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A study of self-esteem among rural and urban women

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Abstract

Modern world is facing rapid industrialization and technical progress now a days. Pandemic like corona is destructing our original nature of social relationships. Since self-esteem is positively related with our social affairs that is why self-esteem is a major psychological construct, which seems the monitoring agency of human behavior in this regard. The present study was aimed to know the self-esteem pattern among 180 Rural and 180 urban women. Results indicate that both the rural and urban women showed normal level of self-esteem. But mean ratings were indicative of the fact that urban women reflected significantly greater degree of self-esteem as compared to their counterpart rural women.

Keywords: Self-esteem, Rural/Urban, women

Introduction

Self-esteem is related to personal beliefs about skills abilities, and social relationships. Self-esteem is also defined as an assessment tool of self-evaluations involving cognitive appraisals about general self-worth and affective experiences of the self, (Murphy, Stosny and Morrel, 2005) [8].

Self-esteem refers to an individual's overall positive evaluation to the self (Rosenberg, 1965) [10]. Self-esteem is related to individual's perception. It is subjective appraisal of one's own self-worth, one's feeling of self-respect and self-confidence and the extent to which the individual holds positive or negative views about self (Sedikides and Gress, 2003) [11].

Self-esteem refers to the overall self or to specific aspects of the self, such as how people feel about their social standing, racial or ethnic group, physical features, athletic skills, and job or school performance. Theorists have made many different types of self-esteem, e.g., contingent Vs non contingent, explicit Vs implicit, authentic Vs false, stable Vs unstable, global Vs domain specific. Regarding the dimensionality of self-esteem, some authors conceptualized it as a unitary global trait, whereas others view it as a multidimensional trait with independent subcomponents (Heatheron and Wyland, 2003) [3]. There are two components of self-esteem -

1. To consider oneself effective, to trust in one's ability to think, learn, choose and make correct decisions, and to overcome challenges and produce changes.
2. To respect oneself, the confidence in one's right to be happy, and the confidence that people are worthy of the respect, love and self-fulfillment appearing in their lives.

The development of self-esteem implies a long process. It is correlated with the formation of self-image and self-conscience. Its evolution in time involves also down fall periods especially during transition period from one stage to another, from one status to another. (e. g. in adolescence, or grand age, as a consequence of the change in status, retirement and the change in tasks and responsibilities), (Orth, Trzesniewski and Robins, 2010) [9]. The period of adolescence is important for the process of self-esteem formation. The formation of self-esteem can be stimulated, encouraged both by parents, and teachers. The level of self-esteem is mirrored in the adolescent's attitude and behavior, both at home and at school (Mogonea and Mogonea, 2014) [5]. According to Kernis (2003) [4], There are two type of individuals both demonstrate high self-esteem, but defensive high self-esteem is more easily affected by passive feedback and tends to change in the face of failure. As it was characterized that optimal and high self-esteem, can be fragile and secure while optimal self-esteem is genuine, stable and consistent. This however depends on whether it is a defensive attribute or genuine self-esteem.

Rosenberg (1965) [10], defined self-esteem as the evaluation which the individual makes and customarily maintains with regard to himself expressed as an attitude of approval.

Kernis (2003) [4], Cooper smith, talked about the antecedents of self-esteem and defined self-esteem as the extent to which the individual believes himself to be capable, significant, successful and worthy. Mruk (1999) [7], defined self-esteem as the lined status of ones competence in dealing with the challenges of living in a worthy way over time.

Branden (1994) [2], indicated that confidence in our ability to cope with the basic challenges of life and confidence in our right to be successful and happy, the feeling being worthy, deserving entitled to assert our needs and wants, achieve our values and energy the fruits of our efforts. Morgan and Cotton (2004) [6], suggested that we should encourage usage of email by males, this may be an important intervention strategy of individuals. Alexander (2001) [1], the founder of the self-esteem network in Britain, views self-esteem as a syndrome, as a set of indicators.

The core of self-esteem is an unconditional appreciation of oneself meaning an appreciation of both our positive and negative potential in its fullest sense. An acceptance of this enables us to take responsibility for ourselves and become accountable for our actions. This means that we can be more realistic about our achievements and shortcomings. Alexander [1] also distinguishes between trait self-esteem which reflects confidence or ability in a particular area, such as work or sport, and global self-esteem which is intrinsic worthiness regardless of what particular abilities or qualities we may have. This may be crucial in our understanding of how low self-esteem affects participation in learning and will be looked at later.

Studies conducted on self-esteem have paid less attention on females. Therefore the present study is designed to know the pattern of self-esteem among rural and urban women. The basic thirst of this paper is to look into the process of self-esteem and also to know its dynamism among rural and urban females.

