ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 2| February 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

A STUDY ON SELF-ESTEEM OF POST-GRADUATE STUDENTS OF SIDHO-KANHO-BIRSHA UNIVERSITY, PURULIA

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Article DOI: https://doi.org/10.36713/epra20350
DOI No: 10.36713/epra20350

ABSTRACT
Self-esteem is one of the most important components of human development. It encompasses the overall beliefs about own strengths and weaknesses which impacts upon individuals' attitudes, behaviours, thoughts, actions, and emotions. For this paper, the researchers conducted a study to examine the level of self-esteem of the post-graduate students. The researchers adopted descriptive survey method where stratified random sampling technique was used to select the sample. The sample of the study includes 100 post-graduate students of Sidho-Kanho-Birsha University, Purulia. The '"Rosenberg Self-Esteem Scale"' (RSES, 1965) was used to assess the level of self-esteem of the post-graduate students. For data analysis and interpretation, statistical measures like Mean, Standard Deviation, t-test were calculated for the data obtained from the survey. Finally, the study findings revealed that though there was no significant difference between the male and female students of both Arts and Science stream, but it was observed that there was significant difference between the post-graduate students of Arts and Science stream in respect of their self-esteem.

KEYWORDS: *Self-esteem, Post-graduate students, Educational Implications*

INTRODUCTION
At the Post Graduation level, students become very aware about themselves and exhibit certain curiosity to well-recognize their potentialities. By this time, their personality also gets developed. self-esteem is one of the most vital aspects needed by the post-graduation students for increasing their overall personal growth. It increases their confidence level and help them to understand their strengths and weaknesses. Self-esteem enables them to take risks in their learning and assist them to recover from failure. Therefore, it enhances the student's power of resilience.

In psychology, the term self-esteem is the subjective evaluation of one's own worth, value and abilities. It refers to a person's overall sense of self-worth and confidence in their own abilities, achievements, and personal characteristics. Self-esteem is a fundamental aspect of psychological well-being and is closely related to self-confidence, self-respect and self-acceptance.
William James first coined the term self-esteem in 1890. The original definitions were given by **William James** is '"Self-Esteem as a ratio of success compared by failures in area of life that are important a given individual or that individuals' success to pretentious ration."' (James - 1980)

According to Rosenberg (1965) '"Self-esteem is one's positive or negative attitude toward one self and one's evaluation of one's own thoughts and feelings overall in relation to oneself."'

According to Coopersmith '"Self-esteem as positive and negative attitudes toward oneself."'

Self-esteem is one of the most important fourth human needs. Therefore, it is included in the hierarchy of needs of Maslow. He described self-esteem as quite respect and recognition. Self-esteem determines success of failure of each person. A person with high self-esteem generally has a positive self-image, believes in their own abilities, and has a sense of self-worth. They tend to have a more optimist outlook on life, feel confident in their decisions and are more resilient when facing challenges or setbacks. High self-esteem is associated with greater happiness, motivation, and overall well-being.

On the other hand, individuals with low self-esteem often have negative self-perceptions, doubts about their abilities and feelings of inadequacy. They may experience self-doubt, anxiety, and a lack of confidence in their capabilities. Low self-esteem can negatively impact various aspects of a person's life, including relationships, academic or professionals' performance and mental health.

The main purpose of this study is to examine the self- esteem among post graduate students. Teacher and other educational stakeholders may help students to understand their level of development related to self - concept, self-worth, self- respect, self-confidence for a better life in the future. It is beneficial to develop students' self-esteem by the teachers to infuse the essential values of humanity through common activities. Hence, it is very important to know about the nature of self-esteem of post graduate students.

OPERATIONAL DEFINITIONS OF KEY TERM
1.Self-esteem: - In this study, Self- esteem is referred to the confidence in one's worth or abilities.

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2.Post Graduate Students: - A Post Graduate student is a student who has successfully completed under-graduate studies at a college and continuing higher studies at university level.

