ASSOCIATIONAL STUDY TO ASSESS THE ASSOCIATION BETWEEN SOCIO DEMOGRAPHIC VARIABLE AND SELF-ESTEEM AMONG ADOLESCENTS

Ranjeet Kumar[1], Suman Lata[2], Tanima Verma[3], Nilam Kumari[4]

[1]Lecture, Shanti Manglic School of Nursing
[2] Clinical Instructor KGMU College of Nursing
[3] Clinical Instructor KGMU College of Nursing
[4] Lecturer, Sardar Patel College of Nursing.

ABSTRACT

It is a component of the Self-concept that Rosenberg (2) defines as a totality of individual thoughts and feelings, having reference to him as an object. Besides self-esteem, self-efficacy and self-identification are an important part of the Self-concept. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the sampleal design of a study (3). Bibliotherapy uses literature to bring about a therapeutic interaction between the client and the therapist. The design used for this study was one group pretest post-test control group design. The study was conducted in Kargapaga Vinayaga Higher secondary school among adolescent of age group 12-19 years. Total sample selected were 60 in total. Sample selection was done by purposive sampling technique. Ken Williams modified self-esteem assessment questionnaire, was used to assess the level of self-esteem among adolescents. The study was conducted after the written permission of Kargapaga Vinayaga Higher secondary school and approval of ethical committee of R. L. College of Nursing. Regarding monthly family income majority 4(13.33%) were earning below rs.3000, 3(10.00%) were earning rs. 3001-5000 6(20.00%) were earning Rs.5001- Rs.7000, 5(16.67%) were earning Rs.7001-Rs.9000, 12(40.00%) were earning more than Rs.9001 respectively. Regarding order of birth majority 10(33.33%) were belongs to first order of birth 14(46.67%) were belongs to second order of birth, 6(20.00%) were belongs to third order of birth, and 0(0.00%) were belongs to more than three order of birth respectively. The investigator concluded that sampleal adolescents had the self-esteem level as 14(46.67%) had low self-esteem, 16(53.3%) had moderate self-esteem and 0 (0%) had high self-esteem. In control group 6(20.0%) had low self-esteem, 24(80.0%) had moderate self-esteem and (0%) had high self-esteem. the socio demographic variables religion and occupation of mother had shown statistically significant association with post test level of self-esteem at p <0.05.

The results of the study suggested that among the adolescent 10 (20%) had low self-esteem 29(55%) had moderate self-esteem and 11(22%) had low self-esteem.

The investigator concluded that sampleal adolescents had the self-esteem level, 0(0%) had low self-esteem,1(3.33%) had moderate self-esteem and29 (96.67%)had high self-esteem. in control group 6(20.0%) had low self-esteem, 24(80.0%) had moderate self-esteem and 0(0%) had high self-esteem. These findings was supported by varun raj (2009) who conducted a study to assess the effectiveness of bibliotherapy on self-esteem among 60 adolescents the results revealed that the bibliotherapy was effective. These findings was supported by Jegatheesan (1996) who conducted a study to identify the efficacy of bibliotherapy for mildly and moderate self-esteem adolescents. cognitive and behavioral bibliotherapy were non differently efficacious,60 percent subjects demonstrated clinically significant changes. The pretest mean value of self-esteem was 28.06 with S.D 5.05 and the post test mean value of self-esteem was 67.06 with S.D 6.88. This clearly shows that the administration of bibliotherapy on self-esteem among adolescents had significant improvement in their post test level of self-esteemamong adolescents. The pretest mean value of self-esteem was 30.13 with S.D 2.67 and the post test mean value of self-esteem was 30.23 with S.D 2.62. The calculated SDLUHGµW¶ value of t = 1.795 was not found to be statistically significant. This clearly shows that there was no significant difference between the pretest and post test self-esteem score among adolescents in the control group.

