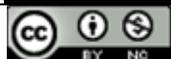


A Systematic Survey on Self Esteem among the College Level Student in Bankura District

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Abstract: For positive personality of pupils, self-esteem is a key factor. Basically, self-esteem is nothing but a self-concept or beliefs about oneself. How we think about our self or others is known as self-esteem. It also affects student's personality and their mental health. It can be divided into two categories like high and low. Students with high self-esteem know their strength and limitation. Therefore, they feel more confident than the students with lower self-esteem. High self-esteem students are always ready to take challenges and solve to achieve their life's goals. On the other hand, low self-esteem students lack strong personality trait.

Study Design: Descriptive survey design used by the researcher.

Place and Duration of the Study: the study was conducted in March 2019, Jadavpur College, Kolkata district.

Methodology: Researcher used cross sectional survey research on 70 students from different college of Bankura district. Data were collected by Rosenberg self-esteem scale and chi-square test was used to find out the rate of prevalence on self-esteem among college level students on the basis of various demographic variables like Gender and Caste.

Results: The results revealed that Female students and students from OBC caste secure higher self-esteem than other.

Keywords: Self-esteem, High and Low Self Esteem, positive personality, Rosenberg Scale.

Introduction

The concept of self is basically popularized by various psychologists like Carl Rogers, John Mead, Cooley etc. How much we know our self or our strength and weakness that is self-concept. Self-concept or esteem helps individual to adjust with practical life. Positive self-esteem effects on person's personality.

Self-Esteem is a measurement of our self. It does not only know your-self but also it is your belief system, trustworthiness towards your companionship and relationship. Positive or negative self-esteem somehow affects student's personality and mental state. Various factors are responsible for enrich their personality and their thinking process.

Sandra Latrice Harris (2009) conducted research entitled as "The relationship between self-esteem & academic success among the African American students in the minority engineering programmed of a research extensive college in the southern portion of the United States". The purpose of this study determined a relationship exist between the self-esteem & academic success of African American students. The cooper smith self-esteem inventory used to measure the level of self-esteem. 260 students are participated in this study. Descriptive, Comparative and Correlational research methods are used of the study. The result shows that there is a positive relationship between self-esteem and demographic variables.

Dr. Mishra. B & khatun. J (2015) conducted a research paper entitled as "A study on the self-concept of M.A class student in view of Carl Rogers' theory of self". In this study researcher has planned a study in view of Carl Rogers' theory of self-applied on post graduate student of Gourbanga College on the basis of different dimensions of the self-development and self-concept. A data collection scale had been developed, standardized and assess the level of locality and gender. The result shows that the variation among the average performance in the light of self-concept is not significant. Gender

wise difference has been found as insignificant and locality wise difference has been found significantly. Therefore, it said that local influence can make a difference for developing the self-concept, i.e.-self-image, self-esteem, and self-actualization.

Various literature review has been conducted by the researcher and self-esteem of the students of college level in Bankura district and others indicate that there is still wide knowledge gap. Increase self-esteem of the students at higher education level is one of interesting research area. Various researchers showed that different factors are responsible for self-esteem among the student at higher education level. On the basis of previous researches, researcher marked some variable which are gender, caste as a study gap or knowledge gap.

1. What is the level of self-esteem among the student in college level student in Bankura district?
2. What is the existing status in respect to their Gender and Caste?

To find out the answer of above research question, the problem of the study is specified and stated as: *Self-Esteem As A Key Indicator For Effective Personality: A Systematic Survey Among The College Level Student In Bankura District*

Purpose and Hypothesis

Hypothesis is formed to fulfill the aim to find out the level of self-esteem among college level student in Bankura district with respect to various demographic variables like-Gender and Caste. A null hypothesis framed by the researcher that there is no significant difference the level of self-esteem among college level student with regard to their Gender and Caste.

Study Design

A cross sectional survey framework was conducted and researcher taken 70 students as a sample from colleges of Bankura District comprised of 59 Male and Female students, respectively among 70 students, general students are 24 respectively 35 students from OBC, SC 8 students, and ST 3 students taken. Researcher used Rosenberg self-esteem scale to collect the data form specified area.

Results

The study was conducted on a total number of 70 students of the age group of 19 to 25 years attending college level, studying in class U G from male and female students in Bankura District, having Caste of General, OBC, SC, ST. Among 70 students (N=70), 24(34.29%) students showed low score of low self-esteem and 46 students (65.71%) scored indicates at high self-esteem which can be termed as normal.

