions are all impacted by our sense of self-esteem. Adolescents who are confident in their skills and abilities may feel more satisfied with their lives generally, which could lead to higher self-esteem. Similarly, persons who tend to underestimate their own skills may have lower levels of positive self-esteem in response to reduced life satisfaction. Adolescents with high life satisfaction scores also exhibit better levels of social, emotional, and academic self-efficacy than those with low life satisfaction. Reduced levels of happiness and life satisfaction might result from poor self-esteem. Life satisfaction and self-esteem help adolescents to control, regulate, or reduce psychological distress and increase their subjective happiness, which in turn contributes to their overall mental well-being. Whether these two variables are high in boys or girls, the conclusion is that gender has an impact on self-esteem and life satisfaction. Increased life satisfaction is predicted by self-esteem and academic achievement in both boys and girls Gender influences the expression and growth of self-esteem.*

**KEYWORDS:** *Self-Esteem, Life satisfaction, Adolescents*

## INTRODUCTION

Self-esteem has sparked the interest of many researchers in recent years and is seen to be an essential aspect of psychological well-being. It's essential to remember that self-esteem is an evolving concept. A person's subjective impression of their overall value and self-worth is known as their self-esteem. It depends on our perceptions of ourselves, which can be difficult to modify. It could be viewed as an indicator of how much individual "values, approves, appreciates, prizes, or likes to oneself" (Adler & Stewart, 2004). Rosenberg, a self-esteem specialist declared in 1965 that a person's attitude towards themselves is fundamentally their sense of self-worth. He described "favorable or unfavorable attitude toward the self". It expresses our level of confidence in our abilities and attributes, much like self-respect does. Self-esteem can affect our life in numerous ways, from mental health to academic and relationships to professional success and motivation to quality of life. Self-esteem, however, is not an unassailable characteristic; successes or obstacles, both personal and professional, can fuel variations in feelings of self-worth. Our emotional health, relationships, well-being, and ability to make decisions are all impacted by our sense of esteem. Numerous studies have demonstrated a clear connection between our general well-being and our sense of self-esteem. It also has an impact on motivation; those with a healthy, optimistic self-concept are better able to recognize their potential and may be motivated to take on new challenges.

Self-esteem often peaks in adolescence and adulthood, having reached its lowest in childhood. Self-esteem may vary among adolescents; it depends upon a number of factors, like their social relationships, personal identity and academic performance. According to Szczesniak et al. (2021), when youngsters are aware of their abilities and capabilities a broad sense of satisfaction with one's existence could result in an increase in esteem. Similarly, persons who tend to underestimate their own skills may have lower levels of positive self-esteem in response to reduced life satisfaction. Most people fall under three types of self-esteem and those three types are:

## TYPES OF SELF-ESTEEM

**High Self-Esteem:** People who possess excessively high self-esteem frequently exhibit sentiments of entitlement, haughtiness, and dominance. High self-esteem individuals have low stress levels, seek and receive more social support from others and use more adaptable coping mechanisms, all of which improve their overall health, obsessed with perfectionist, think they are better or more skilled than other people, can never fail, always be correct and overestimate their skills and abilities. Negative aspects of high self-esteem are: they may block themselves from self-improvement and also reason behind it may be they are so fixated on perceive themselves as perfect. Overly high self-esteem can



lead to issues in relationships, make social situations difficult, and make it difficult to accept criticism.

**Low Self-Esteem:** Individuals who have low self-esteem believe they are unloved and lack confidence in who they are and what they can do, not sure about their capabilities and their decision making process and also feel themselves as incompetent persons, often feel difficulties in relationship management and not able to express themselves in front of others. They believe that they can't reach goal, due to which they do not try anything new. Additionally, they frequently feel anxiety and self-doubt, always focus on their flaws, and think that others are better than them and have a negative outlook on life and having difficulty saying no and accepting compliments. In adolescents, low self-esteem related with high risk of mental health problems. Low self-esteem is also related with suicide, low academic achievement, violence and school dropout rates (Misetich & Delis-Abrams, 2003).

**Healthy Self-Esteem:** People with healthy self-esteem have perfect and balanced viewpoint about their self. People can inspire themselves to achieve their goals by having a good sense of esteem. Furthermore, people with high self-esteem are able to maintain positive relationships with both themselves and other people as well as create reasonable limits in their relations. However, excessively high or low self-esteem can both be harmful. Strong self-perception, the capacity to uphold positive strong connections with oneself lead to harmonious relationships with others, reasonable and realistic expectations, awareness of one's needs and the capacity to communicate those needs are all signs of healthy self-esteem.