BACKGROUND OF THE STUDY

Self-esteem refers to an individual's overall subjective evaluation of their own worth, value and competence. It is the degree to which a person perceives and feels positive about themselves and their abilities. It positively affects students' academic performance. It is closely linked to their psychological well-being. Students with high Self-esteem tend to have a positive self-image, greater self-acceptance and are more resilient when faced with setbacks. Students with low self-esteem tends to feel less sure of their abilities and doubt their decision-making process. Self-esteem is crucial for post-graduate students. Because after post-graduation students are involved in various fields where Self-esteem impacts their decision-making process, their inter personal relationship, their emotional well-being, and their overall mind-set. It is important for their career development. A wide range of research are being conducted on self -esteem to know its level, relation with academic achievement, home environment, self-efficacy etc. Self-esteem remains an important aspect of personal wellbeing, relationship, achievement, and resilience. It influences how individual perceive themselves, navigate challenges and interact with others. Cultivating and maintaining positive Self-esteem is crucial for leading a fulfilling and satisfying life. Hence, it is necessary to study the impact of Self-esteem among post graduate students. The present study explores the level of Self-esteem among post graduate students. This study helps the educational stakeholders to understand the impact of Self-esteem of the students upon their academic performance and it also help them to adapt the necessary teaching strategies for students better learning outcomes.

EMERGENCE OF THE PROBLEM

Self-esteem refers to the subjective perception and evaluation of one's worth or value as a person. It involves how individual think about themselves, the beliefs they hold about their abilities and the overall sense of self-worth they process. It is important to note that self-esteem is not about comparing oneself to others or seeking external validation. It is about developing a positive and realistic self-perception, recognizing one's strengths and areas for growth and nurturing self-acceptance and self-compassion. Building and maintaining positive self-esteem is a lifelong process that involves self-reflection, self-care and cultivating positive self-beliefs. A lot of work has been done on self-esteem like correlation with self-esteem and academic achievements, self-efficacy, self-belief, home environments, happiness etc. After an extensive literature review, it has been observed that a very limited study was conducted to estimate the level of self-esteem of the students at the post-graduate level. Since, the post-graduate level is one of the most significant phases that aims to introduce a student in proper academic career, hence it is imperative to study the present status of self-esteem possessed by the students. Moreover, this study may assist the educational stakeholders to address the emerging issues that hinders students' academic performance. Hence, studying the self-esteem of post-graduate students is very much noteworthy in the present educational context.

LITERATURE REVIEW

Aryana (2010) conducted a study titled '"Relationship between Self-Confidence and Academic Achievement among Pre-College Students"'. **Objective:** The purpose of the study was to find out the relationship between self-esteem and academic success of pre-university students. **Methodology:** This study used a descriptive survey method to collect the research. Simple random sampling technique used in this study. **Findings:** The findings of this study were that there was a significant (pandlt;0.01) positive relationship between self-esteem and academic achievement. In addition, there is a significant difference in the academic performance of boys and girls. However, no significant difference was observed in the self-esteem of men and women.

Malik (2013) conducted a study on gender differences in self-esteem and happiness among university students. **Purpose:** The purpose of the study was the gender difference in self-esteem and happiness of students. **Methodology:** The study uses a descriptive survey method. The convenience sampling technique used in this study. **Findings:** This study found that male students reported significantly higher self-esteem compared to female students, differences in happiness levels between male and female students were non-significant, and a significant positive relationship was found between happiness and self. recognition of students.

Jose and Valsaraj (2014) sought to find out the correlational study of academic stress and self-esteem among high school students in selected schools of Udupi district. **Objective:** The main objective of the study was to find out the academic stress and self-esteem of high school students in selected private schools of Udupi district. It also explained the existing relationship between academic stress and self-esteem. **Methodology:** Descriptive research method was used in this study. **Finding:** The study revealed that 80.20% of students have moderate stress, 13.5% have mild stress and 6.2% have severe stress. 82.30% of the subjects had normal self-esteem and 6.2% had low self-esteem. There is a significant but small negative relationship between academic stress and self-esteem.

Maheshwari and Maheshwari (2016) conducted a study titled '"A Study on Self-Esteem of College Students"'. **Objective:** The objective of the study was to analyse the level of self-esteem of college students studying in the pre-primary college of Bharathidasan University. **Methodology:** The method used in this study was descriptive research. The researcher used purposive sampling technique in this study. **Findings:** The results of the study revealed that more than half of the respondents (52.5%) had low self-esteem. 47.5 percent of them have high self-esteem.

Selvakumar (2017) wanted to find out a study on self-esteem among intermediate College students in twin cities Hyderabad and Secunderabad. **Objective:** The objective of the study was to analyse the important factors influencing the self-esteem of students in the twin cities of Hyderabad and Secunderabad.

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Methodology: This study uses a descriptive survey method to collect data for the study. Simple random sampling technique used in this study. **Findings:** The results show that there are significant differences in self-esteem between genders, and female students were more confident than male students.

