

Research Paper :

## **Impact of intervention programme on self-esteem of rural adolescent girls of Ludhiana district of Punjab**

RITU MAHAL AND S. THIND

Accepted : July, 2009

See end of the article for authors' affiliations

Correspondence to:

**S. THIND**

Department of Human Development, College of Home Science, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA

### **ABSTRACT**

The study was conducted on the self-esteem of rural adolescent girls and the relationship with the parents' education and occupation. Five villages namely: Aliwal, Bandala, Chappaar, Katani Kalan and Sohiyan in district Ludhiana were selected randomly. The girl students enrolled in 7<sup>th</sup> and 9<sup>th</sup> classes in each school were listed and total sample comprised was 153 girl students. Intervention helped in improving or gain shown by the girls in the form of getting things they desired, confident about decision making, having more of success than failure, acceptance by people, convincing people and successful at handling social interactions. Girls of Primary/Graduate parents and unemployed mothers showed maximum gains.

**Key words :** Intervention, Self-esteem, Adolescent girls

As defined by the National Association for Self-esteem, it is the experience of being capable of meeting life's challenges and being worthy of happiness. People who have healthy or authentic self-esteem trust their own being to be life affirming, constructive, responsible and trustworthy. Adolescent female offenders exhibit high rates of mental health problems. Girls have higher rates of depression than boys throughout adolescence and are more likely to attempt suicide. Low self-esteem, negative body image and substance abuse are also common problems for adolescent girls. A number of prevalence studies done in state juvenile justice systems show females to have higher rates of mental health problems than their male counterparts. A study of juvenile offenders in Georgia Youth Detention Centers, for example, revealed that nearly 60% of girls met criteria for an anxiety disorder (in contrast to 32% among boys); 59% of girls had a mood disorder (versus 22% of boys). Suicide attempts and self-mutilation by girls are particular problems in juvenile facilities. Characteristics of the detention environment (e.g. seclusion, staff insensitivity, loss of privacy) can add to the negative feelings and loss of control girls feel, resulting in suicide attempts and self-mutilation.

During adolescence, important shifts occur in the way individuals think about and characterize themselves that is in their self conception. As individuals mature intellectually and undergo the sorts of cognitive changes come to conceive of themselves in more sophisticated and more differentiated ways. A self-confident person

perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied and independent.

Many theorists as well as researchers have pointed out the significance of 'self' development. All personality theorists point out the significance of parent - child relationship in personality development. Studies by Yabiku *et al.* (1999), also found that children have higher self-esteem when their parents are loving, supportive and deeply involved in their lives. Self-esteem has also been found to have a direct correlation with quality and strength of parent-child relationships. Children from families with poor communication methods or dysfunctional families tend to have low self-esteem and trouble finding their own identity (Nunley, 1996). The neglect on the part of parents may cause distrustfulness and hostility. Self may involve in seeking revenge, in resenting the success of others etc. Even though one's self forms according to experiences and relationships with families, school, work, etc., it is really a person's perception of these experiences and relationships that have a greater impact on one's self-esteem (Mecca *et al.*, 1989). According to the Indian culture, the 'females' had been held in high esteem throughout the ages and have been worshipped. With changing times, gender perceptions are a societal construct, which are dependent upon socio-cultural practices in which the children, adult youth grow up (NIHFW, 2005)

Keeping the above factors in mind the following study was planned to study the self-esteem of rural