NCDP 2023 ABSTRACT

TITLE

STUDY OF SELF ESTEEM LEVELS AMONG SCHOOL-GOING ADOLESCENTS – A SURVEY FROM PCMC, PUNE MAHARASHTRA

THIS PAPER IS PART OF MULTICENTRIC YOUTH SURVEY BY AACCI (ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA)

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ABSTRACT

Background

Positive self-esteem is extremely important for Adolescents. It builds up self-confidence and ability to face challenges.

Aims

This study was done to identify factors influencing self-esteem like age, gender, parental background etc. As well as understand its association with exam anxiety in students of two schools to plan customized intervention to enhance Self-esteem through AACCI.

Methods

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School chosen - rapport with author 2.

Sample: 416 students (10-17 years males 53.4%, females 46.6%),

from Upper SEC in PCMC, Pune sch-1 (223) sch-2 (193).

Tool

1) The Rosenberg Self-esteem Scale (RSES) *range 10-40. Normal range 25 - 35. Low self-esteem <25*

Ethical clearance: AACCI IEC

Consent: Permission from the principal and parents, and consent/assent from children.

Statistical analysis: GNU PSPP (ver. 1.4.1)

Results

1. The mean RSES score- MRSES is 28.85 which falls under the "normal self-esteem" category.

2. No significant difference in MRSES scores between the two schools, or between male & female students, or between different adolescence stages.

3. The MRSES is lower in students who attend external coaching classes, living with joint family, parents who are non-graduates

Conclusions:

1.There was no statistically significant difference related to school, gender and adolescent stages, and parent occupation.

2.Following variables were associated with low self-esteem scores –

a) Going to external coaching classes

b) Joint families

c) Non-graduate fathers

d) Non-graduate mothers

3.Awareness programs for parents of these students will help to enhance the self-esteem of those who have shown lower scores