



Analysis on the Association in the middle of Teenager's Self-Esteem and Family Environment

Nishu Sahani, Research Scholar

Department of Psychology, Faculty of Arts

P K university, Shivpuri (M.P) India

Prof. (Dr.) Mohsin Uddin

Research Supervisor, Department of Psychology, Faculty of Arts

P K university, Shivpuri (M.P) India

ABSTRACT

The study involved 200 teenagers, 100 of whom were male and the other 100 were female, enrolled in different Meerut-based educational institutions. The Family Environment Scale and the Self-Esteem Scale were used to collect data. A number of statistical techniques were applied to the data analysis. The t-test and Pearson's product moment correlation were the statistical methods applied. The goal of the current study was to determine whether teenage self-esteem and the familial environment are correlated. The relationship between the self-esteem of adolescents and the various family environment scale dimensions cohesion, expressiveness, conflict, independence, achievement orientation, intellectual cultural orientation, active recreational orientation, moral religious emphasis, organization, and control was examined using Pearson's product moment correlation. The investigation's findings demonstrate that there are no gender disparities in the mean scores of any of the ten home environment characteristics, nor are there any gender differences in the mean scores of teenagers' self-esteem. Additional correlational analysis showed that the conflict component of the home environment is adversely connected with self-esteem, and moral and religious emphasis is positively correlated. The findings showed a strong link between teenagers' self-esteem and their familial environment.

Keywords: *Self Esteem, Adolescents, Family Environment,*

INTRODUCTION

The word "adolescence" comes from the Latin "adolescere," which means "to grow up." This stage serves as a transitional period between childhood and adulthood. Typically, this time spans between 12 and 19 years. Adolescents experience a variety of physical and mental changes throughout this time. The main process that occurs at this time is puberty, which involves numerous changes in adolescents that eventually lead to sexual maturity. It is around this time that teenagers form close social bonds. "The developmental period of transition between childhood and adulthood that involves biological, cognitive, and social changes" is how Santrock describes adolescence. "Period which is sexual, social, occupational, and ideological adjustments and striving independence from parents" is how Kuhlen describes adolescence. Adolescence is a crucial time for introspection and self-reflection. Teenagers grow into adults with a distinct identity. During this stage of life, there is a stage of identity development. Self-concept, sense of identity, and self-esteem are three broad perspectives to comprehend identity development.

Self Esteem

Self Esteem is composed of two terms 'self' and 'esteem', self means one's own self and esteem is derived from a latin verb *aestimare* which means value. By combining these two terms we can conclude self esteem is value for one's own self. It is the person's overall self-worth, attitude towards self. There are mainly two types of self esteem : Low self esteem and High self esteem, which depend upon the situations , environment and the people surrounding.

Low Self Esteem constructs a negative view towards self; it is a condition when a person feels hopeless, incapable, incompetent, lack of confidence in self, useless and unworthy. According to Shilling (1999) "Low self-esteem is a trait of financially unsuccessful people, which in turn results in low risk-taking ability."

On the other hand, High Self Esteem constructs a positive view towards self, there the person feels self-worthy, confident, competent, capable, happy, optimistic, far from worries and energetic.

According to Smith and Mackie (2007) "The self-esteem is the positive or negative evaluations of the self, as in how we feel about it."

Family Environment

Family is the first school for an individual. Child's life is mainly influenced by the family environment; it is the primary source of social development. Each family is different from the other, as it is composed of different members. Each varies in its social and economic conditions with different background. Bhatia and Chadha (2004) measured the psychological environment of family as perceived by adolescents with respect to the quality and quantity of cognitive, emotional and social support given by the family to the child, with eight components namely: cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization; and control.

Adolescence is an important developmental phase of life. It is a path leading to adulthood, an individual starts becoming independent from the family. At this stage social awareness and social intercourse begins, but still parents and other family members play a vital role in adolescent's life in their wellbeing, they act as a support system within which teens explore their identity and develop their self-concept.

Significance of Study

Adolescence is a period in which boys and girls face many problems and issues. It is the most significant stage of development. The type of characteristics one develops in his/her adolescent period last throughout life. The situations, conditions and environment in which they live always reflect in their personality.

Self-esteem is one of the most important factors required for everybody to succeed in life. And it is very much clear that Self Esteem/Self Identity mainly generates in the adolescent period. It is the period of intellectual, social, emotional and mental development. And family is the place from where an individual starts his/her first social development. It is the first school for every individual, it plays a crucial role in one's life.

To identify the conditions related to family environment among adolescents which influences their self-esteem. Various dimensions of family environment which may positively or negatively correlate with the self-esteem of adolescents. To improve the family conditions so that better development can be brought in adolescents, this may prove significant in bringing success to our nation.

