

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

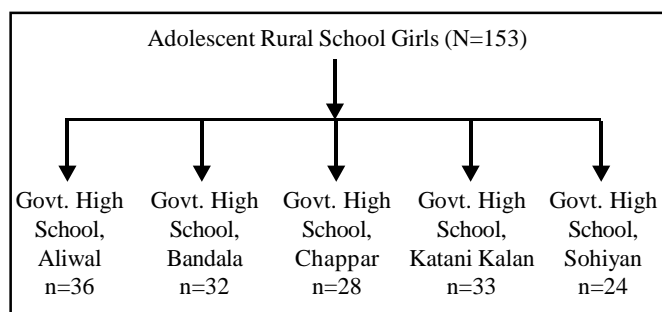
adolescent girls and its relationship with the parents' education and occupation of the same sample of girls with the specific objectives: to study the levels of parental education, to study the levels of parental occupation, to study the existing status of self-esteem of rural adolescent girls, to study the impact of intervention on self-esteem of girls in relation to parental education and to study the impact of intervention on self-esteem of girls in relation to parental occupation.

**METHODOLOGY**

Five villages namely: Aliwal, Bandala, Chappaar, Katani Kalan and Sohiyan in district Ludhiana were selected randomly.

**Sample selection:**

The sample for the present study constituted rural adolescent school going girls. The Principals of Government High Schools in above said villages were contacted and briefed about the objectives of data collection and intervention programme. The girl students enrolled in 7<sup>th</sup> and 9<sup>th</sup> classes in each school were included in the sample of the study. The total sample comprised 153 girl students as shown in Fig.1.



**Fig.1 : Flow chart showing sample distribution**

**Self-esteem scale:**

The self-esteem scale developed by Kapadia and Verma (1989) was used to judge the self-concept of girls. This scale involves judgment about one's own worth and the feelings associated with those judgments on the basis of following scores.

Category	Score
Low	1-42
Medium	43-106
High	>107

**Data collection:**

Self-esteem scale was administered to all girl

students in five selected villages to identify their existing level of self-esteem of rural adolescent girls.

**Intervention programme:**

After analyzing the existing knowledge of rural girls on self-esteem, it was observed that girls had low self-esteem, therefore the intervention packages were prepared to enhance their skills. After six months, the same sample of girls was post tested to know the effect of intervention programme and thus, the gain/loss/no change in knowledge of rural girls was assessed.

**FINDINGS AND DISCUSSION**

Parents education and occupation were studied to understand the impact of parents education and occupation and its relationship with self-esteem of the rural girls.

**Parents education:**

It was analyzed that father's of 33.3% rural girls in village Aliwal, 62.5% girls in village Bandala, 72.7% girls in village Chappaar, 60.6% girls in village Katani Kalan and 61.1% girls in village Sohiyan had education either up to Middle School level or High School level. Interestingly, most of the mothers of the girls as well from three villages *i.e.* 50% girls from Bandala, 39.4% girls from village Chappaar and 60.5% girls from village Katani kalan were middle class/high class educated whereas in village Aliwal, only 5.6% mothers and in village Sohiyan 33.3% mothers were middle/High School passed. None of the parents had education till post graduation, whereas mothers of 11.5% girls from Bandala, 3% mothers from Chappaar and 7% mothers from Katani Kalan, were Graduate, but more number of fathers such as 5.6%, 12.5%, 3% 9.1% and 5.6% from village Aliwal, Bandala, Chappaar, Katani Kalan, were also Graduate, but more number of fathers who had primary education were 33.3% (Village Aliwal), 12.5% (Village Bandala), 6.1% (Village Chappaar), 15.2% (Village Katani Kalan) and 27.8% (Village Sohiyan) in comparison to mothers who were also primary educated such as 16.7% (Village Aliwal), 7.7% (Village Bandala), 21.2% (Village Chappaar), 18.6% (Village Katani Kalan) and 55.6% (village Sohiyan). But majority of mothers, *i.e.* 77.8% from village Katani Kalan and 11.1% from Sohiyan were illiterate. The fathers of the girls in each village *i.e.* 27.8% (Aliwal), 2.5 % (Bandala), 18.2% (Chappaar), 12.1% (Katani Kalan) and 5.6% (Sohiyan) were illiterate. Three per cent of girls' fathers were expired in village Katani Kalan.

