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## **A Study on Self Esteem of Higher Secondary Level Students of Lakhimpur District, Assam.**

Mrs. Trishna Bhuyan<sup>1</sup>, Dr. Asomi Chaliha<sup>2,1</sup>

### ***Abstract***

*Self-Esteem is a popular concept, which everyone understands in modern age. Increased awareness and importance regarding self-esteem is due to its reflection on overall development of an individual. The increased interest among scientists in studying Self Esteem over the past several decades is reflected in the extensive literature on correlates of Self-Esteem. Secondary stage is a crucial stage in which adolescent's behavioral, physical, social and emotional needs are change. At this stage adolescents are more conscious to analyses self. So, esteem or good feelings towards self at this stage plays a most significant role. That's why researchers in Lakhimpur District, Assam, set out to learn more about the confidence of high school students there. Five hundred and eighty (580.0) students in the Lakhimpur District of Assam's secondary education system were used in the research. The study relied on the researcher's 2019 version of the Self Esteem Inventory (SEI), a standardized assessment instrument. The final self-esteem assessment has 40 items, which are broken down into 8 categories. Both English and Assamese versions of the inventory were created by the researcher. A value of 0.88 was discovered to characterize the SEI's dependability. The inventory's assertions have a high level of content validity since they were derived from the feedback of experts. The data was analyzed using the mean, standard deviation, and 't' test. The study's results showed that Lakhimpur District, Assam's high school pupils' self-esteem varied significantly depending on whether they lived in a rural or an urban area. Research conducted in the Lakhimpur District of Assam among both male and female pupils at the secondary school level found no significant gender differences in terms of self-esteem.*

***Keywords:*** *Self Esteem, Higher Secondary level students.*

### **Introduction**

Our sense of self-worth has been crucial to our success in recent years. When someone has high self-esteem, they believe in their own abilities and value as a person. One's self-competence may be defined as their belief in their own potential to successfully navigate difficult situations and achieve lofty objectives (Malhi, 2001). Self Esteem as a personal and affective sense of worth related with social learning approach (Mruk, 2013). Self-Esteem is a popular concept, which everyone understands in modern age. Increased awareness of importance regarding self-esteem is due to its

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<sup>1</sup> Research Scholar, Department of Education, Dibrugarh University  
Mail ID: [trijad.bhuyan@gmail.com](mailto:trijad.bhuyan@gmail.com), phone no: 7576907509

<sup>2</sup> Associate Professor, Department of Education, Dibrugarh University  
Mail ID: [chalihaasomi@gmail.com](mailto:chalihaasomi@gmail.com), phone no: 9435473336

reflection on overall development of an individual. Despite the fact that self-esteem is a well-established psychological concept, its study has lagged behind other areas. This research was conducted to learn more about how high school pupils in the Lakhimpur District of Assam feel about themselves.

### **NEED AND SIGNIFICANCE OF THE STUDY:**

The study of Self Esteem is most important to build a satisfactory and happy life. When we face challenges like disappointment, loss, criticism, and interpersonal conflict, our sense of self-worth may serve as a bolstering coping mechanism. Stress and concern about such situations may be crippling for those with poor or fragile self-esteem. When people fail, they might get disheartened and disappointed. People with a healthy dose of self-confidence may weather adversity with more resilience and optimism. (Baumeister,1998, Leary *et. al*,1995). Self Esteem determines our lifestyle. Now-a-days adolescents are suffering from lots of psychological imbalances due to which maladjustment problems among the adolescents have been seen. To lead a worthwhile life we must have favorable attitude towards self. High school kids, and young people in general, will shape the world we live in as the architects and decision-makers of the future. Therefore, it is imperative that they cultivate a positive self-image. Therefore, the researcher reasoned, it would be important for society to get insight into the sense of identity held by students at the post-secondary level.

### **REVIEW OF RELATED LITERATURE:**

Parvaneh, *et.al.* (2017) had looked at how high school pupils in Lamerd felt about themselves in connection to how well they did in school. There was a statistically significant connection between academic success and confidence.

Wilson (2017) studied the correlation between students' academic confidence and their grades. The findings revealed that students' academic success is influenced by their sense of self-worth and the quality of their interpersonal connections.

Feroz (2018) evaluated the relationship between students' levels of self-esteem and their grades at the University of Swat and established a correlation between students' levels of self-esteem and their grades. The results indicated a favorable association ( $r=0.551$ ,  $p<0.02$ ) between students' grade point averages and their self-esteem levels.

Ahmat, *et.al.* (2018) investigated college freshmen pharmacists' sense of self-worth. A random stratified sample of 256 students was chosen. The academic success of pharmacy students at Malaysia's University Teknologi MARA Puncak Alam was assessed by looking at their transcripts,

and their self-esteem was examined using the Rosenberg Self-Esteem Scale (RSES). Standard statistical procedures such as the mean, median, standard deviation, t test, and analysis of variance were used to examine the data. A p-value of 0.87 suggests that there is no correlation between self-esteem and academic performance.

