



A STUDY ON SELF ESTEEM AMONG MEDICAL STUDENTS

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ABSTRACT

The aim of the study was to determine the self esteem level of medical students. The sample size of the study was 60 adolescent boys and girls from Dr. SMCSI Medical College, Karakonam, Trivandrum. Systematic random sampling technique was adopted for the study. Standardized Rosenberg Self Esteem Scale constructed by Rosenberg was the tool for the study. It was concluded that the majority of the respondents' self esteem is quite high. The self esteem among the different performance in the college are not different because the Sig. Value is greater than 0.05, therefore there is positive relationship between the two.

Key Words: Self Esteem, Medical Students, Questionnaire.

INTRODUCTION

Today adolescence begins earlier and lasts longer than ever before. In our specific Indian culture, where the family relationships are very strong even with the adolescence. This stage covers the second decade of life and lasts very long. Adolescence is the period of psychological and social transition between childhood and adulthood. Adolescence is divided in to two. Early and late adolescence. Early adolescence extends roughly from thirteen to sixteen or seventeen years and late adolescence covers the period from then until eighteen, the age of legal maturity. Late adolescence is thus a very short period. Adolescence is the most energetic period of development, ruled by the intellectual robustness and creative energy. Ausubel (1958) says that the terms self, self concept, ego and personality constitute, in the order given, an ascending hierarchy of complexity and inclusiveness. "Adolescence is customarily divided into three stages: early (age 11 to 14 years), middle (age 14 to 17 years) and late (age 17 to 21 years). In this study the researcher has analyzed the later stage of adolescence. By late adolescence the children become more interested in defining one's career goals and place in the society. Peer group influence lessens and there may be rapprochement with parents. Older adolescents are highly idealistic and may disregard traditional institutions.

Self Esteem

According to Webster's dictionary self esteem is the "satisfaction with oneself". Psychologists generally split self-esteem into two types: earned self-esteem and global self-esteem. The concepts of each differ in critical ways:

- Earned self-esteem. This is the self-esteem that people earn through their own accomplishments — satisfaction from having scored well on an exam.
- Global self-esteem. This refers to a general sense of pride in oneself. It is not grounded in a particular skill or achievement. This means that an underachieving student can still bask in the warmth of global self-esteem, even if the door to earned self-esteem is shut. Advocates say that this feeling of self-worth will inspire academic success. The reality is different. At best, global self-esteem is meaningless. At worst, it is harmful. William Damon, an educational psychologist at Brown University, warns that heightened global self-esteem can lead children to have "an exaggerated, though empty and ultimately fragile sense of their own powers ... [or] a distrust of adult communications and self-doubt."

SIGNIFICANCE OF THE STUDY

Social behaviour of a person is shaped by the view of the world he has from. He gets this view of the world mainly from his/her home and the environment in which they brought up. Adolescence refers to the period of transition from childhood to adulthood. It is a descriptive term for a period. Adolescence has often been termed as a period of stress and storm. Psychologists have identified this is the period when identity crisis or quest for identity occurs. The physical changes during this period along with changes in social expectation can lead to a lowered self esteem and a negative attitude towards oneself. However the majority of the literature available in the journal are from a western context and the researcher was interested to study the self esteem of adolescence in Kerala.

METHODOLOGY

The sample size of the study is 60 adolescent boys and girls from Dr.SMCSI Medical College, Systematic random sampling technique was adopted for the study.

TOOLS OF DATA COLLECTION

The researcher collected the data by using three tools. They are:-

A) PERSONAL PROFILE QUESTIONNAIRE

This questionnaire has questions regarding the demographic details like age, class, religion, place of residence, family structure etc.

B) ROSENBERG SELF ESTEEM SCALE

The researcher used standardized Rosenberg Self Esteem Scale constructed by Rosenberg.

SCORING

While designed as a Guttman scale, the SES is now commonly scored as a Likert scale. The 10 items are answered on a four point scale ranging from strongly agree to strongly disagree. To score the items, assign a value to each of the 10 items as follows: For items 1,2,4,6,7: Strongly Agree=3, Agree=2, Disagree=1, and Strongly Disagree=0. For items 3,5,8,9,10: Strongly Agree=0, Agree=1, Disagree=2, and Strongly Disagree=3.