**Parents occupation:**

Majority of mothers of rural girls such as 97.2% (Village Aliwal), 76.9% (Village Bandala), 90.9% (Village Chappaar) and 100% from village Sohiyan were unemployed in comparison to fathers such as 5.4% in village Aliwal, 3% from village chappaar, 12.5 % from village Katani Kalan and 5.6% from Sohiyan, who were not doing any economic productive activity due to one reason or the others. Three per cent mothers from village Aliwal, 9.1% mothers from village Bandala, 3% mothers for village Chappaar and 9.1% mothers from village Katani Kalan were working as laborers whereas in case of fathers, 37.8%, 46.2%, 27.3%, 28.2% and 33.3% from villages Aliwal, Bandala, Chappaar, Katani Kalan and Sohiyan, respectively were working as laborers. Majority of the mothers (87.9%) from village Katani Kalan, 3% from village Chappaar along with 5.4% fathers from village Aliwal, 15.4% from village Bandala, 21.2% from village Chappaar and 12.5% from village Katani Kalan were involved in caste occupations such as carpenters/weavers/goldsmith/black smith/barber etc. The mothers involved in agricultural side or government job were 11.5% from village Bandala and 3% from village Katani Kalan. and only 3.8% mothers from village Bandala, 18.2% village Chappaar, 11.8% village Katani Kalan. Fifty per cent fathers were also doing agriculture /government job from village Sohiyan along with 33% from village Chappaar and 25% from village Katani Kalan. Only 11.5% fathers from village Bandala were employed either as doctor/engineer.

Table 1 calculates the pre and post test mean scores and gain, loss, no change of rural adolescent girls.

**Table 1 : Pre, post test mean scores and Gain /Loss/No change percentage for self-esteem in all the five villages of Ludhiana District**

Sr. No.	Villages	Pretest (Mean scores)	Post test (Mean scores)	Gain	Loss	No change
1.	Aliwal n=36	78.3	82.2	18 (50)	17 (47.2)	1 (2.8)
2.	Bandala n=32	88.6	87.1	10 (21.2)	19 (59.4)	3(9.4)
3.	Chappaar n=28	84.2	86.7	16 (57.1)	12 (42.9)	0(0)
4.	Katani Kalan n=33	84.2	82.2	17 (51.5)	14 (42.4)	2(6.1)
5.	Sohiyan n=24	78.3	84	19 (79.1)	4 (16.7)	1 (4.2)

Figures in parentheses are percentages

The table shows that pretest mean scores increased slightly in all the villages except in village Bandala and Katani Kalan (Pretest: Aliwal 78.3, Bandala 88.6, Chappaar 84.2, Katani Kalan 84.2, Sohiyan 78.3) and (Post test: Aliwal 82.2, Bandala 87.1, Chappaar 86.7, Katani Kalan 82.2, Sohiyan 84) that percentage for measuring the self concept of the rural girls through self-esteem scale. The gain in the self concept was observed in 50% girls in village Aliwal 21.2% girls in village Bandala, 57.1% girls in village Chappaar, 51.5% girls in village Katani Kalan and 75.1% girls in village Sohiyan whereas the loss was noticed in 47.2%, 59.4%, 42.9%, 42.4% and 16.7 girls in the villages mentioned in the above order. However, 2.8% girls from villages Aliwal, 9.4% girls in village Bandala, 6.1% girls in village Katani Kalan and 4.2% girls in village Sohiyan gained nothing/ showed no change. The improvement or gain shown by the girls was 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. The intervention helped the girls to achieve all these characteristics.

Gain/Loss/No change of girls in Village Aliwal for self-esteem with respect to parental education and occupation reported that 75% of girls whose fathers were Middle/High School passed got more scores for self-esteem whereas 57.1% of girls whose mothers were illiterate showed gain in self-esteem. Parent's occupation also played a significant role in improving the self-confidence of rural adolescent girls. Sixty per cent of girls whose fathers were involved in business, agriculture and government service showed gain in scores and 51.4% of girls whose mothers were unemployed *i.e.*, stayed at home exhibited improved self-confidence (Table 2).

