

# A comparative study on self-esteem among tribal adolescent boys and girls in Adilabad district of Telangana state

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## ABSTRACT

Self-esteem is defined as the attitude towards oneself and what one thinks of himself. The aim of the present study was to compare self-esteem among tribal adolescent girls and boys in Adilabad district of Telangana state. The size of the sample was 120 adolescents which includes 60 girls and 60 boys in the age range of 13-19 years were selected using purposive random sampling method. An ex-post factor research design was used for the study. Rosenberg's self-esteem scale was used to assess the self-esteem of tribal adolescents. The data analysed using frequencies, percentages, means, SD's and 't' test. The results have shown that, half of the adolescents had high level of self-esteem and the remaining half had average level of self-esteem. None of the adolescents exhibited low level of self-esteem. Girls scored comparatively higher than that of boys in self-esteem.

## INTRODUCTION

Self-esteem helps an individual to create a realistic set of expectations for success upon themselves and to make realistic attributions for why their success and failure occur. Good self-esteem is important as it helps adolescents to have a positive attitude towards themselves and feel proud of them and helps to believe in themselves. Having good self-esteem is also helpful in making good choices about what one can do. It gives them the courage

to try new things and power to mind and body. Adolescents with high self-esteem perform better in their work than adolescents with low self-esteem. Low self-esteem creates emotional instabilities consequently one feels insecure and unstable (Divaro, 2015).

Self-esteem is defined as the overall evaluation of oneself in a positive or negative way (Hughes and Rawles, 2005). It is one of the basic needs of human being. Self-esteem impacts every major aspect of our

lives and deficits in self-esteem contribute to many psychological problems such as introversion, inferiority, lack of confidence etc.

The tribal people are the original inhabitants of India and constitute a significant part of the nation. They have been dwelling in the forests for a long period of time and their social structure, culture and language are quite different from that of general population of India. But due to economic development, strict laws regarding hunting, felling of trees etc. created a situation for them to come out and get involved in the mainstream population. Studies on them would help policy makers and individuals working with them to plan programmes effectively in order to help them.

Majority of the studies were conducted on rural and urban adolescents when compared to tribal adolescents. Therefore, it is very much appropriate and necessary to conduct a research study on self-esteem of tribal adolescents in Adilabad district. Motivated by the above considerations and by the importance of self-esteem of tribal adolescents the present study was taken.

**Objectives:**

- To study the level of self-esteem among tribal adolescent boys and girls.
- To find out the gender differences in levels of self-esteem in tribal adolescent boys and girls.

**MATERIAL AND METHODS**

Based on the nature of the research problem and objectives of the present study, Ex-post facto research design was used. 120 tribal adolescents (60 boys and 60 girls) who were in the age range of 13-19 years were purposively selected. Interview schedule was designed by for the study which includes general profile of the tribal adolescents. Self-esteem Scale developed by Morris Rosenberg was used to find out the self-esteem levels of the respondents. The instrument consists of five positive and five negative items and need to be scored accordingly.

Typically, each item is answered on a four-point Likert scale ranging from “strongly disagree” to “strongly agree”. Each item score ranges from 0 to 3. Raw scores were calculated and self-esteem of the respondents was assessed.

**OBSERVATIONS AND ANALYSIS**

This section deals with the results and discussion as per the objectives set for the present study. The data collected were analysed, tabulated and results are presented under the following sections:

**The status of tribal adolescents with regard to their self-esteem:**

The Table 1 reveal that, half of the sample (50%) had average level of self-esteem, remaining half (50%) of the sample had high self-esteem levels and no respondents had low self-esteem. It means that, majority were having a positive feeling towards themselves and felt that they were fully satisfied with their life but some of them felt that they weren’t worthy and useful. The reasons behind adolescents not falling under low self-esteem levels might be that, being adolescents, they are more active, energetic and confident and another reason



Level of self-esteem	Total	
	F	%
Low	0	0%
Average	60	50%
High	60	50%

could be the life skill education and training being offered in schools and indulging in various other activities might helped them to build their capacities and become more self-confident. Margaret and Sreedevi (2017) found that, majority of the tribal adolescents were in moderate level of self-esteem followed by high levels and very few were in low levels. Similar results were observed in a research conducted by Prajina and Preamsingh (2014) that, majority of the respondents show normal level of self-esteem.

The Table 2 reveals that, half of the sample (50%) has an average level of self-esteem, remaining half (50%) of the sample has high self-esteem levels and no respondents have low self-esteem. The reasons behind adolescents not falling under low self-esteem might be that, being adolescents, they are more active, energetic and confident and another reason behind this is because of life skill education and training being offered in schools these days and indulging them in various other activities helped them to build their capacities and become more confident.

**Gender differences in self-esteem of tribal adolescents:**

In order to study the gender differences in self-esteem among tribal adolescent boys and girls, t-values were computed and presented in the Table 3.

It is evident from the Table 3 that, there were significant gender differences in self-esteem between adolescent girls and boys. The mean scores of adolescent girls were higher than that of boys. It indicates that, girls had high level of self-esteem as compared to that of boys. Adolescent girls felt positive about themselves and are confident. This might be due to the reason that, girls and

women are given utmost respect in the tribal families. Their decisions and opinions are respected and accepted which makes women feel worthy and confident which results in high self-esteem. Similar results were found in a study conducted by Prajina and Preamsingh (2014) in which the self-esteem among tribal girls are higher than that of tribal boys. Similar work related to the present investigation was also carried out by Margaret and Sreedevi (2017); Prajina and Preamsingh (2014); Rosenberg (1965); Hughes and Rawles (2005) and Divaro (2015).

**Conclusion:**

This study found that, in the self-esteem, half of the tribal adolescents had moderate level of self-esteem and the remaining half had high level. Among the two genders, more percentage of boys were possessing moderate level of self-esteem and a greater number of girls were having high level self-esteem as compared to boys. Gender differences were also seen in which girls had high mean scores than that of boys.

**Recommendation:**

- Tribal adolescents should be trained in life-skills which would help them in making better adjustments within their self, with people in their environment and circumstances.
- Tribal adolescents should be provided with conducive and supportive environment in their homes for better self-esteem.
- Personnel working with adolescents must plan intervention programmes for the improvement of personal and interpersonal adjustment skills among tribal

	Boys		Girls		Total	
	n	(%)	n	(%)	N	(%)
<b>Self-esteem</b>						
Low	0	0%	0	0%	0	0%
Average	38	64%	22	36%	60	50%
High	22	36%	38	64%	60	50%

Sr. No.	Boys (n=60)		Girls (n=60)		‘t’	P Value
	Mean	SD	Mean	SD		
1. Self-esteem	20.02	3.62	21.47	3.35	1.65	0.02*

\* and \*\* indicate significance of values at P=0.05 and 0.01, respectively

adolescents.

**Limitations:**

- The present study was limited to a sample of 120.
- The present study was limited to schools and colleges of Adilabad district. Hence, the findings are limited to the sample.
- The findings are based on the expressed opinions of the respondents and objectivity is limited to the honesty of the respondents.

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