A Study On Self-Esteem Among The College Students

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Abstract:- Self-Esteem Reflects The Intrinsic Belief In The Self, The Overall Opinion And Value Of A Person. Processing A Healthy Capacity For Good Self-Esteem Involves Self-Respect, Self-Acceptance And An Appreciation Of Self-Worth That Embraces Both Strengths And Limitations. A Person With 'Good Enough' Self-Esteem Is Able To Feel Good, Even In The Face Of Adversity. When Life Events Seem Difficult, They Still Value Themselves As Good Enough. In Contrast, Someone With Chronic Low Self-Esteem In A Similar Situation May Feel Overwhelmed With Negativity. The Aim Of The Study Is To Analyze The Level Of Self-Esteem Among The College Students Studying At Bharathidasan University Constituent College, Perambalur. The Researcher Has Used Descriptive Research Design And Purposive Sampling Method Was Adopted To Select 60 Boy Students. The Major Findings Of The Study Revealed That More Than Half Of The Respondents (52.5%) Had Low Self-Esteem. Whereas 47.5 Per Cent Of Them Have High Self-Esteem.

Key Words: *Self Esteem, College, Purposive Sampling*

I.   INTRODUCTION

College Is The Time When Most Students Are Developing Their Sense Of Identity, And For Many, It Is The First Time Away From Home, And Some Students Are The First Member Of The Family To Ever Attend College. Students Are Finding Things Out About Themselves And Figuring Out What College Life Is All About. Prioritizing And Responsibility Are Brought To A New Level As Students Are In Charge Of Their New World. It Can Be Very Overwhelming. In Addition To All Of This, Students Are Trying To Make Friends And Be "Accepted" By Peers. This Is The Time When Self-Esteem Is Very Much Needed. Self-Esteem Is Important To Everyone And All Need Positive Self-Esteem To Feel Good About Ourselves. Positive (High) Self-Esteem Is Feeling Good About Who We Are; Liking Ourselves Regardless Of Successes Or Failures. Positive Self-Esteem Means That We Don't Judge Ourselves Based On What Others Think Or Say, Or How Much We Can Accomplish. (Linda Et Al 1984) Low Self Esteem Is When We Feel Badly About Ourself, And Who We Are. Having Low Self-Esteem Can Have Intense Emotional Effects On An Individual. It Can Make Us Feel Like We Have Little Confidence Or Control Over Our Life. Many Times, Others Can Sense Someone With Low Self-Esteem And Take Advantage Of Him Or Her By Coercing Them Into Doing Things They Wouldn't Normally Do. Low Self-Esteem Can Affect Our Relationships With Significant Others. If We Do Not Like Ourself, It Is Difficult To Truly Like Others And Share Ourself With Another Person. The Negativity That Low Self-Esteem Brings Can Damage A Relationship Because It Is Also Very Difficult To Accept Love And Affection From Other People If We Do Not Love Ourself First. Our Work And School Success Can Also Be Affected. With Low Self-Esteem, We May Lack The Motivation And Confidence To Succeed In School And At Work. If We Are Not Feeling Good About Ourself, We May Hold Ourself Back From Finishing Projects And Even Self-Sabotage So That We Purposely Do Not Succeed. Some Students Who Feel This Way Cover It Up By Drinking And Using Drugs And Being The Life Of The Party. Others Are Angry And Isolated And Can Take Their Mood Out On Others Around Them. The Real Truth Is That These Individuals Are Most Likely Very Sad Inside And Need Support And Encouragement To Change These Destructive Ways. (Donovan Et Al (1984)).