Table 3 measures the self-concept of the girls through self-esteem scale of village Bandala. It was seen that 66.7% girls of illiterate fathers and same number of Primary educated /Graduate fathers and 50% illiterate mothers showed increase in scores of self-esteem, probably these girls were more confident. The fathers who were Middle /High School passed or Graduate, their daughters rather showed loss in scores. Similarly in parental occupation, 71.4% girls whose fathers were involved in caste occupation and 50% mothers who were in small business/shop showed gain in such scores. The losses were also there or at some places girls did not show any change, but with successive trainings it is hoped that gains could be more.

Table 4 gives details of gain/loss/no change of girls

**Table 2: Gain /Loss/No change of girls in village Aliwal for self-esteem with respect to parental education and occupation**

Fathers education	No. of girls fathers	Gain	Loss	No change
Illiterate	10(27.7)	4(40)	5(50)	1(10)
Upto Primary	12(33.3)	5(41.7)	4(33.3)	3(25)
Middle+ High School	12(33.3)	9(75)	3(25)	-
College / Graduate	2 (5.5)	1(50)	1(50)	-
Post Graduate	-	-	-	-
Mothers education	No. of girls mothers			
Illiterate	28( 77.8)	16(57.1)	11(39.2)	1(3.6)
Upto Primary	6(16.7)	3(50)	3(50)	-
Middle+ High School	2(5.6)	1(50)	1(50)	-
College / Graduate	0	-	-	-
Post Graduate	0	-	-	-
Fathers occupation	No. of girls fathers			
Unemployed	2(5.6)	1(50)	-	1(50)
Labour	14(38.9)	7(50)	6(42.8)	1(7.2)
Caste occupation	2(5.6)	1(50)	1(50)	-
Small business, Shop	9(25)	3(33.3)	5(55.6)	1(11.1)
Business, Agriculture,	10(27.8)	6(60)	3(30)	1(10)
Govt. Service				
Doctor and Engineer	-	-	-	-
Mothers occupation	No. of girls mothers			
Unemployed	35(97.2)	18(51.4)	16(45.7)	1(2.9)
Labour	-	-	-	-
Caste occupation	-	-	-	-
Small business, Shop	-	-	-	-
Business, Agriculture,	-	-	-	-
Govt. Service				
Doctor and Engineer	-	-	-	-

Figures in parentheses are percentages

in village Chappaar for self-esteem scale. Sixty per cent of illiterate parents, girls of Primary passed parents gained for scores on self-esteem. Similarly, the girls of primary educated and graduated mothers showed increase in scores. No doubt the girls of Primary educated fathers also showed loss and may be reduced with more interventions. As far as occupation is concerned, girls of unemployed fathers (100%), fathers with caste occupation (71.4%) also showed gain in scores whereas mothers in the laborer category and with small business also could gain on such scores. The loss may be due to less input by

**Table 3 : Gain /Loss/No change of girls in village Bandala for self-esteem with respect to parental education and occupation**

Fathers education	No. of girls fathers	Gain	Loss	No change
Illiterate	6(18.7)	4(66.7)	-	2(33.3)
Upto Primary	6(18.7)	4(66.7)	-	2(33.3)
Middle+ High School	15(57.7)	6(40)	7(46.7)	2(13.3)
College / Graduate	3(11.5)	2(66.7)	1(33.3)	-
Post Graduate	-	-	-	-
Mothers education	No. of girls mothers			
Illiterate	8(30.8)	4(50)	2(25)	2(25)
Upto Primary	5(15.6)	2(40)	-	3(60)
Middle+ High School	13(50)	6(46.1)	2(15.4)	5(38.5)
College / Graduate	6(18.7)	2(33.3)	1(16.7)	3(50)
Post Graduate	0	-	-	-
Fathers occupation	No. of girls fathers			
Unemployed	-	-	-	-
Labour	12(46.1)	2(16.7)	6(50)	4(33.3)
Caste occupation	7(21.8)	5(71.4)	-	2(28.6)
Small business, Shop	5(83.3)	2(40)	1(20)	2(40)
Business, Agriculture,	3(11.5)	2(66.7)	1(33.3)	-
Govt. Service				
Doctor and Engineer	3(11.5)	2(66.7)	1(33.3)	-
Mothers occupation	No. of girls mothers			
Unemployed	20(77)	7(35)	12(60)	1(5)
Labour	5(15.6)	2(40)	-	3(60)
Caste occupation	-	-	-	-
Small business, Shop	4(12.5)	2(50)	2(50)	-
Business, Agriculture,	3(11.5)	1(33.3)	1(33.3)	1(33.3)
Govt. Service				
Doctor and Engineer	-	-	-	-