Realizing the influence of family environment and self-esteem of adolescents on each other, the investigator decided to undertake this research. Moreover the lack of researches in this area also encouraged the investigator to probe into it and the investigator decided to conduct a study in this field.

Objectives:

- i) To study the correlation between the scores family environment and self-esteem of adolescents.
- ii) To study whether gender difference exist in Family Environment and Self Esteem.

Hypotheses:

- i) Significant correlation exists between family environment and self-esteem of adolescents.
- ii) Gender difference will exist in family environment of adolescents.
- iii) Gender difference will exist in self-esteem of adolescents.

Sample:

A sample of 200 adolescents (100 males and 100 females) was selected randomly from six educational institutes of district Meerut, U.P., India.

Research Design:

The goal of the current study is to examine the relationship between the family environment and the self-esteem of teenagers enrolled in different Meerut educational institutions. Two distinct psychological tests were used to gather the data, which was then assessed in accordance with the manual's standards. The relationship between the family environment and the participants' self-esteem was then investigated. The gender differences in teenage self-esteem and home environment were examined using the t-test.

Test Tools:

The following tools were used in the present study to collect the data:

- i) Family Environment Scale (Moos & Moos, 1994)
- ii) Self-Esteem Scale (Rosenberg, 1975)

RESULTS

To test hypothesis no. 1:

Table:1, Coefficient of Correlation (r) between scores of different dimensions of Family Environment and Self Esteem of adolescents.

Sr. No.	Dimensions of family environment Scale	r

1	Cohesion	0.081142
2	Expressiveness	0.037739
3	Conflict	-0.22833**
4	Independence	-0.04073
5	Achievement Orientation	0.064372
6	Intellectual Cultural Orientation	0.114207
7	Active Recreational Orientation	0.054551
8	Moral Religious Emphasis	0.158125*
9	Organization	0.103654
10	Control	0.040162

*p<0.05, ** p<0.001

As shown in table 1, the coefficient of correlation between different dimensions of family environment and self esteem of adolescents, the table reveals that self esteem of adolescents is positively correlated to Moral Religious Emphasis($r = 0.158125$, $p < 0.05$) and negatively correlated to conflict ($r = -0.22833$, $p < 0.01$) dimension of family environment scale.

Therefore, the first hypothesis, “Significant correlation exists between family environment and self esteem of adolescents” was accepted for the different dimensions of the family environment scale which are moral religious emphasis and conflict.

To test hypothesis no. 2:

t-test was employed to find the significance of gender differences in various dimensions of Family Environment Scale of adolescents and Self Esteem of adolescents.

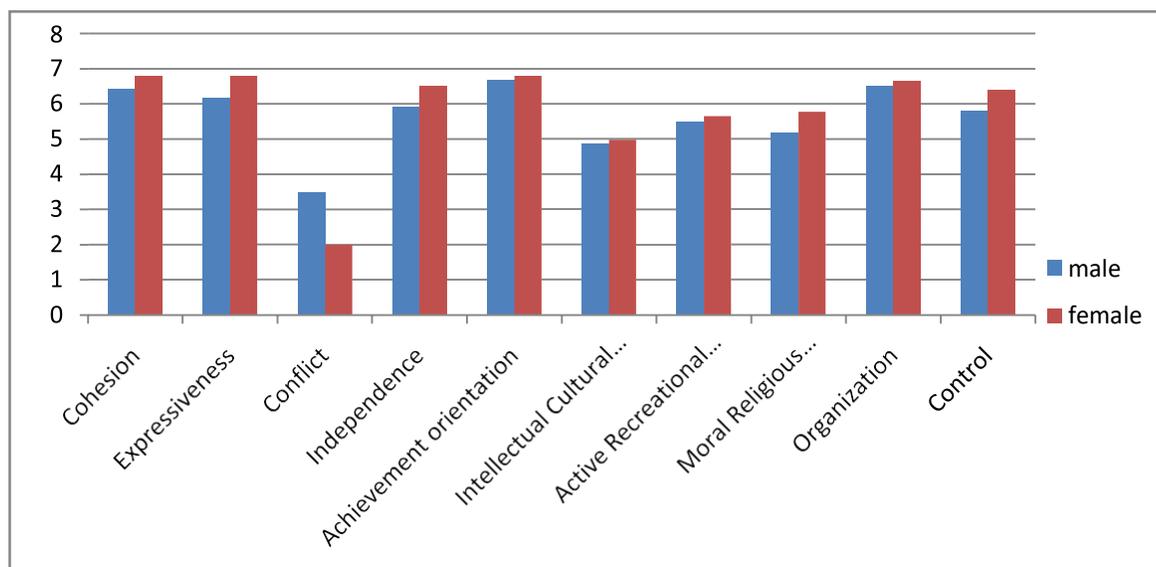
Table: 2, Mean, Standard deviation and t-value to find significance gender difference indimensions of Family Environment Scale among adolescents.