Ramesh and Jain (2018) conducted a study titled "'Self-esteem among pre-university students"'. **Objectives:** The objective of the study was to find out the significant difference in the level of self-esteem of pre-university students according to gender and geographical location. **Methodology:** This study used exploratory research and a 2 x 2 factorial design. In this study, the sample was selected using purposive sampling method to retain the collected data. **Findings:** The result of the study revealed that there is a significant difference in the level of self-esteem of urban and rural college students, while there was no significant difference in the self-esteem of urban and rural pre-university students and gender.

Kamini and Rajeswari (2018) conducted a study titled "'Self-Esteem Study of Tamil Graduate Students in Chennai"'. **Objective:** The objective of the study was to find out the self-esteem of Tamil graduate students in Chennai. **Methodology:** The method used in this study was a descriptive research method. The researcher used simple random sampling technique in this study. **Findings:** The results of this study were 1. There was a significant difference in self-esteem between boy and girl students where it was found that girls had higher self-esteem than boy students 2. Tamil students in government, self-financing and government-aided college differ significantly in their self-esteem. 3. First, second and third year.

Sijagurumayum and Singh (2019) wanted to find out the self-esteem of graduate students of Manipur University. **Objective:** The objective of the study was the self-esteem of postgraduate students studying in Manipur University regarding gender, age and subject stream. **Methodology:** This study used a descriptive survey method to collect the research. Simple random sampling technique used in this study. **Findings:** The results of the study were identified in 87% of the study, with an average of 11% low and 2% high self-esteem. Self-esteem of female students was higher than that of male students. No significant difference was found between natural and social science students. There seems to be no relationship between age and self-esteem.

Christy and Mythili (2020) conducted a study on youth self-esteem, self-efficacy and academic achievement. **Objective:** The objective of this study was to find the level of difference between adolescent self-esteem, self-efficacy and academic achievement and to determine the relationship between these three variables. **Methodology:** This study is retrospective in nature. The sample consisted of 355 young people (aged 13-16), 175 females and 180 males, conveniently selected from medium-sized schools in England. The Rosenberg Self-Esteem and the General Self-Efficacy Scale were used to assess self-esteem and self-efficacy. **Results:** T-test and ANOVA test results showed a significant difference in self-esteem (pandlt; 0.05), self-efficacy (pandlt; 0.05) and academic performance (pandlt; 0.01) in relation to gender, and a significant difference in self. -esteem (pandlt;0.05) to family income. A significant positive relationship was found between youth self-esteem, self-efficacy and academic success (pandlt;0.01).

Alexander and Nandy (2021) conducted a study on self-esteem of postgraduate students in Guwahati, Assam. **Objectives:** The objective of the study was the general level of self-esteem of students, the ability to survive in a crisis, as well as the reasons for low self-esteem. **Methodology:** The descriptive research design was modified in the study. The convenience sampling technique used in this study. **Results:** According to the results of the study, the high self-esteem of students is very low. This is only 9% of the total sample size. There are 19% of students with low self-esteem. The fact that most of the students (72%) have average self-esteem is worrying.

RESEARCH GAP

In the present study the researcher wants to perceive the previous work done in the field of self-esteem. Through review of related literature, the researcher tried to overview the researches already done. The researcher has reviewed several literatures that are conducted on many aspects like academic achievements, self-efficacy, home environments, happiness etc. But no such study has been conducted on the self-esteem of post-graduate students. Since, self-esteem greatly impact the education of post-graduate students, it is necessary to determine the level of self-esteem for their academic achievement that enable them to reach their future goals.

OBJECTIVES

1. To find out the self-esteem among the students of Arts stream and students of Science stream at post-graduate level.
2. To investigate the self-esteem among the male students and female students of Arts stream at post-graduate level.
3. To find out the self-esteem among the male students and female students of Science stream at post-graduate level.
4. To find out the self-esteem among the male students of Arts and the male students of Science stream at post-graduate level.
5. To find out the self-esteem among the female students of Arts and the female students of Science stream at post-graduate level.

HYPOTHESIS

$H_0$1: - There is no significant difference between the students of Arts stream and students of Science stream at post graduate level in respect of their self-esteem.
$H_0$2: - There is no significant difference between the male students and female students of Arts stream at post-graduate level in respect of their self-esteem.
$H_0$3: - There is no significant difference between the male students and female students of Science stream at post-graduate level in respect their self-esteem.
$H_0$4: - There is no significant difference between the male students of Arts and the male students of science stream at post-graduate level in respect of their self-esteem.

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$H_0$5: - There is no significant difference between the female students of Arts and the female students of Science stream at post-graduate level in respect of their self-esteem.

DELIMITATIONS OF THE STUDY

1. The study was conducted only in the Sidho-Kanho-Birsha University, Purulia.
2. The study was conducted only among the Post-Graduate Students.
3. The study was conducted only on three departments of Arts stream and three departments of Science stream.