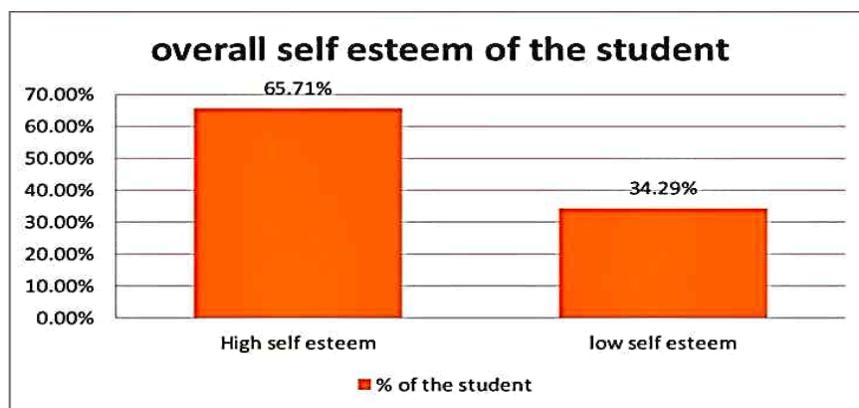


Figure 1.1 Overall Self-esteem score of the student

The researcher statistically analysis the data and showed the result on the basis of demographic variables-

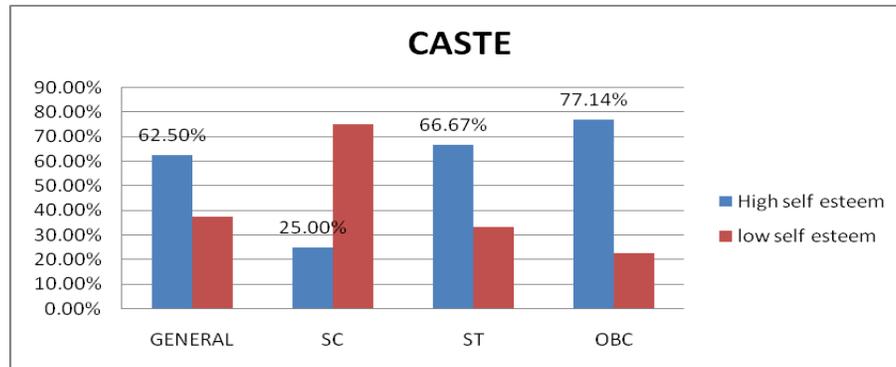


Figure 1.2 Self-esteem score on the basis of Caste

It has been observed that out of the total 70 students i.e. 24 students belonging from general community, i.e. 8 from SC community, 3 students from ST community, and 35 students belonging from OBC community. Within this group 15(62.5%) students from general community which have a high self-esteem & also 9 students (37.5%) as low score of low self-esteem of general category. This was followed by the students belonging from SC community and within this group 2 (25%) were rated high self-esteem, with another 6(75%) as low self-esteem. 2 ST students (66.67%) were rated high self-esteem and 1 (33.33%) students low self-esteem this was followed by the students belonging to OBC category and within this group 27(77.14%) were rated high self-esteem, with another 8(22.86%) as low self-esteem.

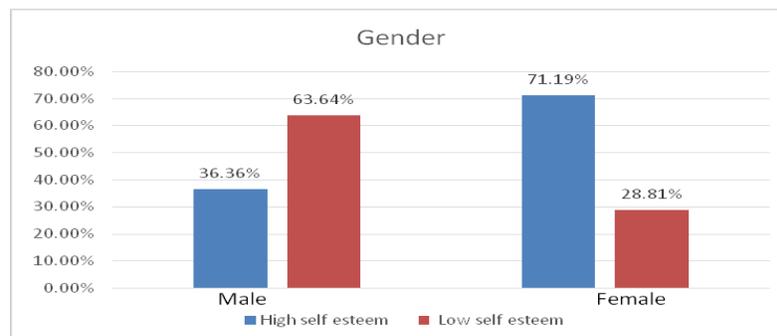


Figure 1.3 Self-esteem score on the basis of Gender

On the basis of Gender as one of the background variables, 59 students belong to Male {42 (71.19%) =high self-esteem, 17 (28.81) = low self-esteem}. In other hand 11 Female students {4 (36.36%) = high self-esteem and 7 (63.64%) = low self-esteem}.

