

FINAL ADOLESCON 2023 Abstract

Abstract Submitted for Oral Paper Presentation.

Title

Study of Self-esteem in female AYAs- I've Got My own back!

This study is part of the Multicentric Youth Behaviour Project by the Association of Adolescent and Child Care in India (AACCI).

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Abstract (word count: 249 words)

Introduction: AACCI conducts Multicentric youth Behavior studies. The results shared- with the management allow conduction of custom-design intervention -parent and student workshops.

This paper studies self-esteem, an important protective factor against high-risk behaviour in AYAs. Five Psychometric tools were used in a cross-sectional study on female AYAs from an all-women multi-stream college in Delhi.

Aims & Objectives:

To determine the effects of sociodemographic variables (age, sibling status, academic course, engagement in extracurricular activities, perceived internet and social media usage and dependence, substance use, and perceived control over one's life) on self-esteem among these AYAs.

Materials & Methods:

Participants (n = 354; age = 17-24 yrs.)

Tool: Rosenberg's Self-esteem Scale (RSES)

Ethical clearance: AACCI's IEC. Consent /Assent taken.

Statistical analysis: t-tests and one-way ANOVAs with statistical significance at $p < 0.05$.

Results: There were no participants with *low* (<15) RSES scores. Participants engaging in interschool/college competitions had significantly higher total scores ($p < 0.001$) and *moderate* (15-25) RSES scores ($p = 0.002$). Sports competition participants had significantly *high scores* ≥ 25 - ($p = 0.035$). Those using social media also had *better* (15-25) scores ($p = 0.001$]. The other demographic variables had no statistically significant effects on RSES scores.

Conclusion: Enhancing Self -esteem in AYAs - In our sample we found -fostering judicious social media usage in addition to engagement in sociocultural and sports competitions may positively effect RSES scores. Further research must probe into specific mediating factors between these variables and self-esteem in a heterogenous cohort to enhance the generalizability of these findings.