

Determine the relationship of self - esteem and depression

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ABSTRACT

Self-esteem as the experience of capable of meeting life challenge and being worthy of happiness. Depression among adolescents has emerged as a major mental health problem. Depression and self-esteem are intertwined and contribute to negative effects. The study was conducted in Hisar district of Haryana state. All the adolescents studying in 9th and 10th standard falling in the age group 15 – 16 years were included in the sample for the study. Self-esteem was taken as dependent variable. Self-Esteem was assessed by Rosenberg's Self-Esteem Scale (RSES) by Rosenberg's (1989). Depression was taken as independent variables. Beck's Depression Inventory (BDI) by Beck *et al.* (1988) was used to assess the depression. Result revealed that comparatively higher percentage of males than the females reported moderate to severe depression symptoms. Result further reflects that negative and significant correlation between depression and self-esteem ($r = -0.25$). This means that adolescents who had high depression reported less self-esteem.

INTRODUCTION

Self-esteem can be defined as an individual's attitude about him or herself, involving self-evaluation along a positive- negative dimension (Baron and Byrne, 2011). Most generally self-esteem refers to an individual's over all positive evaluation to the self (Rosenberg *et al.*, 2005). Reasoner (2005) has defined self-esteem as the experience of capable of meeting life challenge and being worthy of happiness. In today's world self-esteem has been viewed as an important tool to face the competitive life. Modern living has brought with it, not only innumerable means of comfort but also a plethora of demands that tax human body and mind.

Now-a-day's everyone talks about stress. It is cutting across all socio economic groups of population and becomes the great leveler and continuous stress over a period of time takes the form of depression.

Depression among adolescents has emerged as a major mental health problem in the last two decades. In India, adolescent depression is an under researched area. There is limited knowledge in factors associated with depression among adolescents in India. It is important that adolescents with depression need to be identified as there is an increasing evidence of suicidal behaviour among the young in India. Unfortunately, many a times, only a few adolescents with depression are diagnosed and only a few get treated. Bronfenbrenner (1979) in his

ecological theory proposed that adolescent development occurs in realms of family attachment, peer support and the school. So it is important variables that reflect adolescents experience in these realms to measure mental health are included in the study. In line with this theory, the present study aims to examine the relationship of parental attachment, and self – esteem to depressive symptoms in adolescents.

Depression and self-esteem are intertwined and contribute to negative effects. Research has shown how self-esteem influences depression, and some studies have suggested that depression works negatively to decrease self-esteem. Understanding how each of these conditions affects the other is essential in order to effectively treat depression and other conditions that co-occur such as anxiety. Many theories of depression postulate that low self-esteem is a defining feature of depression (Brown and Harris, 2008). Indeed, numerous studies have documented strong concurrent relations between low self-esteem and depression (Joiner *et al.*, 2009). However, the nature of this relation specifically, the temporal order remains unclear. Does low self-esteem lead to depression, does depression contribute to the development of low self-esteem, or are they reciprocally related?

There are theoretical reasons to believe that self-esteem and depression might be particularly strongly linked during adolescence and young adulthood. The confluences of changes that occur during this developmental stage are likely to tax the individual's psychological resources, and previous research has suggested that the link between self-esteem and depression might be stronger during stressful events. Moreover, one of the core developmental tasks of this stage of life centers on developing a sense of mastery and competence (Galambos *et al.*, 2006), which are closely linked to self-esteem. Thus, it seems plausible that all aspects of adjustment and adaptation, including indicators of well being such as depression, would be particularly linked to success in achieving the salient developmental task of this period, establishing a sense of competence and self-worth. Research conducted in the Indian context suggests that socio-emotional problems like attachment difficulties with parents and interpersonal conflicts with peers are relatively common in adolescence, and may contribute to impaired feelings of self-esteem. Thus the present study was carried out with the following objectives.

Objectives:

- To assess the extent of depression among adolescents.
- To determine the relationship of self – esteem and depression.

MATERIAL AND METHODS

The study was planned to investigating levels of Self-Esteem among adolescents living in rural and urban areas. To understand the features of adolescents, comparative rural and urban area study is an essential tool. As per objectives, the study was conducted in Hisar district of Haryana state purposively selected due to easy accessibility. To draw the rural sample, list of villages having Government schools with 9th and 10th classes was obtained from the Education Department, Hisar. Out of the list, three villages namely Neoli Kala, Behbalpur and Mangali were randomly selected and Government Senior Secondary Schools of these villages were taken to draw the rural sample. Whereas, to draw urban sample Government Girls Senior Secondary School, Hisar and Government Senior Secondary School, Hisar (Patel Nagar) were randomly selected. All the adolescents studying in 9th and 10th standard falling in the age group 15 – 16 years were included in the sample for the study.

