

A study on association between self-esteem and stress impact experienced by adolescents in physical dimension

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Received: 21.05.2013; Revised: 01.09.2013; Accepted: 28.09.2013

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■ **ABSTRACT** : The present study was an attempt to explore the association between self-esteem and stress in adolescents residing within municipal limits of Udaipur city. The present sample consisted of 480 adolescents (240 boys and 240 girls), between the age range of 12 to 18 years having high or low self-esteem. A standardized self-esteem and stress inventory was used for the identification self-esteem and of adolescents. The findings of the present study revealed that high self-esteem was found to have low stress impact where as adolescents with low self-esteem experienced high stress in all major aspects of physical dimensions. As far as gender was concerned, adolescent girls experienced high stress as compared to boys in all aspects of physical dimensions. In context of age, late adolescent age years were crucial for boys to experience stress and its impact while on other hand early years were crucial for girls to experience impact of stress on physical dimensions. Mean, percentage and Chi-square were applied for the analysis of the data.

■ **KEY WORDS** : Adolescents, Self-esteem, Stress, Physical dimension

■ **HOW TO CITE THIS PAPER** : Gir, Sophia, Mishra, Ragini and Sharma, Shewta (2013). A study on association between self-esteem and stress impact experienced by adolescents in physical dimension. *Asian J. Home Sci.*, 8 (2): 506-510.