Figures in parentheses are percentages

the families.

Table 5 studies the gain /loss/no change of girls of village Katani Kalan for self-esteem scale. Eighty per cent of the girls of Primary pass fathers and 66.7% Graduated mothers showed gain in self-esteem scores. Similarly, 75% girls of unemployed fathers and 100% daughters of mothers involved in business, agriculture or government jobs as well as 66.7% girls of laborers mothers had increase in scores of anxiety scale. This shows that girls did an effort to gain more self-confidence and had better concept through intervention

**Table 4 : Gain /Loss/No change of girls in village Chappaar for self-esteem with respect to parental education and occupation**

Fathers education	No. of girls fathers	Gain	Loss	No change
Illiterate	5(17.8)	3(60)	1(20)	1(20)
Upto Primary	2(7.1)	1(100)	1(100)	-
Middle+ High School	20(71.4)	11(55)	9(45)	-
College / Graduate	1(3.5)	-	1	-
Post Graduate	-	-	-	-
Mothers education	No. of girls mothers			
Illiterate	10(35.7)	6(60)	4(40)	
Upto Primary	7(25)	4(57.1)	3(42.9)	
Middle+ High School	10(35.7)	3(30)	3(30)	4(40)
College / Graduate	1(3.5)	1(100)		
Post Graduate	0	-	-	-
Fathers occupation	No. of girls fathers			
Unemployed	1(3.5)	1(100)	-	-
Labour	4(14.3)	2(50)	2(50)	
Caste occupation	7(25)	5(71.4)	2(28.6)	-
Small business, Shop	6(21.4)	4(66.7)		-
Business, Agriculture,	10(35.7)	5(50)	5(50)	
Govt. Service				
Doctor and Engineer	-			-
Mothers occupation	No. of girls mothers			
Unemployed	25(89.3)	14(56)	11(44)	
Labour	1(3.5)	1(100)	-	-
Caste occupation	1(3.5)			
Small business, Shop	1(3.5)	1(100)		
Business, Agriculture,	-			
Govt. Service				
Doctor and Engineer	-	-	-	-

Figures in parentheses are percentages

programme.

Table 6 explains the gain /loss/no change of girls for self-esteem scale with respect to parental education and occupation of village Sohayan. It was found that fathers who were Middle + High School passed, their daughters showed maximum gains (81.8%) while analyzing the self-esteem of girls after intervention. Mothers who were Primary pass, their daughters showed maximum loss in self-esteem. While assessing for father’s occupation, the maximum gains (66.7%

**Table 5 : Gain /Loss/No change of girls in village Katani Kalan for self-esteem with respect to parental education and occupation**

