



A STUDY OF SELF ESTEEM IN HIGHER EDUCATION INSTITUTION

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Abstract:

The purpose of self-esteem is to feel and imagine that people nurtured in their mind over time about their self. In simple words, self-esteem is self-assessment; this perception and evaluation can be positive or negative and pleasant or unpleasant. students with high self esteem, usually feel good about themselves and better able to resolve their conflicts with other children and are resistant to deal with problems. One of the most important human traits to achieve objectives is self-esteem. The term self-esteem means “reverence for self”. The “self” pertains to the values, beliefs, and attitudes that we hold about ourselves. Having a strong will and self-confidence, decision-making power and originality, creativity, sanity and mental health is directly related to self-esteem and sense of self-worth. It also refers to an individual’s sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes, or likes him or herself.

During childhood, if individual’s feelings are respected, thoughts valued and abilities recognized then self-esteem strengthens. When feelings are trampled upon, thoughts belittled and ability criticized then the individual’s self-esteem remains at a low point of development and is therefore weak. During the course of time, an individual faces many life situations. Depending upon the success or failure and one’s reaction to every significant situation in life, self-esteem grows stronger or gets considerably weakened Self-esteem is described as the evaluation that one makes about oneself, based on one’s self-worth. Increases and decreases in self-esteem generally bring strong emotional reactions.

Key word: Self- Esteem, General Feeling

Objective:-

- 1) To study historical background of self -esteem.
- 2) To study general feeling from self-esteem test.

INTRODUCTION

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself for example, "I am unloved", "I am worthy" "as well as emotional states. Self-esteem is an attractive psychological construct because it predicts certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behavior. Self-esteem can apply to a specific attribute for example, "I believe I am a good writer and I feel happy about that" or globally for example, "I believe I am a bad person, and I feel bad about myself in general". Psychologists usually regard self-esteem as an enduring personality characteristic trait self-esteem, though normal, short-term variations state self-esteem also exist. Synonyms or near-synonyms of self-esteem include many things: self-worth, self-regard, self-respect and self-integrity.

Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself" (Adler & Stewart, 2004).

According to self-esteem expert Morris Rosenberg, self-esteem is quite simply one's attitude toward oneself (1965). He described it as a "favorable or unfavorable attitude toward the self".

Purvey (1988) describes self-concept as: "the totality of a complex, organized, and dynamic system of learned beliefs, attitudes and opinions that each person holds to be true about his or her personal existence".

According to Carl Rogers, founder of client-centered therapy, self-concept is an overarching construct that self-esteem is one of the components of it (McLeod, 2008).

Self-esteem is defined as both positive and negative attitudes to own personality. It is subjective as it depends on own psychology and emotional status about his or her own worth. Education plays a significant role in forming self-personality and attitude, and this can determine whether a person has a low or high self-esteem value.² Previous study revealed that there was a direct relationship between a student's self-esteem and their academic performance.² Students who have high confidence level are likely to have high self-esteem and better achievement in academic performance. Self-esteem students and professor are interrelated factors. This study tries to bring the connectivity between students and professor the self-esteem. The main aim of the study is to know the level of self-esteem of the students. The objectives of this study are to investigate the relationship between self-esteem, to understand the Socio-Economic background, to assess the level of self-esteem, and to know what could be the reason for in spite of having high self-esteem. The research design used for the study would be descriptive in nature.

Research Methodology:

- 1. Primary Data:** The primary data was collated from professor and student with preparing structural
- 2. Secondary Data:-** secondary data taken from books, research paper, various websites, newspaper etc.

Table No. 1.1: Population and sample Design in Pune Districts

Sr.No	Class of Respondents	Working Population (P)	Percent (%)	Sample size (N)
1	Students (n1)	40,000	1	400
2	Professor (n2)	2200	10	220
	Total	40,220	11	620

Table No .1.1 Population refer to group or item that share one or more same characteristics from which data can be gathered. The research used random sampling method in the study where participants were select randomly. The population of this research is focus on students among Higher Education Institution and professor. The study was conducted on 400 students from higher education institution at Pune districts and study was conducted on 220 professor from Pune district.