II.   REVIEW OF LITERATURE

Lowery Et Al (2005) Have Conducted A Study On Body Image, Self-Esteem, And Health-Related Behaviors Among First Year College Students. With Comprises Of 267 Female And 156 Male First-Year College Students. Data Was Collected In 23 Classrooms. Instruments Included A Demographic Sheet, The Objectified Body Consciousness Scale, The Weight And Appearance Visual Analogue Scales, The Contour Drawing Rating Scale, The Rosenberg Self-Esteem Scale, And A Measure Of Physical Fitness/Health-Related Behaviors. Self-Esteem Was Consistently Related To Body Image Dissatisfaction For Women, And Women Consistently Exhibited A More Negative Body Image Than Did Men. Even When Both Men And Women Were

Consistent Exercisers, The Women Had Poorer Body Image. Finally, For Both Men And Women, More Positive Physical Fitness/Health-Related Behaviors Were Positively Related To Self-Esteem And Body Image. **Khalek Et Al (2012)** Studied The Self-Esteem Among College Students From Four Arab Countries. This Study Had Three Objectives Of The Study Includes: (A) To Compare Undergraduates From Four Arab Countries On Self-Esteem, (B) To Explore The Sex-Related Differences In Self-Esteem In These Four Arab Countries, And (C) To Examine The Association Of Self-Esteem With Both Per-Capita Income And Unemployment Rate. Four Samples Of 2,643 Students Were Recruited From Egypt (N = 576), Kuwait (N = 674), Lebanon (N = 826), And Oman (N = 567). Kuwaiti And Omani Men Had A Significantly Higher Mean Score On Self-Esteem Than Did Egyptian And Lebanese Men. Egyptian Women Scored Significantly Lower Than The Omani Women, But The Effect Size Was Small. Regarding The Sex-Related Differences In Self-Esteem, Kuwaiti Men Had A Significantly Higher Mean Score Than Did Their Female Peers, But The Effect Size Was Small, Whereas There Were No Significant Sex Differences In The Other Samples. The Sex-Related Difference In Self-Esteem Is A Controversial Result And It May Not Be Replicable In Different Countries. It Was Suggested That Self-Esteem Is Associated With High Per-Capita Income And Low Unemployment Rate. **Parmar (2014)** Has Conducted A Study To Find Out The Impact Of Gender Difference In Self-Esteem Between College Students And To Study The Economic Status Difference In Self-Esteem Among College Students. The Sample Consisted Of 60 College Students 30 Boys (15 Were High Economic Status And 15 Were Low Economic Status) And 30 Girls (15 Were High Economic Status And 15 Were Low Economic Status) College Students Were Selected Randomly From Various Arts College Of Rajkot City In Gujarat. The Data Was Analyzed In Terms Of Mean, Sd, And T-Test. The Result Of T-Test Revealed Significant Difference In Self-Esteem Between Boys And Girls College Student As Compared To Girls, Boys Have Healthy Self-Esteem. Result Also Revealed That Students Having High Economic Status Were Healthy Self-Esteem Than Students Having Low Economic Status.

III. RESEARCH METHODOLOGY
Aim

The Aim Of The Study Is To Assess The Self-Esteem Among The Male College Students Studying In Bharathidasan University Constituent College, Perambalur.

Objectives Of The Study
- To Study The Socio –Demographic Characteristics Of The Respondents.
- To Assess The Level Of Self-Esteem Among The Respondents.
- To Find Out The Association Between The Selected Socio Demographic Variables And Self-Esteem.
- To Suggest Suitable Measures To Enhance The Self-Esteem Among The College Students.

IV. METHODOLOGY
Research Design

In The Present Study The Researcher Has Attempted To Investigate The Level Of Self-Esteem Among The Male College Students Studying In Bharathidasan University Constituent College, Perambalur. The Effort Of The Investigation Is To Provide A Descriptive Profile Of The Respondents And Further The Researcher Has Attempted To Find Out The Association Between The Various Variable Of The Study. Thus Diagnosis Was Done To Determine The Frequency With Which The Different Variables Of The Study Were Associated. Hence For This Study, A Descriptive Research Design Was Used

V. UNIVERSE AND SAMPLING

The Under-Graduate Male Students Studying In Bharathidasan University Constituent College, Perambalur Constituted The Population Of Research. The Universe Of The Study Comprises Of 610 Male Students. Simple Random Sampling Method Was Adopted To Select 10% Of The Respondents And The Sample Size Is 61.

VI. TOOLS OF DATA COLLECTION

A Self Prepared Interview Schedule Was Prepared To Collect The Personal Details And A Standardized Tool On Self-Esteem Was Used Which Comprises Of 24 Items.