DATA ANALYSIS AND INTERPRETATION

The collected data is entered into SPSS (Statistical Package for Social Sciences) 16.0 version, coded and analyzed mainly in terms of percentages. The statistical tests like ANOVA for finding the relationship between college performance and self esteem, mean and standard deviation for measuring self-esteem were used. The researcher used frequency tables, bar charts, pie charts, histogram etc to interpret the data.

SELF ESTEEM SCORE

TABLE 1
SELF ESTEEM OF THE RESPONDENTS

SELF ESTEEM SCORE	FREQUENCY	PERCENTAGE
11.00	2	3.3
12.00	4	6.7
14.00	2	3.3
15.00	4	6.7
16.00	12	20.0
17.00	8	13.3
18.00	5	8.3
19.00	2	3.3
20.00	3	5.0
21.00	8	13.3
23.00	5	8.3

24.00	3	5.0
26.00	2	3.3

FIGURE 1
HISTOGRAM SHOWING THE SELF ESTEEM OF THE RESPONDENTS

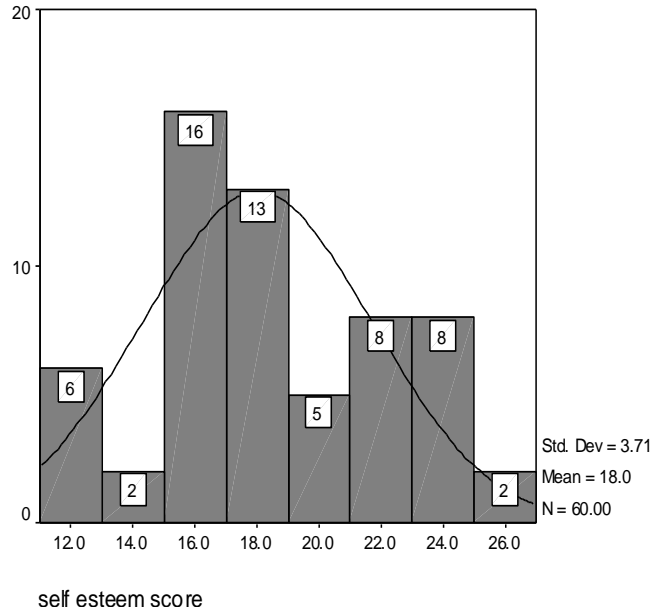


TABLE 2
STATISTICAL ANALYSIS OF THE SELF-ESTEEM OF THE RESPONDENTS

SELF ESTEEM	Mean	Std. Deviation
Person of worth	2.2000	.6325
I am no good at all	1.8333	.9418
Good qualities	2.0667	.6069
Failure	2.0000	.8437
I am able to do things	1.8667	.8123
I feel I do	1.1333	.8329
Positive attitude	2.3333	.8165
I am satisfied	1.9667	.9200
I could have more respect	.9833	.7700
Useless at times	1.6333	.8629

While designed as a Guttman scale, the SES is now commonly scored as a Likert scale. The 10 items are answered on a four point scale ranging from strongly agree to strongly disagree. To score the items, assign a value to each of the 10 items. Analyses of the results show that the majority of the respondents possess a self esteem score of 16, which is comparatively low. Those with a score of above 24 are only 2. 37 respondents have obtained a score below 18. This indicates that the adolescents have a very poor self-esteem. The causes of this low self-

esteem may be several relating to their family, college performance and physical and emotional changes occurring during this period.

COLLEGE PERFORMANCE

The self-esteem of the respondent is expressed through his college performance. Hence in order to understand the college performance of the respondents their rank/grade as well as their participation in extracurricular activities are taken in to consideration.