METHOD OF THE STUDY

Descriptive survey method was adopted by the researcher to estimate the level of self-esteem of the post-graduate students.

VARIABLES OF THE STUDY

- **Independent Variables**
  - Gender: - Male and Female
  - Stream: - Arts and science
- **Dependent Variable**
  - Self-esteem

POPULATION

The Post-graduate students of Sidho-Kanho-Birsha University consisted the population of the study.

SAMPLE

- 100 post-graduate students of Sidho-Kanho-Birsha University in Purulia district were taken as the sample for the study.
- 50 post-graduate students of Arts stream of Sidho-Kanho-Birsha University in Purulia district were taken as the sample for the study.
- 50 post-graduate students of science stream of Sidho-Kanho-Birsha University in Purulia district were taken as the sample for the study.

SAMPLING TECHNIQUES

For the study, Stratified Random Sampling technique was adopted for selecting the sample.

TOOLS OF THE STUDY

The '**Rosenberg Self-Esteem Scales'** (RSES, 1965) are used to measure the level of self-esteem. The scale consists of 10 items that measure global self-esteem, measuring both positive and negative feelings about oneself. It is a unidimensional measure of self-esteem. All questions are answered on a four-point Likert type scale with scale values of 1(strongly agree), 2(agree), 3(disagree), 4(strongly disagree) for positive issues and 4(strongly agree), 3(agree), 2(disagree), 1(strongly disagree) for negative items, with 30 being the highest possible score on the scale scores between 15 and 25 are within the normal range; scores below 15 indicate low self-esteem.

PROCEDURE OF DATA COLLECTION

In the study, 100 post-graduate students of Sidho-Kanho-Birsha University in Purulia district of West Bengal was taken as representative sample for the whole population. First, the researcher divided the whole population in two strata with respect to stream and gender. Then, the Post-graduate students from the three departments of Science and three departments of Arts were selected by employing stratified random sampling techniques. For successful collection of student's data, permission was taken from the HODs of the concerned departments. Rosenberg Self-esteem scale was used by the researcher to find out the level of Self-esteem among the Post -Graduate students of Sidho-Kanho-Birsha University.

ANALYSIS OF DATA

ANALYSIS OF DATA PERTAINING TO $H_0$1

$H_0$1: - There is no significant difference between the students of Arts stream and science stream at post graduate level in respect of their self-esteem.

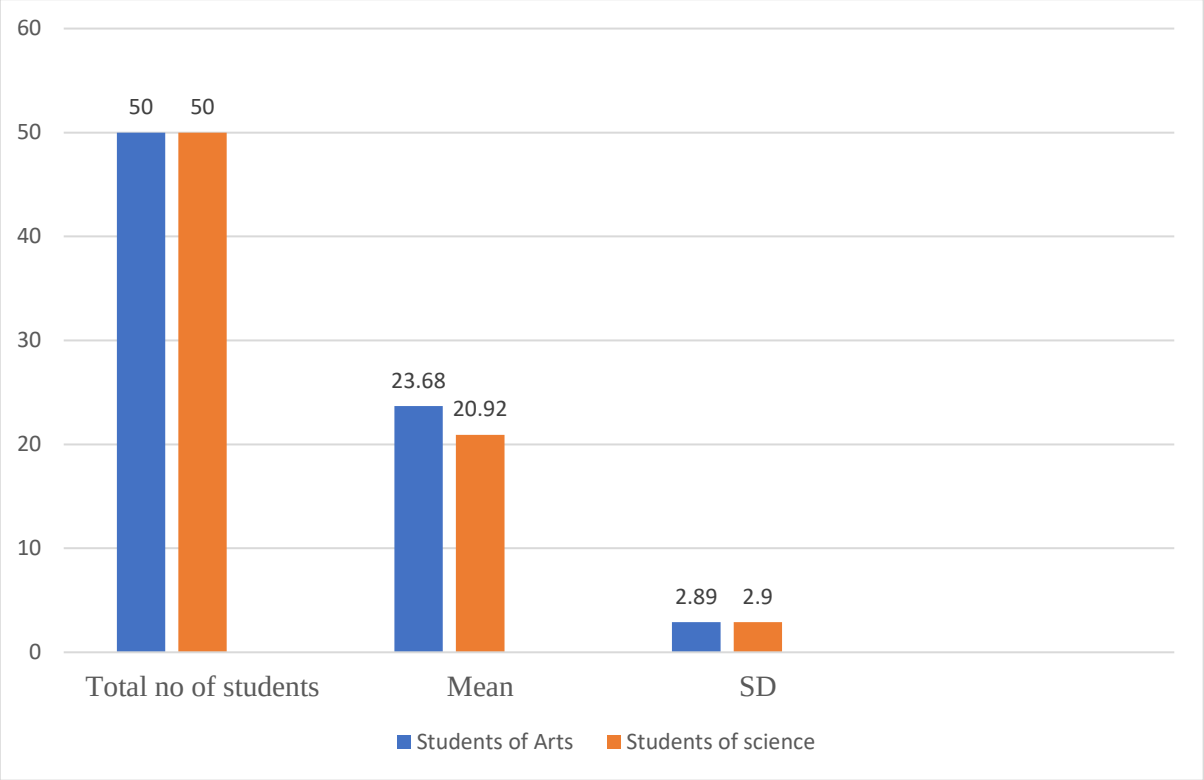
Table: -5.1: The Statement showing the mean, SD, t-value of self-esteem of post-graduate students (Arts and science)
Source: 'The Authors'

