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## अनुक्रमणिका

क्र.सं.	विषय	पृष्ठ सं.
1.	कोविड-19 के नियंत्रण में "महामारी रोग अधिनियम, 1897 एवं संशोधन अध्यादेश, 2020" की भूमिका एवं स्थिति - अनिला एवं डॉ. लाला राम जाट	5 - 10
2.	भील जनजातीय समाज की आर्थिक एवं सामाजिक समस्याएँ - डॉ. मनीराम मीणा	11 - 13
3.	राजनीतिक क्षेत्र में जाति की भूमिका (राजस्थान के विशेष सन्दर्भ में) - डॉ. रजनी धामाई	14 - 16
4.	दक्षिणी राजस्थान के आदिवासी : कानूनी, सामाजिक एवं राजनैतिक परिदृश्य - डॉ. राजूसिंह एवं राव बहादुर सिंह	17 - 19
5.	ग्रामीणअनुसूचित जनजातियों की शिशु मर्त्यता पर शिक्षा का प्रभाव - डॉ. रणजीत कुमार मीणा	20 - 22
6.	ग्रामीण विकास एवं रोजगार में मनरेगा की भूमिका - डॉ. इन्द्र सिंह राठौड़	23 - 24
7.	संस्कृत साहित्य में राष्ट्रप्रेम अवधारणा एक अध्ययन - डॉ. नीतू सोनी	25 - 27
8.	प्रारम्भिक शिक्षा के विद्यालयों के अध्यापकों की सतत् एवं व्यापक मूल्यांकन (सी.सी.ई.) पद्धति के प्रति जागरूकता का अध्ययन - गोपाल प्रसाद पाठक एवं डॉ. कपिलेश तिवारी	28 - 31
9.	उच्च माध्यमिक स्तर पर अध्ययनरत बालक के पारिवारिक वातावरण के संदर्भ में उनके शैक्षिक उपलब्धि का अध्ययन - डॉ. कपिलेश तिवारी एवं श्रीमती नीता माथुर	32 - 34
10.	भारत छोड़ो आन्दोलन और राजसमन्द - कमल चन्द सालवी	35 - 37
11.	मलिन बस्तियों के कारण एवं निवारण - सोनल सालवी	38 - 47
12.	पारिवारिक संस्कारों से ही बालक का वास्तविक निर्माण - डॉ. कपिलेश तिवारी एवं श्रीमती नीता माथुर	48 - 50
13.	नई शिक्षा नीति - शीला सालवी	51 - 52
14.	सतत् एवं व्यापक मूल्यांकन (सी.सी.ई. पद्धति) - एक परिचय - गोपाल प्रसाद पाठक एवं डॉ. कपिलेश तिवारी	53 - 54
15.	उदयपुर जिलों में जन संसाधन का महत्व, समस्या और जल प्रबन्धन की पारम्परिक विधियाँ एक भौगोलिक अध्ययन - डॉ. प्रदीप पुरोहित	55 - 62
16.	अभिभावक - शिक्षक परिषद् की वस्तुस्थिति का अध्ययन - मीनाक्षी शर्मा	63 - 67
17.	वनों का आदिवासियों की सामाजिक एवं आर्थिक स्थिति पर प्रभाव - रेशमा रहमान	68 - 71
18.	Dalit Women in Grass-root Politics - Prof, (Dr.) Ramesh H. Makwana	72 - 79
19.	Gender Differences related to self Esteem and Wellbeing - Dr. Rashmi Singh, Avani Pandya & Manju Devasi	80 - 83
20.	To Study the effect of Socio Economic Status (Upper & Lower) on Adjustment Level of Adolescents - Dr. A.R. Lohia & Jyotsana Meghwal	84 - 86
21.	An Analysis of Women in Tribal Community of Southern Rajasthan - Dr. Khushpal	87 - 88
22.	Exploration of the Indian National Education Policy 2020 Towards Achieving its Intent - Dr. Kamini Dashora	89 - 96