It may be hypothesized that, there will be no difference among rural and urban females with regard to self-esteem.

Method

Sample: The present study was conducted over 180 rural and 180 urban women participants who were randomly selected out of 500 participants.

Measure

In this study self-esteem scale designed by Rosenberg (1965) [10] was used. It was a 10 item likert type scale anchored by 4 points in a way that higher the score greater was the level of experienced self-esteem. Similarly low score on scale was indicative of low self-esteem. The maximum score could be 30 and the minimum zero. In this scale five items were positive and remaining five items were negatively framed. The Rosenberg’s [10] scale is a reliable and valid measurement tool for the assessment of self-esteem. The scale is translated into Persian, French, Chinese, Italian, German, Portuguese and Spanish languages. The Internal consistency reliability was noted as 0.77 Test Retest reliability was 0.85.

Procedure

All the rural and urban 360 participants were contacted at their residences. Instructions written on top of scale were red out in front of each participant. They were asked to rate their agreement and disagreement in case of all the ten positive and negative framed items. Generally testing session lasted around 10 to 15 minutes. In this way self-esteem scale was used to collect the data in case of all the participants.

Results and Discussion

Obtained data were analyzed and obtained findings are given in Table no 1

Table 1: Self-esteem pattern among rural/urban women

| S. N. | Background | Mean scores on self-esteem measure | Level of self-esteem |
|-------|------------|------------------------------------|----------------------|
| 1. | Rural | 15.98 | Normal |
| 2. | Urban | 20.93 | Normal |

Results given in Table No 1 indicate that both the rural and urban women showed normal range of self-esteem. Results indicate that urban women displayed comparatively higher mean ratings than the rural women who showed comparatively lower mean ratings. On the basis of mean scores it can be argued that urban women showed greater degree of self-esteem than the rural women. Mean ratings were subjected to the graphical analysis also.

Results are depicted in figure no 1

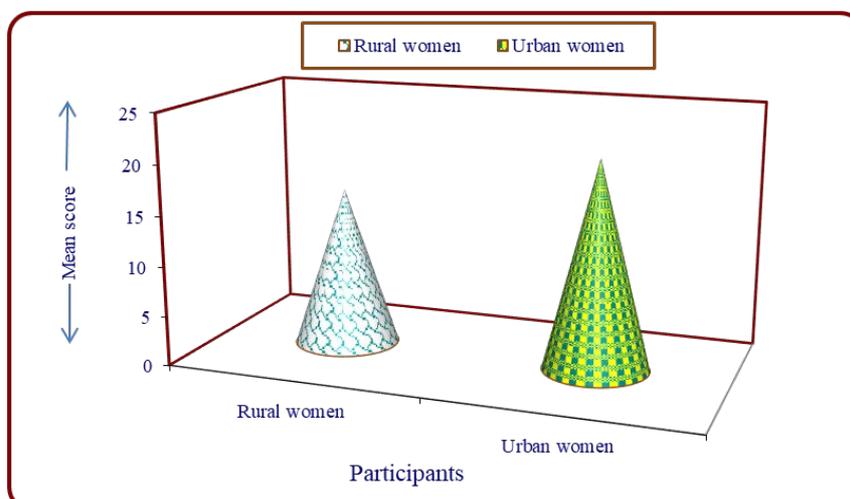


Fig 1: Shows Rural women & Urban women

It is clear with the figure-1 that urban women reflected greater degree of self-esteem than the rural women, where self-esteem was noted as lower. With a view to find out significance of the difference between the means of rural and urban women's on self-esteem measure t-ratio was calculated.

Results are given in Table No-2

Table 2: T-ratio between rural and urban women on self-esteem measure

| Background | N | Mean Score | S.D. | SED | T-ratio | Significant Level |
|------------|-----|------------|------|------|---------|-------------------|
| Rural | 180 | 15.98 | 4.44 | 0.49 | 10.06 | <0.01* |
| Urban | 180 | 20.93 | 4.90 | | | |

*Significant on .01 Level of confidence

It is clear with the Table that obtained t value is significant on .01 confidence interval. This means that although both the rural urban women showed normal level of self-esteem but they significantly differ in their responses. Urban women showed greater amount of self-esteem than the rural women. Self-esteem is a relational concept one can think that self-esteem does not depend upon living environment. Facilities available in urban environments may have been resulted in greater degree of self-esteem. However it can be reasoned that lack of civic facilities in rural areas may have created a condition of deprivation that might have resulted in a form of less self-esteem. Proper civic management facility in urban areas may be one of the responsible factor that has created greater self-esteem among urban women than the rural women. It may be because of the layman notion that rural people lack enrichment that may have been resulted in a form of less self-esteem.

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