Association between self esteem of rural teenage girls and their family background variables

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ABSTRACT

The self esteem of one hundred and fifty rural teenage girls of randomly selected 4 villages of Marathwada region was assessed by administering Self Esteem Inventory. their families SES was assessed based on SES scale and their background information was elicited conducting personal interviews with the girls and their parents. A higher percentage of the (41 - 45 %) rural teenage girls were assessed to have either average or low levels of self esteem irrespective of their socio economic status. It was found that SES, type, size and social status of family and parental age and education significantly influenced the self esteem of rural teenage girls irrespective of their socio economic status.

Key words : Self esteem, Teenage girls, Self Esteem Inventory

Self-esteem is the most basic and important psychological requirement of people. The degree of self-esteem one possesses influences every major aspect of life as it has profound effect on one's own thinking, emotions, desires, values, choices and goals. Deficits in one's self esteem contribute virtually to all psychological disorders problems. Self-esteem means one's mental perception of one's qualities and abilities but not just one's physical features. It is stable sense of personal worth or worthiness. Self is very important psychological organization gets developed in the process of socialization. During the middle childhood; self-esteem takes on the hierarchical structure. Gradually as children move into adolescence their source of self definition becomes selective. Although parents remain influential, in teenage peers become more important to them who act as a source of feedback and self-validation. With entry to the period of adolescence, several new dimensions of self esteem are added like close friendships, romantic appeal, physical appearance. job competence etc. Although all adolescents experience confusion and tensions in this period, girls self regard drops down as compared to the boys and it hardly catches up. The first drop occurs between the age of 9 yrs and 15 yrs. Girls loose self-confidence in them and in their abilities. Teenage girls are more vulnerable to feelings of self-depression, inadequacy and helplessness and they are four times more likely to attempt suicide than their counterpart boys. Rejection, disappointment and failures are a part of daily life. Life is not always fair and even one's best efforts are not always successful. High esteem assists a person in weathering the storm and helps her/him to get through down turns in life. High self esteem is never be given to a person by another person or society.

It must be earned or developed by the individuals for themselves. Hence this research work was taken up to study the association between self esteem of rural teenage girls and their family background variables.

METHODOLOGY

A sample of randomly selected 150 teenage girls and their parents from the four randomly selected villages of Parbhani district, Marathwada region of Maharashtra State was studied. Out of it, 75 each were from middle and low socio economic status families. Their age ranged between 15 yrs and 18 yrs. Battle's self esteem inventory revised by Anand Kumar was administered on girls for assessing their self esteem levels. The background information of the teenage girls and their families was collected through personal interviews based on interview schedule. The sample girls' SES was assessed by administering Kulshrestha's Socio-economic status scale.

RESULTS AND DISCUSSION

Fig. 1 denotes that irrespective of the SES of the rural teenage girls was found that 45 per cent rural girls were assessed to have average level of self esteem followed by low level self esteem (41%) and high self esteem (13%). In middle SES group higher percentage (61 %) of the rural girls rated to have average level self esteem followed by low level self esteem (20%) and high self esteem (19%). The corresponding percentages of the girls in low SES group were 29, 63 and 8. Statistical analysis indicates that significantly higher percentage of middle SES group rural teenage girls found to have average level of self esteem as compared to their counterparts in low SES group. While it was vice versa