

# **Analyzing factors that influence Self-esteem in school children from Vadodara city, Gujarat, 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.

### **Aim and Objectives**

1. Assessment of self-esteem in school-going children.
2. Find out the various factors affecting the self-esteem of school-going children.
3. To provide interventions for enhancing the self-esteem in children.

### **Material and Methods**

This cross-sectional study was conducted in Vadodara city. 165 students aged 10-18 years were included with informed consent. Self-esteem was assessed by using The Rosenberg Self-Esteem Scale (RSES) and socio-demographic details by using semi-structured proforma. Ethical clearance was taken from the IEC of AACCI. Statistical analysis was done by GNU PSPP (ver. 1.4.1), T-test, Anova test & Linear regression were used in the analysis.

### **Results**

1. The mean RSES score (MRSESS) was 27.73 which falls under the “Normal Self-Esteem” category.
2. A statistically significant ( $P=0.012$ ) higher score was seen in males (28.51) than in females (26.26).
3. It was found that MRSESS was higher in early adolescents than in the mid and late adolescence but not statistically significant.
4. The MRSESS is higher in adolescents whose parents have education up to graduation, whose fathers have business and whose mothers have professional work, but not statistically significant.

### **Recommendations:**

- AACCI has planned customized sessions in this school for the importance of self-esteem and training to enhance it for Parents Teachers and students. This will help all students to enhance their scores further.
- We will follow up with impact evaluation after sessions.

### **Keywords:**

Rosenberg's Self-esteem scale, parental education and profession, adolescent stages