VII. RESULTS AND DISCUSSION

Data Related To The Socio-Economic Characteristics Of The Male College Students Are As Follows, More Than Half Of The Male Respondents (55.7%) Are In The Age Group Of 21 To 23 Years. It Highlights That With An Increase In The Age Of Male Students, Their Proposition Also Get Increased And All The Students Were In Their Final Year Of Collegiate Education. It Is Also Noted That Majority Of The Respondents (75.4%) Are Living In Rural Areas And Majority Of Them Are Not Working (62.3%) And Are

Solely Dependent On Their Family For Their Expenses. As An Impact Of Transition Of Joint Family System, Great Majority Of The Respondents (91.8%) Are With Nuclear Families. Regarding The Family Size Of The Respondents, Little More Than Half Of The Respondents Family Size (52.5%) Comprises Maximum Of Four Members. It Is Also Evident From The Study That, Majority Of The Respondents (73.8%) Have Assets And Are Living In Their Own Houses, With Facilities Such As Electricity (100%), Water Sources (96.7%) And More Than Half Of The Respondents (57.4%) Do Not Have Toilet Facilities In Their Houses And This Is Because Majority Of The Respondents Come From Rural Areas With Agricultural Background And Do Open Defaecation. It Is Also Clear That Majority Of The Respondents(83.6%) Family Members Have The Habit Of Saving And It Is Done Through Banks. Though They Have Saving Habit, Great Majority Of The Respondents Have Said That They Have Financial Problem To Deal With Expenses Beyond Their Income. It Is Clearly Understood From The Study That Little More Than Half Of The Respondents (52.5%) Have Low Self-Esteem And 47.5 Per Cent Of The Respondents Have High Self-Esteem. There Are Lot Of Reasons For Low Self-Esteem Which Includes Poor Socio-Economic Conditions, Area Of Residence, First Graduate Of Their Family, Environmental Factor, Lack Of Exposure And Motivation, Lack Of Family Support, Use Of Alcohol Etc.. When Cross Tests Were Applied Between The Selected Socio- Demographic Variable And Key Variable, It Was Found That There Is No Significant Difference Between The Domicile, Type Of Family, Financial Problem And Part Time Job Of The Respondents With Regard To Self-Esteem. Anyhow There Is A Significant Difference Among The Age Of The Respondents And Self-Esteem Which Indicates That As Age Increases The Self-Esteem Also Increases. It Was Also Found That Almost All The Respondents Have The Habit Of Drinking Alcohol.

VIII.   SUGGESTIONS

Students Counselors Must Be Appointed In All Colleges And Schools To Deal With The Problems Of The Adolescents. Vocational Training Must Be Provided For College Students To Develop Their Self-Esteem And Also To Find A Source Of Living. Training Programmes On Personality Development And Capacity Building Must Be Given To The College Students To Understand Themselves And Also Cope More Effectively With The Existing Problems. Recreational Activity And Programmes On Spirituality, Yoga, Meditation Must Be Provided For Self Development Which In Turn Will Boost The Their Self-Esteem. Awareness On Self Must Be Provided To All Students To Make Them A Complete Human Being. Life Skill Education Must Be Enforced In The Syllabus And Students Must Be Encouraged To Follow It.

IX.   CONCLUSION

Many Students Begin College Unprepared For The Colleges Of Balancing Their Responsibilities And Maintaining A Healthy Lifestyle In The Face Of Stressors (Negga Et Al., 2007). Self-Esteem Is The Perception Of One's Feeling, Thoughts About Themselves– How It Looks, Feels, And Moves. It Is Somewhat Based On Their Daily Experiences. Self-Esteem Can Build Inner Strength And Confidence. The Following Are A List Of Things We Can Do Everyday To Improve Our Self-Esteem.1.Accept Yourself, 2.Take Control, 3. Think Positive, 4. Be Good To Yourself, 5. Get Involved, 6. Become Self-Reliant, 7.Set Goals. If These Things Are Followed A Person Will Be Always Confident Enough To Face The World.

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