KEY WORDS: *Association , Self-esteem, Adolescents.*

INTRODUCTION

Self-esteem is an overall assessment of the individual's worthiness, expressed in a positive or negative orientation towards them. It is a component of the Self-concept that Rosenberg (2) defines as a totality of individual thoughts and feelings, having reference to him as an object. Besides self-esteem, self-efficacy and self-identification are an important part of the Self-concept. Self-esteem as a whole is an unchanging feature of adults and it is difficult to be influenced by the sampleal design of a study (3). Bibliotherapy uses literature to bring about a therapeutic interaction between the client and the therapist. The idea of using literature is to help the client understand his situation better by reading a related material.

MATERIAL AND METHOD

Associational research approach was used for the present study. The design used for this study was one group associational design. The study was conducted in Kargapaga Vinayaga Higher secondary school among adolescent of age group 12-19 years. Total sample selected were 60 in total. Sample selection was done by purposive sampling technique. Ken Williams modified self esteem assessment questionnaire, was used to assess the level of self esteem among adolescents. The study was conducted after the written permission of Kargapaga Vinayaga Higher secondary school and approval of ethical committee of R. L. College of Nursing.

RESULTS
DESCRIPTION OF SOCIO DEMOGRAPHIC VARIABLES OF THE ADOLESCENTS IN SAMPLEAL AND CONTROL GROUP

Table 1: Frequency and percentage distribution of socio demographic variables of adolescents in sampleal and control group

N=60(30+30)

Socio demographic Variables	Sample Group	
	f	Percentage
	No.	%
Age		
12 - 14 years	12	40.00
14 - 17 years	17	56.67
17 - 19 years	1	3.33
Sex		
Male	23	76.67
Female	7	23.33
Religion		
Hindu	25	83.33
Muslim	3	10.00
Christian	2	6.67
Family Type		
Joint family	10	33.33
Nuclear family	20	66.67
Place of Residence		
Urban	8	26.67
Rural	22	73.33
Occupation of Parents ± Father		
Private employee	6	20
Self employed	14	46.67
Government employee	10	33.33
Occupation of Parents ± Mother		
Homemaker	3	10.00

Private employee	20	66.67
Self employed	4	13.33
Government employee	3	10.00
Education of Parents ± Father		
No formal education	7	23.33
Primary education	14	46.67
Diploma Degree	9	30.00
Post graduate	0	0.00
Education of Parents ± Mother		
No formal education	1	3.33
Primary education	10	33.33
Diploma Degree	13	43.33
Post graduate	6	20.00
Family Income (Monthly)		
Below Rs.3000	4	13.33
Rs.3001 - Rs.5000	3	10.00
Rs.5001 - Rs.7000	6	20.00
Rs.7001-Rs.9000	5	16.67
More than Rs.9001	12	40.00
Order of Birth		
First	10	33.33
Second	14	46.67
Third	6	20.00
More than three	0	0.00

The table 1 shows that in the Sample group, the majority 12(40.0%)were in the age group of 12-14 years, 17(56.67%) were in the age group of 14-17 years and 1(3.33%) were in the age group of 17-19 years respectively. With respect to the gender majority 23(76.67%) were male and 7(23.33%) were female. Regarding the religion, majority 25(83.33%) were belongs to hindu, 3(10.00%) were muslim and 2(6.67%) were Christian. Regarding family type the majority 10(33.33%) were belongs to joint family and 20(66.67%) were belongs to nuclear family. Regarding place of residence majority 22(73.33%) were in rural and 8(26.67%) were in urban. Regarding occupation of father majority 6(20%) were private employee, 14(46.67%) were self employed and 10(33.33%) regarding occupation of mothers majority 3(10.00%) were home maker 20(66.67%) were private employee 4(13.33%) were self employed and 3(10.00%) were government employee. Regarding education of father majority 7 (23.33%) were undergone no formal education 14(46.67%) were undergone primary education 9(30.00%) were undergone diploma or degree and 0(05) were undergone post graduate education. Regarding mothers education majority of1(3.33%) undergone no formal education, 10(33.33%) were undergone primary education, 13(43.33%) were undergone diploma or degree 6(20.00%) were undergone post graduate education. Regarding monthly family income majority 4(13.33%) were earning below rs.3000, 3(10.00%) were earning rs. 3001-5000 6(20.00%) were earning Rs.5001- Rs.7000, 5(16.67%) were earning Rs.7001-Rs.9000, 12(40.00%) were earning more than Rs.9001 respectively. Regarding order of birth majority 10(33.33%) were belongs to first order of birth 14(46.67%) were belongs to second order of birth, 6(20.00%) were belongs to third order of birth, and 0(0.00%) were belongs to more than three order of birth respectively. Regarding number of siblings majority of 16(53.33%) have one siblings, 11(36.67%) were have two siblings, and 3(10.00%) have above two siblings. Regarding medium of education majority of 30(100.00%) have English as their medium of education. And 0(0.00%) have tamil as their medium of education.