Variable is a set of value that forms a classification. A value is anything which can be predicted. For the present study, the variables have been grouped into two types the dependent and independent variables. A dependent variable is a variable presumed to be affected by one or more independent variables. Self-esteem was taken as dependent variable. Self-Esteem was assessed by Rosenberg's Self-Esteem Scale (RSES) by Rosenberg's (1989). Depression was taken as independent variables. Beck's Depression Inventory (BDI) by Beck *et al.* (1988) was used to assess the depression.

OBSERVATIONS AND ANALYSIS

The results obtained from the present investigation as well as relevant discussion have been summarized under following heads :

Level of depression across gender :

The distribution of respondents for their depression level against gender has been presented in Table 1 and

Table 1: Level of depression across gender				(n =290)
Depression	Gender	Male (n =121)	Female (n =169)	Total
Non depressed		36 (29.8)	70 (41.4)	106 (36.5)
Mild mood disturbance		37 (30.6)	50 (29.6)	87 (30.0)
Borderline clinical depression		18 (14.9)	18 (10.7)	36 (12.4)
Moderate depression		26 (21.4)	25 (14.8)	51 (17.7)
Severe depression		04 (3.3)	05 (3.0)	09 (3.1)
Extreme depression		-	01 (0.5)	01 (0.3)

Note: Figures in parentheses indicate percentages

Table 2 : Correlation (r) between depression and self-esteem	
Depression	Self-esteem
Depression	-0.25*

* indicates significance of value at P=0.05

Fig. 1. The data portrayed in table indicates that higher percentage of females (41.4%) against males (29.8 %) were having non depressive symptoms. Further, it was seen that almost equal percentages of males (30.6 %) and females (29.6 %) had mild mood disturbances. Comparatively higher percentage of males than the females reported moderate to severe depression symptoms. Distribution of total sample for different depression levels revealed that there 36.5 per cent respondents were normal as per mental health status revealing non-depressed stage followed by mild mood disturbances (30.0 %) followed by moderate depression (17.7 %) and border line clinical depression (12.4%). The severe depression symptoms were seen in only 3.1 per cent and extreme depression in 0.3 per cent respondents. On the whole higher percentage of male respondents was having one or the other level of depression.

Correlation (r) between depression self -esteem :

Data related to the correlations of adolescents depression and self-esteem has been presented in Table 2.

Results of Pearson correlation divulged negative and significant correlation between depression and self-esteem (r = -0.25). This means that adolescents who had high depression reported less self-esteem.

Depression is a common disorder that impacts an individual ability to perform life activities. Early onset of depression often persists, re-occur and continues into adulthood and depression in youth may also predict more severe illness in adult life. The results of the present study

indicated that higher percentage of adolescents were non-depressed. Though in small percentage but quite a large sample reported having moderate to severe depression. Many of the previous researches endorse these finding stating that a large percentage population is depressed (Punia *et al.*, 2013). It is important to realize that many factors such as culture, location and respondents background differences are related to prevalence of depression.

Further the results related to positive effects of self-esteem on depression were supported by Sharma and Agarwala (2013). Peer alienation was the significant contributor to depression and the results get support from the study by Phillips (2001) who reported that those who have greater difficulties in negotiating conflicts with close friends tend to report more depression over a time. Similarly, a recent study by Allen *et al.* (2007) revealed that secure attachment in early adolescence is associated with successful autonomy and good peer relations.

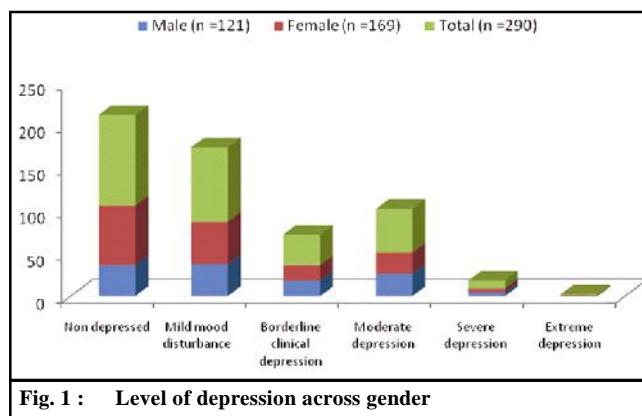


Fig. 1 : Level of depression across gender

Additionally, authoritative paternal and maternal parenting, which are characterized by increased responsiveness, were found to be positively related to pro-social behavior in children (Hastings *et al.*, 2007).

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