**TABLE 3
SHOWS THE COLLEGE PERFORMANCE OF THE RESPONDENTS.**

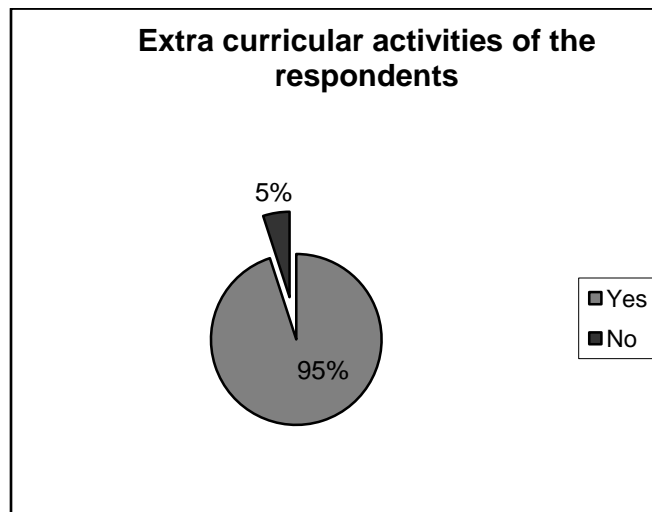
GROUPS	N	MEAN	STD. DEVIATION	F	SIG.
Between groups	60	18.0167	3.7121	1.011	.454
Within groups	60	1.7833	.5849		

The relationship between college performance and the self-esteem is being gauged here. The self esteem among the different performance in the colleges are not different The Sig. Value is greater than 0.05 therefore there is positive relationship between the two.

EXTRA CURRICULAR ACTIVITIES

The following pie chart shows the extracurricular activities of the respondents.5%.

**FIGURE 2
PIE DIAGRAM SHOWING THE EXTRA CURRICULAR ACTIVITIES OF THE RESPONDENTS**

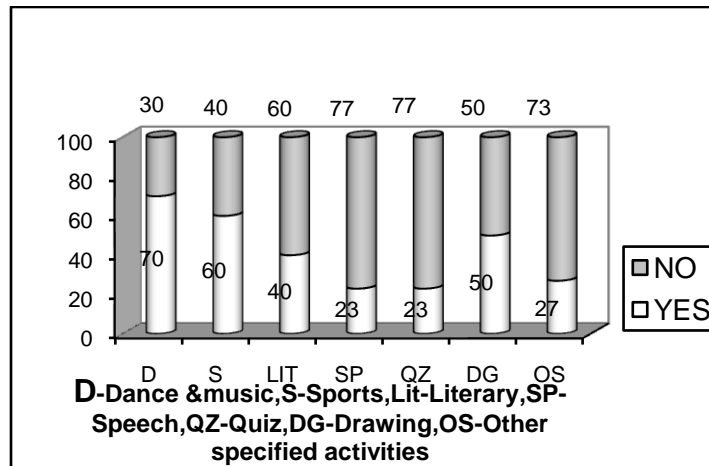


It is inferred that 95% of the respondents are having extracurricular activities. From this we come to the conclusion that majority of the respondents are of participating in extra curricular activities along with their studies.

ACTIVITIES

The following figure shows percentage of the respondents activities.

**FIGURE 3
CYLINDRICAL BAR CHART SHOWING THE ACTIVITIES OF THE RESPONDENTS**



It is inferred that 70% of the respondents have participated in the dance and music, 60% have participated in the sports. The respondents who are participating in speech and quiz are of equal ratio and they are the lowest group also.

CONCLUSION

The study centers around the phenomenon of ‘Adolescence’ which is considered to be the most crucial period of life and the most difficult group of people to handle both in family and society. In this regard, the study provides some concrete workable findings and suggestions and guidelines which will be great use for the teachers and the family members to handle this period more effectively and productively. This study is an attempt to analyze the self-concept among adolescence. Through this study the researcher has been able to prove that the self-esteem of the adolescence varies considerably and is dependent on a number of factors. On the basis of their study, programmes can be inculcated in colleges to promote positive self-esteem among students.

Based on the findings it may be concluded that the majority of the respondents self esteem is quite high. The self esteem among the different performance in the college are not different because the Sig. Value is greater than 0.05 therefore there is positive relationship between the two.

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