Table No. 1.2: General feeling about self esteem

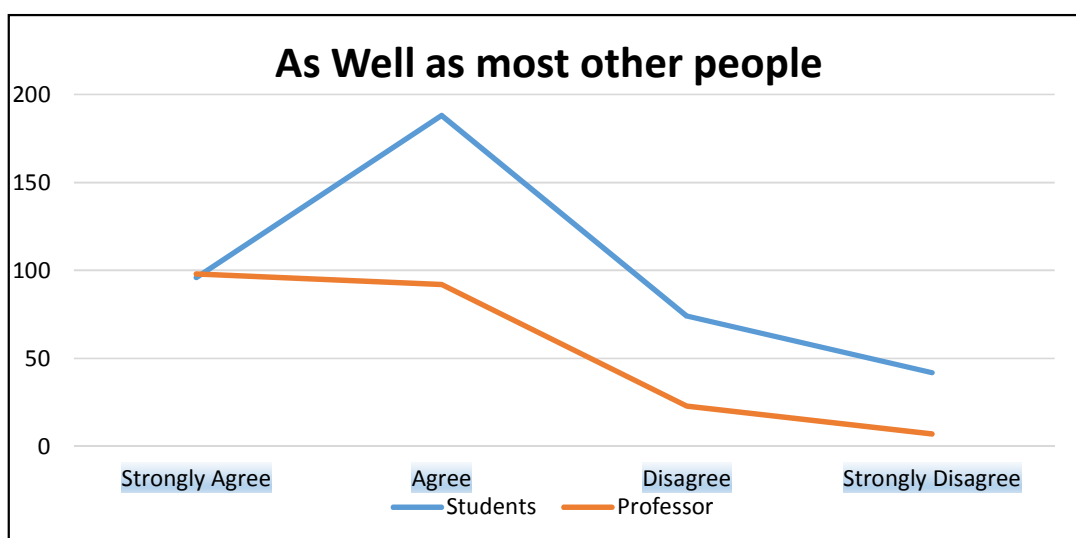
Sr. No	Statement	Strongly Agree		Agree		Disagree		Strongly Disagree		Total	
		Stude nts	Prof essor	Stud ents	Prof essor	Stude nts	Profe ssor	Stude nts	Profe ssor	Stud ents	Prof essor
1	I am satisfied from my self	101	92	142	102	81	15	76	11	400	220
2	At time I think I am no good at all	76	56	224	102	65	48	35	14	400	220
3	I feel that I have a number of good qualities	92	96	220	89	58	25	30	10	400	220
4	I am able to do thing as well as most other people	96	98	188	92	74	23	42	7	400	220
5	I feel I do not have much to be proud of.	90	83	165	102	74	24	71	11	400	220
6	I certainly feel useless at times	51	18	92	24	156	90	101	88	400	220
7	I feel that I m a person of worth at least on an equal plane with others	98	25	96	36	146	95	60	64	400	220

8	I wish I could have more respect for myself	95	90	176	95	95	36	36	1	400	220
9	All in all I am inclined to feel that I am a failure	52	10	76	33	177	82	95	95	400	220
10	I take a positive attitude toward my self	115	102	182	95	76	33	27	10	400	220