Variable	Stream	N	Mean	SD	df	Calculated t-value	Level of significance (table t- value)	Remark
Self-esteem	Arts	50	23.68	2.89	98	4.76	1.98 (0.05)	Significant
	Science	50	20.92	2.90				

- **INTERPRETATION: -** Entering the probability table of t ratios, we find that the obtained value of t at df- 98 exceeds the t value required at the 0.05 level of significance. Rejecting the null hypothesis, it may be concluded that there is a true difference between the means of the groups of Arts and science stream.

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Figure 1: Showing the Mean and SD of students of Arts and science stream at post-graduate level in respect of their self-esteem.



Source: 'The Authors'

ANALYSIS OF DATA PERTAINING TO HYPOYHESIS $H_0$2

$H_0$2: - There is no significant difference between the male and female students of Arts stream at post-graduate level in respect of their self-esteem.

Table: -5.2: The Statement showing the mean, SD, t value of self-esteem at post-graduate students (Arts male and female students).

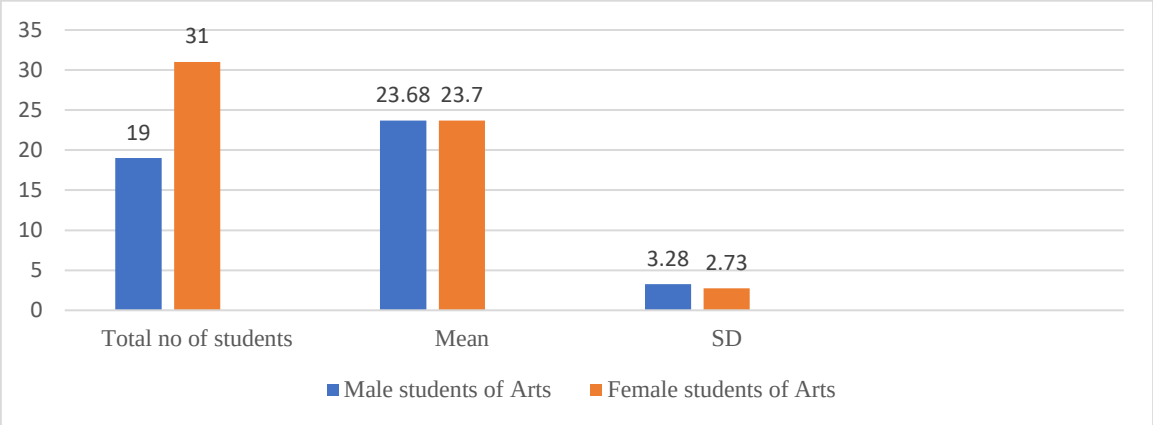
Variable	Gender	N	Mean	SD	df	Calculated t-value	Level of significance (table t- value)	Remark
Self-esteem	Male students of Arts	19	23.68	3.28	48	0.02	2.01(0.05)	Not Significant
	Female students of Arts	31	23.70	2.73				

Source: 'The Authors'

- **INTERPRETATION: -** Entering the probability table of t ratios, it is observed that the obtained value of t at df- 48 does not exceed the t value required at the 0.05 level of significance. Therefore, the null hypothesis is accepted. i.e., there is no significant difference between the male and female students of Arts in respect of their self-esteem. But as the mean value of Arts female students are more than that the Arts male students. So, the self-esteem of Arts female students is too some extent greater than the Arts male students.

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Figure 2: Showing the Mean and SD of male and female students of Arts stream at post-graduate level in respect of their self-esteem.