Fathers education	No. of girls fathers	Gain	Loss	No change
Illiterate	4(12.1)	2(50)	2(50)	-
Upto Primary	5(15.1)	4(80)	1(20)	-
Middle+ High School	20(60.6)	8(40)	11(55)	1(5)
College / Graduate	3(9.1)	2(66.7)	1(33.3)	
Post Graduate	-	-	-	-
Mothers education	No. of girls mothers			
Illiterate	6(18.2)	2(25)	3(50)	2(25)
Upto Primary	8(24.2)	3(37.5)	4(50)	1(12.5)
Middle+ High School	15(45.4)	7(46.7)	8(53.3)	-
College / Graduate	3(9.1)	2(66.7)	1(33.3)	
Post Graduate	-	-	-	-
Fathers occupation	No. of girls fathers			
Unemployed	4(12.1)	3(75)	1(25)	-
Labour	9 (27.3)	3(33.4)	4(44.4)	2(22.2)
Caste occupation	4(12.1)	2(50)	2(50)	-
Small business, Shop	6(18.2)	2(33.3)	4(66.7)	-
Business, Agriculture,	9(27.3)	4(44.4)	3(33.4)	2(22.2)
Govt. Service				
Doctor and Engineer	-			-
Mothers occupation	No. of girls mothers			
Unemployed	-	-	-	-
Labour	3(9.1)	2(66.7)	1(33.3)	
Caste occupation	28(84.8)	14(50)	13(46.4)	1(3.6)
Small business, Shop	-			
Business, Agriculture,	1(3.1)	1(100)		
Govt. Service				
Doctor and Engineer	-	-	-	-

\* One father expired

Figures in parentheses are percentages

each) were found in girls whose fathers were laborers and the ones who were involved in caste occupation. It is very clear from the table that maximum gains were found for unemployed mothers, the reason being they spent more time with their daughters.

**Conclusion:**

Impact of intervention programme was observed. Girls showed improvement in the form of getting things they desired, confident about decision making, having more

**Table 6 : Gain /Loss/No change of girls in village Sohian for self-esteem with respect to parental education and occupation**

Fathers education	No. of girls fathers	Gain	Loss	No Change
Illiterate	4(16.7)	2(50)	2(50)	-
Upto Primary	5(20.8)	4(80)	1(20)	-
Middle+ High School	11(45.8)	9(81.8)	2(18.2)	-
College / Graduate	4(16.7)	3(75)	1(25)	-
Post Graduate	-	-	-	-
Mothers education	No. of girls mothers			
Illiterate	6(25)	2(33.3)	4(66.7)	-
Upto Primary	10(41.7)	8(80)	2(20)	-
Middle+ High School	8(33.3)	4(50)	2(25)	2(25)
College / Graduate	-	-	-	-
Post Graduate	-	-	-	-
Fathers occupation	No. of girls fathers			
Unemployed	1(4.2)	1(100)	-	-
Labour	6(25)	4(66.7)	2(33.3)	-
Caste occupation	6(25)	4(66.7)	2(33.3)	-
Small Business, Shop	2(8.3)	2(100)	-	-
Business, Agriculture, Govt. Service	9(37.5)	5(55.6)	4(44.4)	-
Doctor and Engineer	-	-	-	-
Mothers occupation	No. of girls mothers			
Unemployed	24(100)	20(83.3)	4(16.7)	-
Labour	-	-	-	-
Caste occupation	-	-	-	-
Small Business, Shop	-	-	-	-
Business, Agriculture, Govt. Service	-	-	-	-
Doctor and Engineer	-	-	-	-

Figures in parentheses are percentages

of success than failure, acceptance by people, convincing people and successful at handling social interactions. The intervention helped the girls to achieve all these characteristics.

Majority of the girls who gained high scores belonged to Primary/Graduated parents whereas maximum gains in self-esteem scores were observed in unemployed mothers.

Authors' affiliations:

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

## REFERENCES

**DOVE**: [www.campaignforrealbeauty.com/](http://www.campaignforrealbeauty.com/).

**Marsteller, F., et al.** (1997). Prevalence of substance abuse disorders among juveniles admitted to regional youth detention centers. Center for Substance Abuse Treatment: Rockville, MD.

**Mecca, A.M., Smelser, N.J. and Vasconcellos, J.** (1989). *The social importance of self-esteem*. University of California Press, Berkeley, U.S.A.

**NIHFW** (2005). Women's empowerment and development are vital for achieving reproductive health goals. *NIHFW Newsletter*, 7 (1): 3-4.

**Nunley, K.F.** (1996). The relationship of self-esteem and depression in adolescence. Retrieved on February 24, 2004 from <http://www.drnunley.com/depressi.htm>.

**Yabiku, S.T., Axinn, W.G. and Thornton, A.** (1999). Family integration and children's self-esteem. *American J. Sociol.*, 104 : 1494.

\*\*\*\*\*  
\*\*\*\*\*