Source- Primary Data

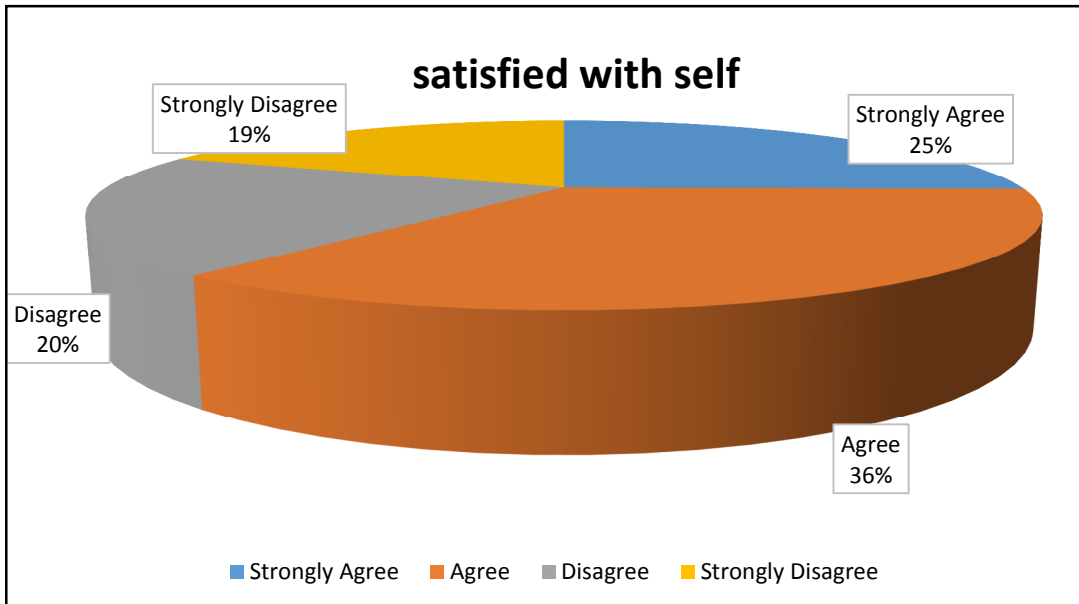
Tools of data collection:

The Researcher has concentrated on collecting primary data by questionnaire methods. Keeping in mind the observation as a supportive tool while meeting them and seeing their progress reports. The secondary data has been obtained from the books, magazines, reports, school records, and websites.



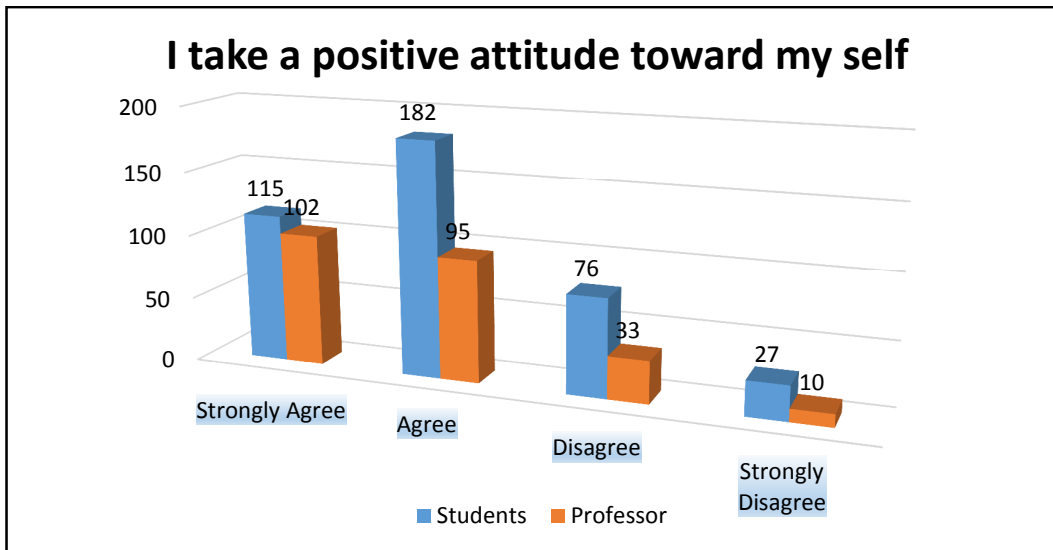
Data Interpretation:-

1. Above table & Chart show that General Felling about self-esteem the statement related to I am able to do thing as well as most other people. The researcher selected 400 students & 220 Professor from Pune Districts out of 188 and 92 Students & Professor Agree the above statement. 74 & 23 Students & Professor Respondents Disagree above statement.