Source: 'The Authors'

ANALYSIS OF DATA PERTAINING TO H_03

H_03: - There is no significant difference between the male and female students of science stream at post-graduate level in respect their self-esteem.

Table: -5.3: The Statement showing the mean, SD, t-value of self-esteem of post-graduate students (Science male and female students).

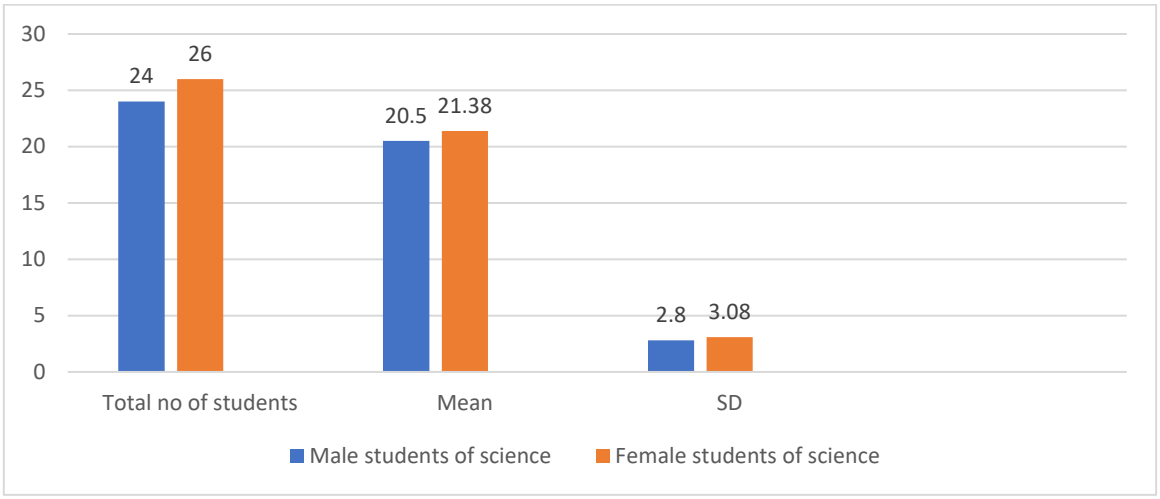
Variable	Gender	N	Mean	SD	df	Calculated t-value	Level of significance (table t- value)	Remark
Self-esteem	Male students of science	26	20.50	2.80	48	1.04	2.01 (0.05)	Not Significant
	Female students of science	24	21.38	3.08				

Source: 'The Authors'

- **INTERPRETATION: -** Entering the probability table of t ratios, it is observed that the obtained value of t at df- 48 does not exceed the t value required at the 0.05 level of significance. Therefore, the null hypothesis is accepted. i.e., there is no significant difference between the male and female students of science in respect of their self-esteem. But as the mean value of science female students are more than that the science male students. So, the self-esteem of science female students is too some extent greater than the science male students.

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Figure 3: Showing the Mean and SD of male and female students of science stream at post-graduate level in respect of their self-esteem.



Source: 'The Authors'

ANALYSIS OF DATA PERTAINING TO H_04

H_04: - There is no significant difference between the male students of Arts and science stream at post-graduate level in respect of their self-esteem.

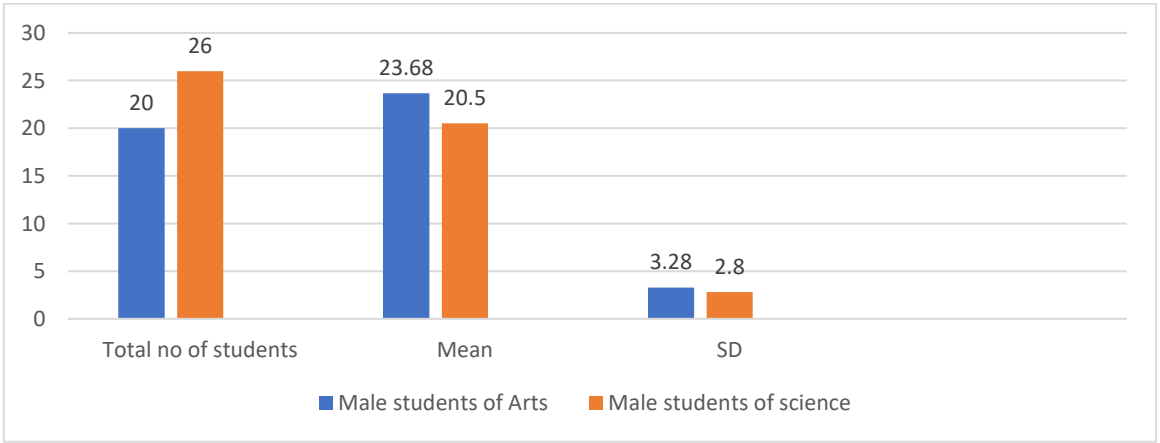
Table: -5.4: The Statement showing the mean, SD and t-value of self-esteem of post-graduate students (male students Arts and science)