SECTION B
ASSESSMENT OF LEVEL OF SELF-ESTEEM AMONG ADOLESCENTS IN SAMPLE GROUP.
Table 2: Frequency and percentage distribution of level ofself-esteem among adolescents in the sample group

						n=30	
	Low		Moderate		High		
Self-Esteem	(<=27)		(28 ± 52)		(53 ± 80)		
	No.	%	No.	%	No.	%	
Pretest	14	46.67	16	53.33	0	0	

The table 2 reveals the percentage distribution of level of self-esteem in the sample group.

The analysis of level of self-esteem in sample group, revealed that 16(53.33%) had moderate level of self-esteem and 14(46.67%) had low level of self esteem.

SECTION C
The first objective to assess the level of self esteem among adolescentsin sample. The investigator concluded that adolescents had the self esteem level as 14(46.67%) had low self esteem, 16(53.3%) had moderate self esteem and 0 (0%) had high self esteem. These findings were supported by Baby (2004) who conducted a study to assess the level of self esteem among 50 school going adolescents at Pondicherry. The results of the study suggested that among the adolescent 10 (20%) had low self esteem 29(55%) had moderate self esteem and 11(22%) had low self esteem. The investigator concluded that adolescents had the self esteem level, 0(0%) had low self esteem,1(3.33%) had moderate self esteem and29 (96.67%)had high self esteem.

SECTION D
Associations of post test level of self-esteem among adolescents withtheir selected socio demographic variables in experimental group.

n=30

Socio demographic Variables	Moderate (28 ± 52)		High (53 ± 80)		Chi-Square Value
	No.	%	No.	%	
Age					x^2=0.791
12 - 14 years	0	0	12	40.0	d.f = 2
14 - 17 years	1	3.3	16	53.3	p = 0.673
17 - 19 years	0	0	1	3.3	N.S
Sex					x^2=0.315 d.f = 1
Male	1	3.3	22	73.3	p = 0.575

Female	0	0	7	23.3	N.S
Religion					x^2=14.483
					d.f = 2
Hindu	0	0	25	83.3	p = 0.001
Muslim	0	0	3	10.0	
Christian	1	3.3	1	3.3	S***
					x^2=0.517
Family Type					d.f = 1
Joint family	0	0	10	33.3	p = 0.472
Nuclear family	1	3.3	19	63.3	N.S
					x^2=0.376

Socio demographic Variables	Moderate (28 ± 52)		High (53 ± 80)		Chi-Square Value
	No.	%	No.	%	
Place of Residence					d.f = 1
					p = 0.540
Urban	0	0	8	26.7	N.S
Rural	1	3.3	21	70.0	
Occupation of Parents - Father					x^2=6.724
Private employee	1	3.3	3	10.0	d.f = 3
Self employed	0	0	17	56.7	p = 0.081
Government employee	0	0	6	20.0	N.S
Not working	0	0	3	10.0	
Occupation of Parents - Mother					x^2=9.310
Homemaker	1	3.3	2	6.7	d.f = 3
Private employee	0	0	20	66.7	p = 0.025