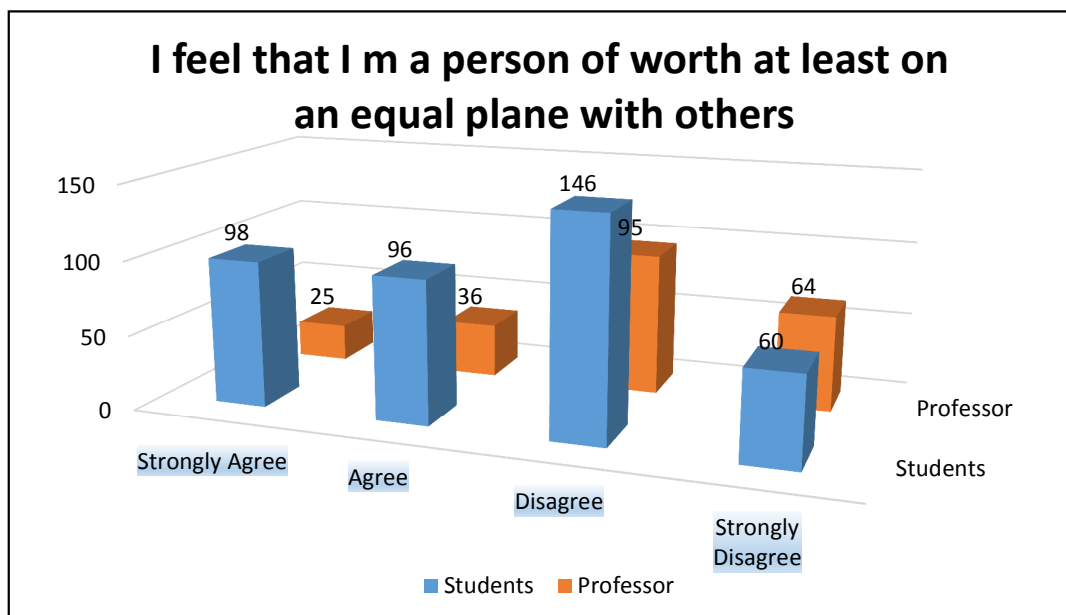
Data Interpretation:-

Above table & Chart show that General Felling about self-esteem the statement related to I am satisfied from myself. The researcher selected 400 students & 220 Professor from Pune Districts out of 101 and 92 Students & Professor Strongly Agree the above statement. 76 & 11 Respondents strongly disagree above statement.



Data Interpretation:-

Above table & Chart show that General Felling about self-esteem the statement related to I take a positive attitude toward myself. The researcher selected 400 students & 220 Professor from Pune Districts out of 115 and 102 Students & Professor Strongly Agree the above statement. 27 & 10 Respondents strongly disagree above statement.



Data Interpretation:-

Above table & Chart show that General Felling about self-esteem the statement related to I feel that I am a person of worth at least on an equal plane with other. The researcher selected 400 students & 220 Professor from Pune Districts out of 98 and 25 Students & Professor Strongly Agree the above statement. 60 & 64 Respondents strongly disagree above statement.

CONCLUSION:-

The conclusion is drawn from the major findings of the study where the researcher found that there is a difference where the Professor respondents have more self-esteem than Students respondents. But there is no significant correlation between the self-esteem of the respondents. Besides, the educational system of the country, the student's psychological environment-their family, peers, teachers are of utmost importance in determining the adolescent's performance at college. While the college's influence on the performance, has been acknowledged, almost all the studies and practical experiences substantiate the fact that parents, friends and significant people can make a world of difference to an higher education life.

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