



A STUDY ON SELF ESTEEM AMONG ADOLESCENT GIRLS AT WELFARE HOSTEL TIRUCHIRAPPALLI

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ABSTRACT :

Aim: The present study aims to find out the level of self-esteem among adolescent girls residing in the Government Adi-Dravidar Welfare Hostel in Tiruchirappalli. **Method:** The respondents (N=110) were selected through simple random sampling technique. Self-esteem inventory for adolescents developed by Karunanidhi (1996) was used to measure the level of Self-esteem. **Result:** The results revealed that the level of Self-esteem is low among the adolescent girls. **Conclusion:** In order to improve the self esteem of the adolescent girls residing at residential hostels, there is a need for proper counseling by the trained social works

KEYWORDS : Self-esteem, adolescent, girls, Adi-Dravidar Welfare Hostel.

INTRODUCTION

Self-esteem reflects an individual's overall evaluation of self. Adolescence is a stage of emotional conflict between the self and environment. Adolescence with a good self-esteem display positive attitude and accepts changes, teenagers who show low self-esteem have a greater impact on their lives. In one study carried out by Rhodes and Wood (1992), it was found that respondents who had lower than average self esteem were more likely to be controlled by those around them. Self esteem has been explained by Rosenberg (1995) as a person's attitude towards oneself. This may either be optimistic or pessimistic. In another study conducted by Haney and Durlak (1998), it was found that there is there is need for to have a good level of self esteem in order to have a healthy personality as well. Another recent study conducted by Paxton (2006) revealed that between twenty four to forty six per cent of the female respondents in the study stated that they were unhappy with their body. This was found to be true for girls in all the age groups as well. This prompted the researchers to suggest that improving the respondents' self esteem might lower the unhappiness they experienced with regard to their body. A study by Ata et al. (2007) indicated that respondents with low self esteem were more likely to fall prey to pressure from peers and not express their feelings. In a study conducted by Bridgend et al. (2010), it was reported that respondents with poor self esteem are more likely to be alone and socialise less often and that this in turn could lead them to adopt maladaptive behavior patterns.



Ramya & Sethuramalingam (2013) examined the socio economic and demographic characteristics of higher secondary students (N=559, male 311, female 248) residing in government welfare hostels of Tiruchirappalli district in Tamil Nadu. The result reveals that 57 percent of the respondents belong to schedule

caste, 44 percent were girls, Majority (91 percent) live in town houses. Franz (2010) through a study that reviewed previous studies on the prevalence of poor self esteem among female adolescents indicated that it was associated with maladaptive behavior patterns along with other mental health issues.

OBJECTIVES :

The main objectives of the research are to map the socio demographic profile of female adolescents residing in government Adi-Dravidar welfare hostel, to measure the level of self-esteem of the girls, and to find out if there exists any relationship between the socio-demographic profile of the respondents and their self esteem.

METHOD

In order to collect the required data the researcher selected a Government Adi-Dravidar Welfare hostel at Tiruchirappalli purposively. The respondents who were all present on the day of data collection and willing to participate in the research were included in the study. Thus the data were collected from a total of 110 adolescents girls staying in a government welfare hostel. To collect the relevant data the self-esteem inventory developed by Karunanidhi (1996) was used.

RESULTS

Socio demographic profile of the respondents

The findings reveal that 36 percent of the respondents were 18 years of age. Vast majority (96 percent) was Hindus, 84 percent belong to schedule caste, and 68 percent were from rural background. 76 percent of the respondents were pursuing UG degree. 90 percent live in own houses. 76 percent of the respondents' fathers were coolie workers. 43 percent of the mothers were also coolie. 26 percent of the respondents' father's monthly income was below Rs.4000. 40 percent of the mother's monthly income was below Rs. 3000. With regard to the family income, 26 percent of the respondents' family income was below Rs.5000.

Level of Self esteem

The findings of the study revealed that majority (65.5 per cent) of the respondents have low level of self-esteem whereas 34.5 per cent have high level of self-esteem. It was observed that the respondents in the age group of 19 -20 years have low level of self-esteem

Age of the respondents and Self-esteem

The ANOVA test results between the mean scores of age and Self-esteem were highly significant ($p < 0.01$).

Caste of the respondents and Self-esteem

The ANOVA test results between the mean scores of caste and self-esteem were moderately significant ($p < 0.05$).

Father's occupation and self-esteem

The ANOVA test results between the mean scores of fathers' occupation and self-esteem were highly significant ($p < 0.01$).

Respondent's Family Monthly Income \ and self-esteem

The ANOVA test results between the mean scores of family monthly income and Self-esteem were moderately significant ($p < 0.05$).

CONCLUSION:

The present study reveals that the respondents have a low level of self-esteem. It also reveals that higher the age of the respondents, lower the level of self-esteem. If the government could provide personality development classes and psychosocial counselling as a welfare measure for both adolescent boys and girls, this would help them develop a positive self-concept. Counselling sessions would help them reveal their emotional issues. At the time of data collection, the researcher observed that the hostels with hundreds of adolescent girls did not have social workers or counsellors to deal with adolescent emotional issues. Thus, it is high time for the government should consider appointing permanent social workers to provide psychosocial assistance to the adolescents for better development and to promote positive mental health among adolescences.

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