Self employed	0	0	4	13.3	S*
Government employee	0	0	3	10.0	
Education of Parents ± Father					χ^2=2.414
No formal education	0	0	7	23.3	d.f = 2
Primary education	0	0	14	46.7	p = 0.299
Diploma Degree	1	3.3	8	26.7	N.S
Post graduate	-	-	-	-	
Education of Parents ± Mother					χ^2=2.069
No formal education	0	0	1	3.3	
Primary education	1	3.3	9	30.0	d.f = 3
Diploma Degree	0	0	13	43.3	p = 0.558
Post graduate	0	0	6	20.0	N.S

Socio demographic Variables	Moderate (28 ± 52)		High (53 ± 80)		Chi-Square Value
	No.	%	No.	%	
Family Income (Monthly)					
Below Rs.3000	0	0	4	13.3	χ^2=4.138
Rs.3001 - Rs.5000	0	0	3	10.0	d.f = 4
Rs.5001 - Rs.7000	1	3.3	5	16.7	p = 0.388
Rs.7001-Rs.9000	0	0	5	16.7	N.S
More than Rs.9001	0	0	12	40.0	
Order of Birth					
First	0	0	10	33.3	χ^2=1.182
Second	1	3.3	13	43.3	d.f = 2
Third	0	0	6	20.0	p = 0.554

More than three	-	-	-	-	N.S
Number of Siblings					$x^2 = 0.905$
One	1	3.3	15	50.0	d.f = 2
Two	0	0	11	36.7	p = 0.636
Above two	0	0	3	10.0	N.S
Medium of Education					
Tamil	1	3.3	29	96.7	-
English	-	-	-	-	

***p< 0.001, *p<0.05, S ± Significant, N.S ± Not Significant

The table shows that the socio demographic variables religion and occupation of mother had shown statistically significant with post test level of self- esteem at p<0.001 and p<0.05 level among adolescents in the experimental group and the other socio demographic variables had not shown statistically significant association with the post test level of self-esteem among adolescents in the experimental group.

REFERENCES

1. Sundar Rao (1987), ³An introduction to Biostatistics´, A manual for students in health sciences, CMC Vellore.
2. Zar jeraldtt (2003)´ Biostatistical Analysis´ (4th edition), New Delhi, Pearson. Education (Singapore) Private limited branch, Delhi, Elsevier Publications.
3. Gladding, S.T., & Gladdin,c. (1991) The ABCs of bibliotherapy for schoolcounselors, 39(1), 7-13.
4. Heber,T.P., & Kent, R., (2000), Nurturing social emotional development in gifted teenagers through young adult literature, Roe per review, 22(3), 167-171.
5. Hirsch, B., & Dubois, (1991), self-esteem in early adolescence; the identification and prediction of contrasting longitudinal trajectories, journal of youth and adolescence, 20, 53-72. Lenkowsky, B.E., & Lenkowsky, R.S, (1978) Bibliotherapy for the adolescents, academic therapy, 2, 179.
6. Lenkowsky, R.S., (1987), Bibliotherapy; A review and analysis of the literature.Journal of special education, 2(2), 123-32, (E) 361026).
7. Myers, J.E. (1998), Bibliotherapy and DCT; co-construction the therapeutic metaphor, journal of counseling and development, 76(3), 243-250(E) 57.
8. Palmer., Biller,D,L., Ran court, R,E., & Teets, K.A, (1998) Interactive bibliotherapy; an effective method for healing and empowering emotionally abusedwomen, journal of poetry therapy, 11 (1) 3-15, (E) 559350).
9. Par deck, J.T, (1994) using literature to help adolescents cope with problemsadolescence, 29 (114); 421-427.
10. Rathnasabapathy,B. (2009). A study to assess self-esteem of the school goingadolescent children journal of Trained Nurses Association of india. 4, 30-32.
11. Richard, R.J., & Wilson, L.S., (1989) Bibliotherapy; Does it works? Journal ofcounseling and development, 2(3), 241-49, (E) 395-489.
12. Williams, R.S., & Demo, D, (1983) situational and transituational determinants ofadolescent self-feelings, journal of personality and social psychology,44, 824-828.