Variable	Gender	N	Mean	SD	df	Calculated t-value	Level of significance (table t- value)	Remark
Self- esteem	Male students of Arts	19	23.68	3.28	43	3.53	2.02(0.05)	Significant
	Male students of science	26	20.50	2.80				

Source: 'The Authors'

- **INTERPRETATION: -** Entering the probability table of t ratios, we find that the obtained value of t at df- 43 exceeds the t value required at the 0.05 level of significance. Rejecting the null hypothesis, it may be concluded that there is a true difference between the means of the male students of Arts and science stream in respect of their self-esteem.

Figure 4: Showing the Mean and SD of male students of Arts and science stream at post-graduate level in respect of their self-esteem.



Source: 'The Authors'

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ANALYSIS OF DATA PERTAINING TO H_05

H_05: - There is no significant difference between the female students of Arts and science stream at post-graduate level in respect of their self-esteem.

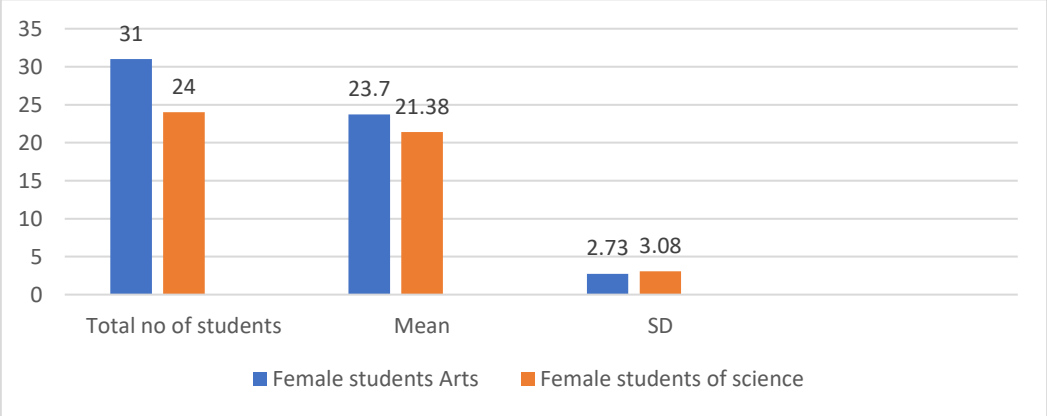
Table: - 5.5: The Statement showing the mean, SD and t-value of self-esteem of post-graduate students (Female students of Arts and Science)

Variable	Gender	N	Mean	SD	df	Calculated t-value	Level of significance (table t-value)	Remark
Self-esteem	Female students of Arts	31	23.70	2.73	53	3.09	2.00(0.05)	Significant
	Female students of science	24	21.38	3.08				

Source: 'The Authors'

- **INTERPRETATION: -** Entering the probability table of t ratios, we find that the obtained value of t at df- 53 exceeds the t value required at the 0.05 level of significance. Rejecting the null hypothesis, it may be concluded that there is a true difference between the means of the female students of Arts and science stream in respect of their self-esteem.

Figure 5: Showing the Mean and SD of female students of Arts and science stream at post-graduate level in respect of their self-esteem.



Source: 'The Authors'

DISCUSSION

The present paper is an exploratory approach to measure the self-esteem of post-graduate students in relation to gender and stream. The study revealed that there is significant difference between the students of Arts and students of science stream at post-graduate level in respect of their self-esteem. According to the mean score, students of Arts stream (23.68) and students of science (20.92) stream it shows that students of Arts self-esteem is slightly higher than the students of science. From this study it has been observed that there is no significant difference between the male students of Arts and female students of Arts stream at post-graduate level in respect of their self-esteem. According to their mean score, the male students (23.68) of Arts shows lower self-esteem as compared to the female students (23.70) of Arts at the post-graduate level. From this study revealed that there is no significant difference between the male students and female students of science stream at post-graduate level in respect their Self-Esteem. The mean score of female students (21.38) of science is higher than the male students (20.50) of science. Hence female students of science self-esteem are slightly positive than the male students of science. From the study findings it has been also observed that there is no significant difference between the male students of Arts and the male students of science stream at post-graduate level. According to their mean score, male students (23.68) of Arts and male students (20.50) of science it shows that the male students of Arts self-esteem is higher than the male students of science. From this study it is observed that there is no significant difference between the female students of Arts and the science stream at post-graduate level. The mean score of female students (23.70) of Arts is higher than the female

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students (21.38) of science. Hence the female students of Arts self-esteem are higher than the female students of science.