## Gender Differences related to self Esteem and Wellbeing

Dr. Rashmi singh \*

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### Abstract

The word self esteem is used to describe how much a person values, appreciates or likes them. It is very important because it affects the choices and decisions of a person. Psychological well being can be referred to the positive mental states of a human such as happiness or satisfaction. If a person says that he is very happy or satisfied by his life, you can be pretty sure that his psychological well being is quite high. The first study on the concept of self esteem was done by William James. he simply defined it in a formula stating that self esteem equals success divided by our pretensions. Carol ruff's model is based on the six factors which are considered as key elements of psychological well-being, which are: 1) self esteem 2) personal growth 3) purpose in life 4) environmental mastery 5) autonomy 6) positive relation with others. Well being and self esteem are two major indicators of the positive health of an individual. Well being may be defined as the state of being well, happy, or prosperous "and self esteem is defined as a psychological term used to reflect a person's confidence in themselves to complete daily tasks and their feeling of self worth."

The aim of this study was to find out the gender differences related to self esteem and wellbeing. The test used for measurement of self esteem was Rosenberg self esteem scale by M .Rosenberg 1969. Rosenberg self esteem scale is a 10 item scale that measures global self worth by measuring both positive and negative feeling about the self and for psychological well being the test used was PGI- general well being measure by DR. Santosh. K. Verma and Mrs. Anita Verma. This is a valid and reliable tool to measure positive mental health of subjects from India. The sample taken was 120 adults aged 19 to 30 years from various educational and professional institutions of Udaipur city with the help of purposive random sampling. The findings of this study suggest that there was a significant difference found among gender related to self esteem and wellbeing.

**Keywords:** Self esteem, Well being, gender

### INTRODUCTION

#### Self esteem

The word self esteem is used to describe how much a person values or appreciates themselves. It is very important because it affects the choices and decisions of a person. There are three types of self esteem but this does not mean that we can label ourselves with only one type of self esteem. Sometimes we feel very excited, sometimes we feel very low and depressed. It all depends on what is going in our lives or through which situation we are going on. For example: If a family member dies we feel very low, unhappy and depressed similarly if a new baby is born in our family, then we become very excited and happy. These are the types of self esteem:-

**Inflated self esteem** - people with this type of self esteem think that they are better than others they always underestimate everyone else. This is a very negative self esteem; they even never build a strong relationship with others because they have a strong feeling of competitiveness. These people find happiness only in achieving success.

**High self esteem** – people with this type of self esteem accept & value themselves, It is a type of self esteem which is considered to be positive because people with this type of self esteem are happy, they value themselves. They accept themselves as they are, they know all their abilities overall they are satisfied with themselves and their life.

**Low self esteem:** - people with this type of self esteem are just opposite of the people with high self esteem. They do not value themselves, they do not know their qualities, abilities, they always remain unhappy, and they do not accept themselves. In short, they are not satisfied with their life.

#### Well-being

Psychological well-being is referred to as the positive mental state of a person. It is the experience of health, happiness and prosperity in life. It includes high

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life satisfaction and a sense of meaningful goal or purpose of life. Our Psychological well being depends on our thoughts, actions and experience, over which most of it we can have control upon. The combination of the individual's emotional, physical, social and psychological wellness refers to their complete wellness. A wellbeing person is found to lead their life in a desirable way, even in economic factors. In the research done by Diener and his colleagues, it was found that people who score high in their work, then the people who score low in wellbeing.

Diener defines wellbeing as "An overall assessment of feelings and attitudes about one's life at a particular point of ranging from negative to positive."

### Review of literature

Arslan, Hamarta & Uslu (2010) conducted the study to find out the relationship between life satisfaction, self esteem and conflict communication. The sample consists of 306 university students. The results of the study show that self esteem was positively correlated with confrontation, emotional expression, self disclosure and life satisfaction. The results also indicated that life satisfaction was positively correlated with confrontation, emotional expression and self disclosure.

Mullis and Chapman (2002) studied association among gender, age, self esteem and found that adolescents having high self esteem focused on problem solving and emotional focused strategy were used by those adolescents having low self esteem.

