



To study Social Anxiety of 10+2 class students in relation to their self-esteem.

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Abstract : In sociology and psychology self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs about oneself, as well as emotional states, such as triumph, despair, pride, and shame.

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Self esteem is how we value ourselves; it is how we perceive our value to be world and how valuable we think we are to others. Self esteem affects our trust in others, our relationships, our work- nearly every part of our lives. Positive self esteem gives us the strength and flexibility to take charge of our lives and grow from our mistake without the fear of rejection.

The Rosenberg Self esteem Scale (1965) feature among the most widely used system for measuring self-esteem the Rosenberg test usually uses a ten question battery scored on a four point response system that requires participants to indicate their level of agreement with a series of statements about themselves .

People often feel bad about themselves, feeling of low self esteem may be triggered by being treated poorly by someone else recently or in the past or by a person's own judgment of him or herself. This is normal. However low self esteem is a constant companion for too many people, especially those or who experience depression, anxiety, phobias, psychosis, delusional thinking, or who have on illness or a disability. If you are one of these people, you may go trouser life feeling bad about yourself needlessly.

Key Words : Self Esteem, low self Esteem, High Self Esteem

Introduction : Self-esteem is today one of the main and most important topics dig used in psychology. In our ago centered societies, reaching a level of self-esteem for yourself is seen as a form of success, or even of completion.

Characteristics of Self Esteem

- Self-esteem is a judgement of oneself as well as an attitude toward the self,
- It is positive or negative evaluations of the self, as in how we feel about it.
- Self-Esteem is also known as the evaluative dimension of the self that includes feelings of worthiness, prides and discouragement.



- One's self-esteem is also closely associated with self consciousness.
- It is a disposition that a person has which represents their judgements of their own worthiness.

TYPE Of Self Esteem

Low self esteem:- The more frequent intense and lasting, negative thought and feeling a person has about himself. The lower the overall self esteem is likely to be some of the effect low self esteem can have on an individual belief and behaviours are:

- Low confidence in their abilities
- If things go well, they dismiss them as luck.
- Expect that will do poorly at a task prior to trying it.
- Give up quickly when faced the difficulties.
- Notice failed attempt and discount ignore success and so confirm negative thoughts
- Let things happen to them rather to make things happen.
- Feel they have little control over their own life.
- Give power over to others.

Impact of low self esteem : Self esteem has a critically important influence on adjustment and quality of life. Lack of self esteem is frequently a precursor to depression, suicidal behaviour and other personality disorder. High self esteem adolescents were more likely to perform well in school, not be depressed and not be socially delinquent i.e. they are socially well adjusted. Low self esteem has been correlated with low life satisfaction, loneliness, anxiety, resentment, irritability and depression one of the reasons for maladjustment may be the denial or obstruction in the way of realizing one's need for self-esteem.

1. Thinking distorted by irrational beliefs and old behavioural scripts.
2. Feeling distorted defined repressed, exaggerated or explosive feeling
3. Behavior distorted unhealthy irresponsible self destructive.

High self esteem:- It is possible to have an apparently high level of self esteem. but it is not necessarily based on reality some of the characteristics are:



1. Self aggrandizement (exaggerate greatness/importance)
2. Feeling of superiority
3. Notice feeling in others and not themselves,
4. Expect to be treated with respect and at the same time don't feel the need to show respect
5. Assume they are better than most of people they meet
6. Ignore negative feedback by discrediting the source put others down.

Characteristics of student with high self esteem

1. Firmly believe in certain values and principles, and are ready to defend them in light of experience.
2. Are able to act according to what they think to be the best choice, trusting their own judgment, and not feeling guilty when other do not like their choice.
3. Do not lose time worrying excessively about what happened in the past, nor about what could happen in the future. They learn from the past and plan for the future, but live in the present intensely.
4. Fully trust in their capacity to solve problems, not hesitating after failure and difficulties. They ask others for help when they need it.
5. Consider themselves equal in dignity to others, rather than inferior or superior, while accepting differences in certain talents, personal prestige or financial standing
6. Understand how they are an interesting and valuable person for others, at least for those with whom they have a friendship.
7. Resist manipulation; with others only if it seems appropriate and convenient.
8. Admit and accept different internal feelings and drives, either positive or negative, revealing those drives to others only when they choose.
9. Are able to enjoy a great variety of activities.
10. Are sensitive to feelings and needs of others, respect generally accepted social rules, and claim no right or desire to prosper at others expense.
11. Can work toward finding solutions and voice discontent without belittling themselves or other when challenges arise.



12. The students have a good level of confidence and ability to learn from their mistakes so they are ready to face the challenges of life very bravely.

13. Students are mostly co-operative and well adjusted therefore they never delay their work and help other also.

Characteristics of student with low self esteem

Low self esteem can result from various factors, including genetic factors, physical appearance or weight, mental health issues, socio economic status, peer pressure or bullying.

A person with low self esteem may show of the following characteristics:

- Heavy self criticism and dissatisfaction.
- Hypersensitivity to criticism with resentment against critics and feelings of being attached.
- Chronic indecisions and an exaggerated fear of mistakes
- Perfectionism, which perfection is not archived
- Neurotic guilt, dwelling on away or exaggerating the magnitude of past mistakes.
- Floating hostility and general defensiveness and irritability without any proximate cause.
- Pessimism and general negative outlook.
- Envy , invidiousness, or general resentment.
- Sees temporary setbacks as permanents, intolerable conditions.

Sample Of The Study

The sample of the study is as follows:

A sample of 200 students was taken from private schools of Jalandhar city. Out of which 100 were boys and 100 were girls.

Statistical Tools

1. Multiple Anxiety Inventory by Dr. Vishal Sood, AartiAnand, Tarun Mehta (2012).
2. School Environment Inventory by Dr. Karuna Shankar Mishra (2002)
3. Self-Esteem Scale by Morris Rosenberg (1965)

Procedure

Self-esteem and school environment scales will be administered in order to categorize the students into desired groups. Then the social anxiety scale will be administered. The data so collected will be subjected to statistical analysis.



Statistical Techniques

1. Descriptive statistics such as mean, standard deviation will be used.
2. t-test will be used to compare the means of different groups.

TABLE - Showing significance of difference of means of social anxiety scores of boys with high and low self-esteem.

	Self-Esteem	Number	Mean	Std. deviation	Std. Error of mean	Std. Error of difference	Df	t-value
Social Anxiety (Boys)	High	31	87.94	18.726	3.363	4.761	55	.277
	Low	26	86.68	16.862	3.307			

From the table 3.2, the t-ratio of difference of means of social anxiety scores of boys with high and low self-esteem was not significant. Therefore There exists no significant difference in the social anxiety of 10+2 class boys with high and low self-esteem, which means that there is no significant difference in the social anxiety of 10+2 class boys with high and low' self-esteem.

Conclusion :

There was a significant difference in the social anxiety scores of girls with high and low self-esteem, where the girls with high self-esteem have more social anxiety than the girls with low self-esteem.

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