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RESEARCH ARTICLE

SELF ESTEEM OF SECONDARY SCHOOL THARU STUDENTS OF WEST CHAMPARAN

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Abstract

Self Esteem is a central construct in clinical, developmental, personality, and social psychology. Self Esteem can be defined as an individual's judgment of his or her self-worth (Rosenberg 1965). Self Esteem is generally considered the evaluative component of the self-concept, a broader representation of the self that includes cognitive and behavioral aspects as well as evaluative or affective ones (Tomaka & Blascovich, 1991). Self Esteem creates self-image (Judy and Arin 2004). People with high self esteem take risks more easily than those with low self Esteem. Self Esteem, that is contingent on success and competence, triggers fundamentally different habitual thought and behavior patterns than contingent self Esteem, that involves seeking compensation from emotional support and acceptance. These behaviors and attitudes have in recent studies been linked to distinctive patterns of coping with social threats and differential health outcomes. It is an extremely popular construct within psychology, and has been related to virtually every other psychological concept or domain, including personality, behavioral, cognitive, and clinical concepts. It can influence life in myriad ways, from academic and professional success to relationships and mental health. On the above criteria in mind the researcher desired using mean, standard deviation 't' test to study the difference between the mean scores of male and female, Private and Government job holders children, age of students, type of family and finally the standard of students in their self-esteem of secondary school Tharu children of West Champaran. The result declared that there is no significant difference between the mean scores of male and female, Private and government Job holders' children, single and nuclear family, whereas there is a significant difference between the mean scores of less than 14 and above 14 years and IXth and Xth Standard secondary school Tharu students in their self-esteem.

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Introduction:-

Self Esteem is the way individuals think and feel about themselves and how well they do things that are important to them. In children, self Esteem is shaped by what they think and feel about themselves. Their self Esteem is highest when they see themselves as approximating their "ideal" self, the person they would like to be. Self Esteem comes from different sources for children at different stages of development. The development of self Esteem in young

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children is heavily influenced by parental attitudes and behavior. Supportive parental behavior, including encouragement and praise for accomplishments, as well as the child's internalization of the parents' own attitudes toward success and failure, are the most powerful factors in the development of Self Esteem in early childhood. As children get older their experiences outside the home, in school, and with peers, become increasingly important in determining their self-esteem.

Schools can influence their students' self-esteem through the attitudes they foster toward competition and diversity and their recognition of achievement in academics, sports, and the arts. By middle childhood, friendships have assumed a pivotal role in a child's life. Studies have shown that schoolage youngsters spend more time with their friends than they spend doing homework, watching television, or playing alone.

Significance of the Study:

Self Esteem is the sense of how much one likes, or dislikes one's own self. Good, healthy self-esteem is responsible for helping us achieve our goals and to survive and recover from disappointments and failures. Our perceptions of how these people feel and think about us become internalized in our minds as facts about who we really are. The children begin respecting their boundaries. This is the absolute, essential foundation for good Self Esteem.

Statement of the Problem:

Self Esteem of Secondary School Tharu Students of West Champaran:

Operational Definitions:

Self Esteem : description of a person's overall sense of self-worth or personal value.

Secondary School : a high school or a school of corresponding grade, ranking between a primary school and a college or university.

Tharu : a member of a valley-dwelling people of Mongol origin in Nepal but residing in West Champaran district in Bihar.

Students : a person who is studying in a school or other place of higher education.

West Champaran : West Champaran is an administrative district in the state of Bihar.

Objectives of the Study:-

To find whether there is any significant difference between the mean scores of male and female secondary school Tharu students of West Champaran in their Self Esteem.

the mean scores of To find whether there is any significant difference between Private and Government employee's secondary school Tharu students of West Champaran in their Self Esteem.

To find whether there is any significant difference between the mean scores of less than 14 and more than 14 years secondary school Tharu students of West Champaran in their Self Esteem.

To find whether there is any significant difference between the mean scores of single and nuclear family secondary school Tharu students of West Champaran in their Self Esteem.

To find whether there is any significant difference between the mean scores of Std. IX and Std. X secondary school Tharu students of West Champaran in their Self Esteem.

Tool Used:

Self constructed and validated tool on Self Esteem of Secondary School Tharu Students. Of West Champaran District.

Method Used:

The investigator has used survey method for the present study.

Population of the Study:

The population for the study is Secondary School Tharu Students in West Champaran district in the state of Bihar.

Sample:

The sample consists of 153 secondary school Tharu students of West Champaran.

Techniques Used:

- i. Mean
- ii. Standard Deviation
- iii. 't' test

Delimitations of the Study:

- i. The study is done in one District of Bihar i.e. West Champaran.
- ii. Tharu students studying in secondary schools in West Champaran.
- iii. Self Esteem of Tharu secondary school students.
- iv. Sample size is 153.

