

**Paper abstract SELF ESTEEM paper Surat data for**

**Title**

Study of Self Esteem Levels among school-going adolescents –  
a survey from Surat City, Gujarat India

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

*(Association of Adolescent and Child Care in India)*

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## **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. 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 –**

*Choice of schools –*

*Sample:* 418 students aged 10-19 years from two schools SCH-1 and SCH-2 in Surat, Males 52.4%, females 47.6%

*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 school and Consent/Assent from children for participation

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

Chi-squares tests - associations between the demographic variables.

T-tests/ANOVA - Variation of mean RSES scores according to various demographics

## **Results**

1.The mean RSES score- MRSESS is  $29.56 \pm 4.32$  (SCH-1  $29.8 \pm 4.38$ , SCH-2  $29.28 \pm 4.24$ ) which falls under the “normal self-esteem” category.

2.Both schools having significantly different proportions of adolescent groups, family structure, number of siblings and birth order, parental education as well as occupation. But no significant difference in MRSESS scores between both schools, between male & female students and between different adolescence stages.

## **Conclusions:**

- In our sample - RSES individual scores ranged from 13 to 40 though the mean was 29.56 which indicate normal self-esteem – seen in both males and females
- No statistical impact of studied variables on RSES scores.
- Awareness programs for parents of these students will help to enhance the self esteem of those who showed lower scores

**Recommendations:**

- AACCI has planned customized sessions based on our statistical analysis both for the student as well as parents , for which the schools have given permission .
- This will help enhance the self esteem of those who have low scores
- We will follow up with impact evaluation after sessions.

**Key words:**

Rosenberg Self-esteem scale, parental background, adolescent, self-esteem