Noronha, *et.al.* (2018) has examined the relationship between academic success and individual perceptions of one's own worth. The research was purely descriptive. A total of 100 schools were chosen at random, both public and private. The data was analyzed using both the t test and Pearson's correlation coefficient. The study's findings revealed a wide gap in the self-esteem of male and female students. It was also found that there was no substantial link between respondents' expectations of themselves and their actual academic performance.

Qadri (2021) had looked at how students' levels of spiritual intelligence, self-esteem, and social adjustment influenced their performance in high school. No statistically significant gender differences were discovered across any of the Self-Esteem categories (self-perception, social perception, competence, emotional balance, self-drive, or total self-esteem).

Yadav and Srivastava (2021) had looked into students' perceptions of self-worth and social adaptability via an experiment. This study's findings showed that hosteller and non-hosteller pupils had noticeably different levels of self-esteem. The research also indicated that hosteller and non-hosteller kids had very different rates of emotional, social, and academic adjustment. Students' self-esteem was shown to be significantly related to their level of adjustment, according to the research.

Julius (2022) had looked into college students' perceptions of their own competence and self-worth. This analysis examines college students to determine their self-esteem and sense of competence. One's self-efficacy may be defined as their confidence in their own abilities. The results show that students have high levels of self-esteem and self-efficacy and that the two concepts are positively related.

#### **4.0 STATEMENT OF THE PROBLEM:**

The present study is entitled as “A study on Self Esteem of the Higher Secondary Level Students of Lakhimpur District, Assam”.

#### **5.0 “OBJECTIVES OF THE PRESENT STUDY:**

The objectives of the study are -

5.01 To compare the Self Esteem of Higher Secondary level students of Lakhimpur District,

Assam with respect to their locality, *viz.*, Rural and Urban.

5.02 To compare the Self Esteem of Higher Secondary level students of Lakhimpur District, Assam with respect to their gender, *viz.*, Boys and Girls.

## **6.0 HYPOTHESES:**

H1: There is no significant difference in the Self Esteem of Higher Secondary level students of Lakhimpur District, Assam with respect to their locality, *viz.*, Rural and Urban.

H2: There is no significant difference in the Self Esteem of Higher Secondary level students of Lakhimpur District, Assam with respect to their gender, *viz.*, Boys and Girls.

## **7.0 DELIMITATIONS OF THE STUDY:**

7.1 The present study was confined to the Higher Secondary 2<sup>nd</sup> year students of Lakhimpur District, Assam.

7.2 Only the Assam Higher Secondary Education Council (AHSEC) recognized institutions offering Higher Secondary courses including Degree Colleges having Higher Secondary Courses, Junior Colleges and Higher Secondary Schools were selected for the study.

7.3 The present study covered the year 2020-21.

## **8.0 METHODOLOGY:**

*8.01 Descriptive survey Method was used for the present study.*

### ***8.02 POPULATION OF THE PRESENT STUDY:***

There are 72 institutions (Higher Secondary Schools, Junior Colleges and Degree Colleges) recognized by Assam Higher Secondary Education Council in Lakhimpur District of Assam that have been providing Higher Secondary courses. In the present study, the population comprised of all the Higher Secondary second year students studying in these 72 Assam Higher Secondary Education Council (AHSEC) recognized institutions (Higher Secondary Schools, Junior Colleges and Degree Colleges) in Lakhimpur District, Assam.”

### ***8.03 SAMPLE OF THE PRESENT STUDY:***

For the present study, the researcher had adopted the proportionate stratified random sampling in selecting institutions offering Higher Secondary Courses of Lakhimpur District of Assam. The researcher had selected 40 % (29) of the total population institution for selecting sample institutions offering AHSEC recognized Higher Secondary Courses in the Lakhimpur District, Assam. Thus the researcher selected 40 % (10) institutions from the urban areas and 40%(19) institutions from the rural area of Lakhimpur District of Assam. Moreover, the sample of students consists of 20 students; 10 boys and 10 girls from each institution. So, a total of 580 sample students were taken for the study.

### ***8.04 TOOL USED IN THE PRESENT STUDY:***

“The Self Esteem Inventory (SEI) developed by the researcher in 2019 was used for the study. Following the Likert’s method of summated rating procedure, SEI was developed with 40 items consisting eight areas. The eight areas dealt with the inventory are (1) Self Respect, (2) Self Confidence, (3) Self Competence, (4) Self Control, (5) Lovability and Likability, (6) Personal Power (7) Physical Appearance (8) Family Support.” The researcher followed five point Likert’s type responses for each prepared items. For favorable items 5, 4, 3, 2, 1 were assigned and for unfavorable items 1, 2, 3, 4, 5 were assigned. A person's self-esteem is determined by adding up their scores in these eight categories. Scores range from 40 to 200, with higher numbers indicating students with strong self esteem and lower numbers indicating students with poor self esteem among secondary school students in the Lakhimpur District of Assam. This scale has a reliability of 0.88 as calculated by the split-half approach. Content validity of the Self-Esteem Inventory was assessed by soliciting feedback from professionals in the field. Because it was developed with input from specialists, the content validity of the self-esteem assessment is good.