### Life Satisfaction

A person can measure their level of life satisfaction by contrasting what they currently own with what they would like to acquire (Altay & Avci, 2009). Life satisfaction can be assessed by how people evaluate their life as a whole rather than their present emotional state. Life satisfaction is the self-appraisal of a person's quality of life. According to Shin and Johnson (1978), satisfaction with life is "a global assessment of a person's quality of life according to his chosen criteria". The definition of life satisfaction is "a person's cognitive and affective evaluations of his or her life" (Diener et al., 2002). Life satisfaction related to a wide range of interpersonal, psychological, intrapersonal and behavioral factors. Antaramian et al. (2008) suggest that adolescents' life satisfaction depends on personal and social determinants. An individual's evaluation of their life as a whole is reflected in their level of life satisfaction, encompassing various aspects such as friends, family, school and themselves.

Adolescence is a period which associated with various forms of life satisfaction as a result of the various changes in psychological, biological, societal, and cognition that are taking place at this time. Because they want to live a high-quality life, students may choose to pursue a positive interest for self-esteem

and life satisfaction. Happiness and life satisfaction can be influenced by self-esteem. Those persons have higher self-esteem can leads to general feeling of satisfaction in life. Strong friendships and relationships make people happier, more content with life, and have higher self-esteem. Similarly, persons who tend to underestimate their own skills may have lower levels of positive self-esteem in response to reduced life satisfaction.

### LITERATURE REVIEW

Numerous researches have indicated that a key determinant of life satisfaction is self-esteem (Diener and Diener, 1995). Another study done by Baumeister et al. (2003) found that in all types of achievement and success, level of self-esteem is an important aspect. Consequently, reduced levels of happiness and life satisfaction might result from poor self-esteem. In male, female, urban, and general category individuals, the study revealed a robust relationship between life happiness and self-esteem (Patel et al., 2018). Similarly Suldo and Huebner (2006) did a study and concluded that adolescents with high life satisfaction scores also exhibit better levels of social, emotional, and academic self-efficacy than those with low life satisfaction. Along with this, researcher has also made another contribution supporting this link between life satisfaction and self-esteem demonstrates that adolescents who are satisfied with their lives have high levels of hope and self-esteem and low levels of despair and anxiety. Increased life satisfaction is predicted by self-esteem and academic achievement in both boys and girls (Salmela-Aro & Tuominen-Soini, 2010).

Research by Cecen (2008) revealed a strong positive correlation between an individual's self-esteem and life satisfaction. Consequently, strong life satisfaction is likely to be experienced by persons who have strong self-esteem. Project work given by McGrath (2015) explores 'self-efficacy, self-esteem, social anxiety, life satisfaction and social networking among college students.' Results showed self-efficacy, life satisfaction, and social anxiety was found to be significantly correlated. Students who interact with their friends in person demonstrated strong levels of esteem but gender and age didn't affect these variables significantly. Likewise, those who possess a high feeling of self-esteem also have positive relationships with others and oneself too also have healthy self-esteem.

Ruth (2023) states relationship between self-esteem and happiness is significant because self-esteem is a key component of overall well-being and mental health, and correlated with many positive outcomes, including happiness, life satisfaction, and resilience. High self-esteem individuals experience greater levels of happiness and life satisfaction. Perveen et al. (2021) explored that among college students, life satisfaction is more important than academic achievement and the presence of self-esteem. The study's conclusions demonstrate a strong positive relationship between academic success, life satisfaction and self-esteem among college students.



Hill (2015) examined a study and came to the conclusion that males had far higher levels of self-esteem than females, who also had lower levels of subjective happiness and life satisfaction. Furthermore, there was a high correlation between subjective happiness and life satisfaction and self-esteem. The results also demonstrate that there are gender differences in these variables and that self-esteem predicts subjective happiness and life satisfaction. Study given by Labiscsak-Erdelyi et al. (2022) demonstrates that self-esteem influences life satisfaction through several school-related variables as well as act as an independent component. Self-esteem is the belief that one is a good student and having a wealthy family are the most important and positive indicators of life satisfaction. Apart from this, life satisfaction is positively correlated with a general positive attitude towards learning and positive relationships with teachers and peers. Conversely, it was shown that gender; relationships with classmates, and self-esteem were important moderators of the impacts of perceived difficulty with schooling.