FINDINGS OF THE STUDY

The findings of the study were:

1. **Pertaining to $H_0$1:** There is significant difference between the students of Arts and science stream at post graduate level in respect of their self-esteem.
2. **Pertaining to $H_0$2:** There is no significant difference between the male students and female students of Arts stream at post-graduate level in respect of their self-esteem.
3. **Pertaining to $H_0$3:** There is no significant difference between the male students and female students of science stream at post-graduate level in respect of their self-esteem.
4. **Pertaining to $H_0$4:** There is significant difference between the male students of Arts and science stream at post-graduate level.
5. **Pertaining to $H_0$5:** There is significant difference between the female students of Arts and science stream at post-graduate level.

SIGNIFICANCE OF THE STUDY

Self-Esteem plays an important role for development of personality of post graduate students. Self-esteem is the opinion of oneself. For an individual, very high self- esteem level or very low self- esteem level is harmful for its overall development. If the development of self-esteem is not properly achieved, then the development of life has not been realized. A man who cannot properly develop a positive self-esteem cannot be considered a perfect man. In such a situation, self-esteem is needed to adapt to the norms of emotions to develop a good person.

After post-graduation students get involved in various fields where self-esteem impacts their decision-making process, their inter personal relationships, their emotional wellbeing, and their overall mindset. It may also help to motivate the student with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.

Students with low self-esteem tends to feel less sure of their abilities and may doubt their decision-making process. They may feel demotivated to try novel things. They feel themselves in capable of reaching their goals. Hence It is necessary to study the impact of self-esteem upon the students. The present study will attempt to explore the level of self-esteem among post graduate students. This study may help the educational stakeholders to understand the impact of self-esteem of the students upon their academic performance and may also help them to adapt to necessary teaching strategies for students better learning outcomes. Therefore, it is imperative to study the present self-esteem level of post graduate students.

EDUCATIONAL IMPLICATIONS

Educational implications of the present study are given below: -

1. This study may help the teachers to know the present level of self-esteem of the post-graduate students. It also helps the teachers to understand what type of level of self-esteem needed by the students to perform in their better activities.

2. It may help the educational administrators; to adapt new strategies that may boost the self-esteem through relevant curriculum activities.

3. Students at this stage is at the crucial phase of their life and hence it may help the educational stakeholders to understand their growing needs and problems. Then they take appropriate measures to overcome their problems and improve their self-esteem level.

4. The present study may help the parents to understand the self-esteem level of the children so that they may follow necessary strategies to boost confidence and enhance abilities for developing the existing level of self-esteem among their children.

5. Understanding the self-esteem level of the children may also help the parents to provide proper guidance and counselling to their children in respect of academic achievement and career development.

LIMITATIONS

Some limitations are mentioned below:

- The sample size is small to provide a general estimate of one area. For the present study, Sample was restricted to only one university of that of Sidho-Kanho-Birsha University in Purulia district, only three departments of Arts and three departments of science were considered for study.
- Time is another major constraint. Due to limited time and resources, the researcher did not fully address the research question properly.
- Due to limited fund, the scope of the research has been compromised to some extent.
- Non responding attitude by the respondent is another constraint of this study. Researcher did not get proper response from some respondents.
- Non availability of previous studies on the selected topic also limited the scope of discussion for the present study.

CONCLUSION

Keeping in view the present study it has been concluded there is significant difference in the level of self-esteem between the post-graduate students of both Arts and Science stream. Furthermore, it has been proved in this research that the self-esteem of Arts students is slightly higher than the self-esteem of science students. There is no significant difference between male students and female students of Arts stream and science stream at post-graduation level in respect of their self-esteem.

Self-esteem helps the students to develop their self-confidence. It enables them to identify their own strengths and weaknesses in various aspects of their life. Hence, it plays a very significant role in students learning and achievement. Hence, the present study may help to understand the present level of self-esteem possessed by the post- graduate students. The study may assist the teachers and other educational stakeholders to adopt necessary strategies to raise the self-esteem level of the post-graduate students for their better learning outcomes in near future.

Funding
'This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.'

Declaration of Conflict of Interest
'The Authors declare that there is no conflict of interest.'

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