

## **Asian congress 2022 Abstract**

### **Abstract oral paper presentation**

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*Title - Analyzing factors that influence Self Esteem in school children –  
a survey from Aurangabad city, Maharashtra India*

**This paper is part of multicentric Youth survey by AACCI**

### **Objectives**

Positive Self-esteem is extremely important for adolescents. It builds up self-confidence, and ability to face challenges. This study was done to identify factors influencing self-esteem like age, gender, parental background etc. in students of a coaching class to plan customized intervention to enhance self-esteem through AACCI.

### **Methods –**

*Choice of coaching class –* The first author is regularly conducting programs in Dnyandeep coaching center in Aurangabad

*Sample:* 242 students aged 10-18 years

*Tool used:* The Rosenberg Self-Esteem Scale (RSES) The scale ranges from 10-40. Scores between 25 and 35 are within normal range; scores below 25 suggest low self-esteem.

*Ethical clearance:* taken from IEC of AACCI.

*Consent:* Permission taken from the principal and parents to conduct study in coaching class and Consent/Assent from children for participation

*Statistical analysis:* GNU PSPP (ver. 1.4.1)

Chi-squares tests were used to understand associations between the demographic variables.

To understand how the mean RSES scores varied according to various demographics, t-tests were used for two-category variables and ANOVA was used for the remaining variables.

Wherever assumptions for parametric tests were not met, non-parametric alternatives (Mann-Whitney U test in place of t-test, Kruskal-Wallis H test in place of ANOVA) were used.

### **Results**

1. The mean RSES score- MRSESS is 28.37 which falls under the “normal self-esteem” category.

2.No significant difference in MRSESS scores between male & female students and between different adolescence stages

3.The MRSESS is higher in students whose both parents are post graduates (M=30.10, SD=4.73) versus either one or both parents below post graduate level (M=28.10, SD=4.04),  $t(218) = -2.74, p = .007$

4.The MRSESS is higher in students whose mother is not homemaker (M=29.01, SD=4.11) versus mother is homemaker (M=27.82, SD=4.31),  $t(236) = 2.16, p = .03$

5. Higher MRSESS in students living with Three generation family (M=28.88, 3.84) versus nuclear family (M=28.62, 4.22) and joint family (M=26.94, 4.75),  $F(2, 239) = 3.47, p = .03$

6.Higher MRSESS in students whose mothers are Post Graduate (Mean Rank=130.56) versus mothers are Graduate (Mean Rank=116.58) and whose mother's education is below Graduate (Mean Rank=101.09),  $\chi^2(2) = 6.35, p = 0.042$

### **Conclusions:**

- In our sample - in both males and females RSES individual scores ranged from 15 to 38 though the mean was 28.37 which is normal scores
- Age gender and adolescent stages did not show statistically significant impact
- Following variables impacted low self-esteem scores – a) Education -non graduate parent b) joint families c) home maker mothers
- Awareness programs for parents of these students will help to enhance the self-esteem of those who have shown lower scores

### **Recommendations**

AACCI has planned customized sessions, based on our statistical analysis, both for the student as well as parents, for which the coaching class has given permission.

- This will help enhance the self-esteem of those who have low scores
- We will follow up with impact evaluation after sessions.