The findings of Freire and Ferreira (2020) demonstrate how important life satisfaction and self-esteem are in helping adolescents control, regulate, or reduce psychological distress and increase their subjective happiness, which in turn contributes to their overall mental well-being. But according to Gayathri and Yohannan (2023), gender and academic course (UG or PG) have no impact on self-esteem levels and academic life satisfaction. According to the study, there would be no differences on the self-esteem and academic life satisfaction between students pursuing social work and their semester grades. In essence, study also showed that higher levels of self-esteem lead to greater on academic life satisfaction. Furthermore, this study projects that by giving college students; pursuing social work specific life skill training, counseling, and social work intervention strategies, their academic life satisfaction and self-esteem will improve.

Every individual's financial status also affects their life satisfaction and self-esteem level. A study conducted by Liu and Fu (2022) revealed poverty, self-esteem, and life satisfaction are related to each other negatively. But level of life satisfaction positively associated with self-esteem. Self-esteem slightly mediated the relationship between poverty and life satisfaction. According to Bannink et al. (2016), young individuals who thought their family was richer or poorer than their peers had lower life satisfaction and self-esteem even when income was taken into account. In Adolescents highest self-esteem and life satisfaction increased with income. Low income might increase the probability of having low life satisfaction and self-esteem.

Moksnes et al. (2022) did research study and found strong negative association between loneliness and life satisfaction and strong positive correlation with life satisfaction and self-esteem, this association found stronger in girls as compared to boys. In a study on the relationship between learning achievement and self-esteem, Saadat et al. (2012) revealed significant gender disparities in the degree of self-esteem among male and female students. Male students outperform female students in terms of family self-

esteem. Students' academic performance is significantly positively correlated with both parental and educational self-esteem. When it comes to participating in and performing well in extracurricular activities, games, and competitions, students with strong self-esteem do well academically.

Kadir (2011) found extraversion correlates with life satisfaction, self-esteem and well-being also. Other than this these three factors significantly contributed to general well-being. But no significant differences were found between gender and general well-being. Similarly Jameel and Shah (2020) found significant positive relationship between self-esteem and life satisfaction among adolescents. On the other hand, positive significant relationship was found between self-esteem and life satisfaction however, there was no significant difference between both genders in terms of life happiness or self-esteem. It means life satisfaction and self-efficacy doesn't affected by gender. Among university students, it can be stated that both genders have similar levels of life satisfaction and self-esteem (Kaushik and Kiran Babu, 2021).

Agyar (2013) explored a study on sports students and found positive correlations between life satisfaction, perceived freedom and self-esteem. However, there was no significant difference between self-esteem and life satisfaction and perceived freedom according to gender, on other side age-related differences in perceived freedom were shown to be significant. Self-esteem also affected by gender, female students are low on self-esteem and quality of life than male students (Martinsen et al., 2021). Kachroo et al. (2021) explored a study and found no significant difference on the dimension of self-esteem and life satisfaction among boys and girls but there is positive and significant relationship was found between life satisfaction and self-esteem.

## CONCLUSION

The main objective of the present study was to determine the effects of life satisfaction and self-esteem on adolescents, as well as whether gender influences these constructs in any way. After reviewing many research studies, it can be concluded that life satisfaction has a great influence on the self-esteem level of every adolescent. Self-esteem plays a significant role in adolescents' academic achievement and maintains personal relationships as well. High levels of life satisfaction are expected in adolescents who possess strong self-esteem. Our emotional health, relationships, well-being, and ability to make decisions are all impacted by our sense of self-esteem. Adolescents who are confident in their abilities and strengths might be more satisfied with their lives generally and have higher self-esteem. Similarly, persons who tend to underestimate their own skills may have lower levels of positive self-esteem in response to reduced life satisfaction. Another objective of the present paper was whether influence of gender on life satisfaction and self-esteem or not, it is not easy to decide whether gender has an effect or not because some of the papers are showing the impact of gender and some are not. Still, after reading the research, this paper has reached the conclusion that there is a gender difference in life satisfaction and



self-esteem besides some papers concluded girls are high on life satisfaction and self-esteem than boys other claims self-esteem and life satisfaction are higher in boys as compared to girls. Whether these two variables are high in boys or girls, the conclusion is that gender has an impact on self-esteem and life satisfaction. Gender influences the expression and growth of self-esteem.

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