Avcı D., Yılmaz F.A., Koc A. (2012) studied the relationship between subjective well-being and self-esteem levels of nurses studying at the University of Balıkesir and University of Bozok College of nursing. Data were obtained by 'personal data enquiry form', 'coopersmith self esteem inventory' and 'subjective well being scale'. For the statistical evaluation of data, t-test, one-way analysis of variance and correlation coefficient were used. The study indicated a positive significant relationship between subjective well being and self esteem levels of students.

Padhy, M., Rana, Dr. S, Misra, M. (2011) studied the inter correlation between self esteem, subjective well being, academic and gender difference. The study was conducted on 120 participants. The results revealed that there was a significantly positive correlation between self esteem and subjective well-being and academic achievement. The independent t-

test revealed that female students have higher self esteem and subjective well-being as compared to male students.

KhanBani et.al (2014) examined the relationship between Gender and psychological well being. The sample that is 231 respondents were taken for this study who were married respondents. In this study the results indicated that there was significant difference between men and women in personal growth, environmental mastery and positive relationships with others and the study also pointed out that there was no significant difference between man and woman is self acceptance and autonomy

### Independent Variables- Gender

- Male
- Female

### Dependent Variable

- Self esteem
- Wellbeing

### Objective:

- To study the effect of Gender (Male and females) on self esteem
- To study the effect of Gender (Male and female) on well being .

### Hypothesis

- There will be a significant difference between Gender (Male and females) related to self esteem .
- There will be a significant difference between Gender (Male and females) related to well being .

### Inclusion criteria:

- 1 ) Literate student
- 2 ) Urban student
- 3 ) Age range 19 -30 years
- 4 ) Male and Females

### Exclusion criteria:

- 1 ) Illiterate student
- 2 ) Rural student
- 3 ) Adolescents and old age



**Methodology**

**Sample** – A sample of 120 adults of 19-30 years from various institutions of Udaipur city Rajasthan was taken .

**Tools** – pen ,pencil ,Rosenberg self esteem scale ,PGI general well being measure manual

**Procedure** – with the help of purposive random sampling 120 adults of different colleges were selected respectively after selecting the adults ,the test was

distributed to them and instructions were given regarding the test .

**Scoring** – Scoring was done according to the manual Statistical analysis – Descriptive analysis ,t test was analyzed .

**Result and discussion**

**Result :**  
(self esteem test result )

Gender		N	Mean	SD	t value
	Male	60	18.65	6.08	
Female	60	3.78	4.72		

(PGI test result )

Gender		N	Mean	SD	t value
	Male	60	9.53	1.73	
Female	60	12.68	1.54		

Significant on the level 01

Therefore results indicate that there is a significant difference between gender related to self esteem and wellbeing .

**Discussion :**

Self esteem is an important aspect of individual identity It is referred to how much a person values and appreciate themselves . The phase 'psychological well being 'can be used to describe an individual's overall mental and emotional stability .It includes high self satisfaction and a sense of meaning , goal or purpose in life .Self esteem and psychological well being go hand in hand they are completely related with each other It is proved by the study done by Du , Hongfei et al (2017 )that self esteem is an important predictor of subjective well being he then demonstrated that self esteem at the relational level but not the collective level is very related to subjective well being . A person with self worth are aware about her /his own abilities and will gradually have a good level of

confidence and will definitely have a good mental health because she /he will be satisfied with her /himself .In earlier times many researchers have shown that men trend to have high self esteem however as a rapid changing society of India the trend seems to change . Comparatively to the earlier times now a days girls are provided equal opportunities in many aspects whether it be education ,work ,etc .Now women /girls have social support for exploring opportunities .The Indian society is slowly moving towards progress and helping out womens to know their self worth and to make a mark through their talent. This social changes seems to lift the social situation for gender equality in very positive manner and this seems to be the reason behind the different present findings .

**Conclusion :**

The study finds that females have good self esteem and wellbeing as compared to males .

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