### ***8.05 “STATISTICAL TECHNIQUES USED:***

For the present study, Mean, Standard Deviation, Standard Error of Deviation, t-test were used to analyze the data.

## **9.0 ANALYSIS AND INTERPRETATION OF DATA:**

### ***9.01 COMPARISON OF SELF ESTEEM OF HIGHER SECONDARY LEVEL STUDENTS OF LAKHIMPUR DISTRICT, ASSAM WITH RESPECT TO THEIR LOCALITY (URBAN AND RURAL)”***

The 't' value was determined in order to make a comparison between the urban and rural self-esteem

of secondary school students in the Lakhimpur district of Assam. Table No.1 compares the self-esteem of rural and urban pupils at the same level of education in the Lakhimpur District of Assam.

**Table No.1**

Comparison of Self Esteem of Rural and Urban Higher Secondary Level Students of Lakhimpur District, Assam.

Variable	Locality	N	Mean	S.D.	df	Standard error of difference	t	Significance
<b>Self Esteem</b>	Rural	380	151.06	15.528	578	1.446	3.776	Significant at .05 level
	Urban	200	155.34	14.765				

From the above table it is observed that the calculated 't' value is 3.776 at 578 df which is greater than the tabulated value i.e.1.96 at .05 level. Hence the null hypothesis i.e. *“There is no significant difference in the Self Esteem of Higher Secondary level students of Lakhimpur District, Assam with respect to their locality, viz., Rural and Urban.”* is rejected. It means that there is a significant difference between rural and urban Higher Secondary level students as far as their Self Esteem is concerned.

***9.02 COMPARISON OF SELF ESTEEM OF THE HIGHER SECONDARY LEVEL STUDENTS OF LAKHIMPUR DISTRICT, ASSAM WITH RESPECT TO THEIR GENDER (BOYS AND GIRLS)***

Students' self-esteem in Lakhimpur District, Assam, at the secondary school level was measured to get the 't' value for a gender comparison. Table No.2 shows the results of a comparison between the self-esteem of male and female pupils in the Lakhimpur District of Assam's Senior Secondary School.

**Table No. 2**

Comparison of Self Esteem of Boys and Girls Higher Secondary level students of Lakhimpur District, Assam.

Variable	Gender	N	Mean	S.D.	df	Standard error of difference	t	Significance
Self Esteem	Boys	290	152.54	14.369	578	1.264	0.194	Not significant at .05 level
	Girls	290	152.78	16.263				

In comparison to the tabulated value of 1.96 at the .05 level, the computed value of 't' at 578 df is 0.194, as seen above. Thus, the null hypothesis that there is no gender difference in the self-esteem of pupils in the Lakhimpur District of Assam's Upper Secondary level is accepted. This suggests that there is no significant difference between the sexes in the self-esteem of high school graduates who want to attend college.

**10.0 FINDINGS AND DISCUSSION:**

10.1. It is found in the present study that there is a significant difference in the self esteem of Rural and Urban Higher Secondary Level students of Lakhimpur District, Assam. It revealed that Rural and Urban students are different in terms of their Self Esteem. The study is contradictory with Sumathi and Lalkumar(2017), Joshi and Sribastava (2009) as they found significant relationship between rural and urban students regarding their Self Esteem.

10.2. In the present study it is found that there is no significant difference in the Self Esteem of Boys and Girls Higher Secondary level students of Lakhimpur District, Assam. The study done by Aryana (2010), Bharadwaj and Agarwal(2013), Lalkumar (2016), Joshi(2017), Sumathi and lalkumar (2017) also showed that male and female students do not differ significantly regarding self esteem. The study is contradictory with the study by Naderi,*et.al* (2009) which found that there is a significant difference between boys and girls as far as their Self Esteem is concerned.

**11.0 Educational Implications of the Study:**

The study bears immense significance for many especially in the educational field-

11.1 The findings of the study would bear significance for the teachers, educators, policy makers,

curriculum planners and even to the parents and common people in understanding about self esteem of the adolescents.

***11.2 This present study will give an insight to the learner about self esteem of the Higher Secondary level students of Lakhimpur District, Assam, in relation to their locality and gender.***

## **12.0 CONCLUSION:**

In this paper, we set out to compare the self-esteem of male and female high Higher secondary school in Lakhimpur District, Assam, based on where they live and whether they identify as male or female. We found that there was a clear divide between students who lived in rural and urban areas, but no such divide between students of different sexes.

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