Sr. No.	Dimensions of Family Environment Scale	Gender	Mean	Standard Deviation	t-value	Level of Significance
1	Cohesion	Male	6.42	1.342243	0.045238	Not Significant
		Female	6.8	1.35587		
2	Expressiveness	Male	6.16	1.773657	0.002787	Not Significant
		Female	6.8	1.385349		
3	Conflict	Male	3.5	1.93584	0.575237	Not Significant
		Female	2	1.745731		
4	Independence	Male	5.91	1.670269	0.00491	Not Significant
		Female	6.5	1.41778		
5	Achievement Orientation	Male	6.68	1.309484	0.548095	Not Significant
		Female	6.79	1.397168		
6	Intellectual Cultural Orientation	Male	4.86	1.675853	0.628927	Not Significant
		Female	4.97	1.424568		
7	Active Recreational Orientation	Male	5.5	1.38899	0.47541	Not Significant
		Female	5.64	1.15924		
8	Moral Religious	Male	5.17	1.442886	0.00164	Not

	Emphasis	Female	5.77	1.36962		Significant
9	Organization	Male	6.5	1.598611	0.405691	Not Significant
		Female	6.66	1.350047		
10	Control	Male	5.79	1.659348	0.010654	Not Significant
		Female	6.41	1.608657		

As shown in table 2, it was found that there exist no significant gender difference between the family environment of adolescents. Then scores of cohesion for male adolescents was 6.42 and of female adolescents was found to be 6.8, t-value was found to be 0.045238, which is not significant at any level. The same was with all the dimensions of family environment scale which were expressiveness, conflict, independence, Achievement Orientation, Intellectual Cultural Orientation, Active Recreational Orientation, Moral Religious Emphasis, Organization and control, t-value for all the mentioned dimensions were found to be not significant.

Therefore, the second hypothesis, “Gender difference will exist in family environment of adolescents” was rejected.



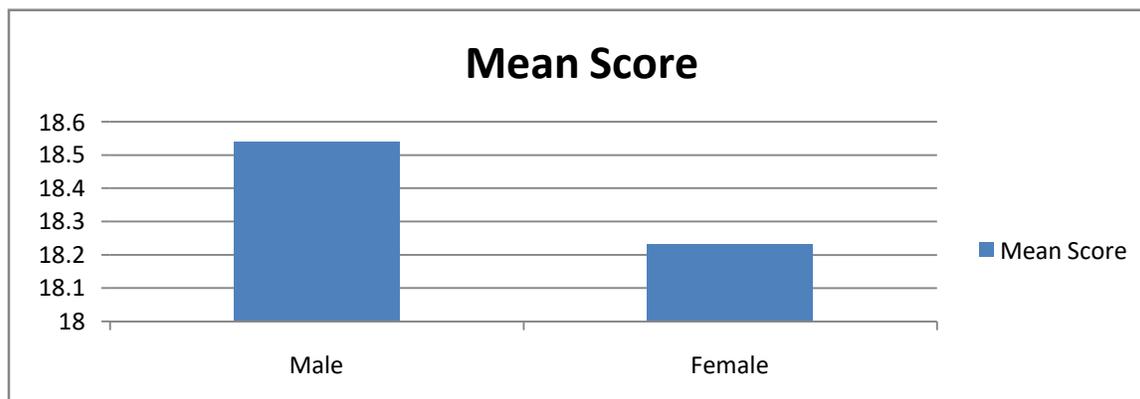
Bar Graph showing difference in mean scores of male and female adolescents, among different dimensions of Family Environment Scale

Table: 3, Mean, Standard deviation and t-value to find significance gender difference of Self Esteem among adolescents.

Self Esteem	Gender	Mean	Standard Deviation	t-value	Level of Significance
	Male	18.54	2.77587	0.465625	Not Significant
	Female	18.23	3.146489		

From table 3, it is clear that there existed no significant difference in mean scores of male and female adolescents in their self esteem. The mean score of self esteem among male adolescents was 18.54 and the mean score of self esteem of female adolescents was 18.23. As shown in the table the computed t-ratio of

the sample was 0.465625, which is not significant at any level. Thus the second hypothesis, “gender difference will exist in self esteem of adolescents” is rejected.



Bar Graph showing the difference in the mean scores of Self-Esteem of male and female adolescents

CONCLUSION

The study computed the coefficient of correlation between the various dimensions of the home environment scale and the self-esteem of adolescents. The results indicated that there was a significant link for Moral Religious Emphasis at the 0.05 level of significance and for Conflict at the 0.01 level of significance. (Where teenagers' self-esteem is negatively correlated with conflict). Furthermore, there are no appreciable gender disparities in teenagers' self-esteem or familial environments.

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