Null Hypotheses:

1. There is no significant difference between the mean scores of male and female secondary school Tharu students of West Champaran in their Self Esteem.
2. There is no significant difference between the mean scores of Private and Government employee's secondary school Tharu students of West Champaran in their Self Esteem.
3. There is no significant difference between the mean scores of less than 14 and more than 14 years secondary school Tharu students of West Champaran in their Self Esteem.
4. There is no significant difference between the mean scores of single and nuclear family secondary school Tharu students of West Champaran in their Self Esteem.
5. There is no significant difference between the mean scores of Std. IX and Std. X secondary school Tharu students of West Champaran in their Self Esteem.

Null Hypothesis – 1

There is no significant difference between the mean scores of Private and Government secondary school Tharu students of West Champaran in their Self Esteem.

Table 1:- Gender wise Self Esteem of Secondary School Tharu students (At 5% level of significance , the table value of 't' is 1.96).

Gender	N	Mean	SD	t-value	Remarks
Male	100	89.55	6.37	0.70	NS
Female	53	88.69	7.52		

It is inferred from the above **table 1** that the t-value is 0.70 which is less than the table value of 1.96 at 5% level of significance. Hence, the null hypothesis is accepted. Therefore, there is no significant difference between the mean scores of male and female Secondary School Tharu Students of West Champaran in their Self Esteem.

Null Hypothesis – 2

There is no significant difference between the mean scores of Private and Government employee's secondary school Tharu students of West Champaran in their Self Esteem.

Table 2:- Occupation wise Self Esteem of Secondary School Tharu students (At 5% level of significance , the table value of 't' is 1.96)

Occupation	N	Mean	SD	t-value	Remarks
Private	148	90.87	6.42	0.21	NS
Government	08	90.25	8.12		

It is inferred from the above **table 2** that the t-value is 0.21 which is less than the table value 1.96 at 5% level of significance. Hence, the null hypothesis is accepted. It means, therefore, there is no significant difference between the mean scores of Private and Government employee's Secondary School Tharu students of West Champaran in their Self Esteem.

Null Hypothesis – 3

There is no significant difference between the mean scores of less than 14 years and more than 14 years secondary school Tharu students of West Champaran in their Self Esteem.

Table 3:- Age wise Self Esteem of Secondary School Tharu Students (At 5% level of significance, the table value of 't' is 1.96).

Age	N	Mean	SD	t-value	Remarks
less than 14 years	62	87.29	7.01	2.98	S
More than 14 years	91	90.59	6.31		

It is inferred from above the above **table 3** that the t-value is 2.98 which is more than the table value 1.96 at 5% level of significance. Hence, the null hypothesis is rejected. So, there is a significant difference between the mean scores of less than 14 years and more than 14 years secondary school Tharu students of West Champaran in their Self Esteem.

Null Hypothesis – 4

There is no significant difference between single and nuclear family secondary school Tharu students of West Champaran in their Self Esteem.

Table 4:- Type of family wise Self Esteem of Secondary School Tharu students. (At 5% level of significance , the table value of 't' is 1.96)

Type of Family	N	Mean	SD	t-value	Remarks
Single	98	91.29	6.98	1.21	NS
Nuclear	55	90.01	6.43		

It is inferred from the above **table 4** that the t-value is 1.21 which is less than the table value 1.96 at 5% level of significance. Hence, the null hypothesis is accepted. It means, therefore, there is no significant difference between the mean scores of single and nuclear family secondary school Tharu students of West Champaran in their Self Esteem.

Null Hypothesis – 5

There is no significant difference between the mean scores of Std. IX and Std. X secondary school Tharu students of West Champaran in their Self Esteem.

Table 5:- Standard wise Self Esteem of Secondary School Tharu Students. (At 5% level of significance , the table value of 't' is 1.96)

Standard	N	Mean	SD	t-value	Remarks
IX	101	87.46	6.66	5.15	S
X	52	92.73	5.59		

It is inferred from the above **table 5** that the t-value is 5.15 which is more than the table value 1.96 at 5% level of significance. Hence, the null hypothesis is rejected. It means, therefore, there is a significant difference between the mean scores of Std. IX and Std. X secondary school Tharu students of West Champaran in their Self Esteem.

Conclusion:-

It is inferred on the basis of the above study that there is no significant difference between the mean scores of male and female, Private and government Job holders children , single and nuclear family, whereas there is a significant difference between the mean scores of less than 14 and above 14 years and IXth and Xth Standard secondary school Tharu students in their self-esteem.

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