Hypothesis Testing

Researcher used chi-square test to check whether any differences found in self esteem among college level student on the basis of their Gender and Caste. Researcher used SPSS to analysis and check whether any significant difference found or not.

χ^2 test showing the Gender wise comparison in self-esteem among the college level students

Variable	Category	N	Df	χ^2	Level of sig	Remarks
Gender	Male	59	1	4.990	0.25	p>0.05 NS*
	Female	11				

It has been observed that the calculated value of $\chi^2(4.990)$ is quite higher than the critical value of χ^2 at 0.05(3.841) level, so in the 0.05 level the null hypothesis is rejected. But it's quite lower than the critical value of χ^2 at 0.01 levels, so the null hypothesis is accepted at the 0.01 level. Hence it can be

safely concluded that there is no significant in the found the difference at the 0.05 level in the rate of self-esteem between male and female college level students and it can be attributed to any chance factors.

X² test showing the Caste wise comparison in self-esteem among the college level students

Variable	Category	N	Df	X ²	Level of sig	Remarks
Caste	General	24	3	8.026	.045	S*
	SC	8				P>0.05
	ST	3				
	OBC	35				

The analysis in the above table revealed that the value of $\chi^2=8.026$ and $P=.45$. The critical values of χ^2 at 0.05 and 0.01 levels of significance with $3df=7.815$ and 11.345 respectively. It has been observed that the calculated value of $\chi^2(8.026)$ is quite higher than the critical values of χ^2 at 0.05(7.815) level. But the calculated value of $\chi^2(8.026)$ is lower than the critical value of χ^2 at 0.01(11.345) level. So, the null hypothesis cannot be accepted as $P>0.05$. Hence it can be safely concluded that the found difference in the rate of self-esteem between urban GEN, SC, ST, OBC, category college level students are significant and it can be attributed to any chance factors.

Findings of the Study

The major findings of this study were in respect to analysis in interpretations of data are given below.

Rate of prevalence of overall self-esteem among the college level students: Out of 70 college-level students, the overall rate of prevalence of self-esteem was found -65.71% students having high level self-esteem. Another 34.29% students have low-level of self-esteem. This means it can be concluded that cumulatively the rate of prevalence of self-esteem among the most of the college level students i.e., 65.71% found to be ranged from high level of self-esteem.

Rate of prevalence of self-esteem among the college level students on the basis of their Gender:

It is observed that-36.36% male college level students having high self-esteem and 71.19% female college level students having high self-esteem. In other side 63.64% male college level students having low self-esteem and 28.81% female students low self-esteem. The rate of prevalence of overall self-esteem was found more in female college level students (84.28%) than the male students (15.71%), and inferential statistically the difference was found to be not significant ($p<0.05$).

Rate of prevalence of self-esteem among the college level student on the basis of caste: The rate of prevalence of overall self-esteem among the college level students with respect to stream, that is:

- 62.5% GENERAL caste of college level students having high self-esteem and 37.5% having low self-esteem.
- 25% S.C caste of college level students having high self-esteem and 75% having low self-esteem.
- 66.67% S.T caste of college level students having high self-esteem and 33.33% having low self-esteem.
- 77.14% OBC caste of college level students having high self-esteem and 22.86% having low self-esteem.

The rate of prevalence of overall self-esteem was found more in OBC caste of college level students (50%) than the General (34.29%), S.C(11.43%), S.T(4.28%) caste of college level students and inferential statistically the difference was found to be significant($p<0.05$).

Discussion

The present study helps us to improve our knowledge and comprehension about self-esteem of the college level students the study investigated overall degrees of self-esteem with respect to different demographic variables like Gender and Caste. The findings, it may be concluded that the rate of

prevalence of self-esteem was more in female students than the male students; OBC students found higher self-esteem than general, SC, and ST students.

Scope of Further Study

The present study on self-esteem among college level student in Bankura District is not an end in itself; rather it is an on-going journey to reveal more area. Therefore, a numerous further study may be conducted by the further researcher considering various dimension of different variable like habitat, family structure, number of siblings, values etc. self esteem is now a broad field area for researcher and it can affect students' personality also.

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