

Study of Gender Difference in Self-Esteem among Adolescents

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Abstract

Aim: The aim of the study was to observe gender difference in self-esteem among adolescents. **Materials and Methods:** Samples of 200 adolescents (100 males and 100 females) were selected from Ludhiana, Punjab. For data collection, Rosenberg Self-Esteem Scale by Rosenberg (1975) was used. **Results:** No significant difference was found between mean scores of self-esteem of male and female adolescents. **Conclusion:** It was concluded that gender does not play a significant role in determining the self-esteem among adolescents.

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Introduction

Self-esteem refers to a person's beliefs about their very own really worth and value. It also has to do with the feelings human beings experience that comply with from their experience of worthiness or unworthiness. Self-esteem is important due to the fact it heavily influences people's choices and decisions. In other words, self-esteem serves a motivational function with the aid of making it greater or much less probable that human beings will take care of themselves and explore their full potential. People with high self-esteem are also people who are inspired to take care of themselves and to consistently strive in the direction of the fulfilment of personal goals and aspirations. People with lower self-esteem do not have a tendency to regard themselves as worthy of happy effects or successful of accomplishing them and so have a tendency to let essential things slide and to be less continual and resilient in terms of overcoming adversity. They may additionally have the equal sorts of goals as humans with greater self-esteem, but they are usually less inspired to pursue them to their conclusion. According to Sedikides and Gress (2003) "Self-esteem refers to individual's perception or subjective appraisal of one's own self-worth, one's feelings of self-respect and self-confidence and the extent to which the individual holds positive or negative views about self." According to Adler & Stewart (2004) "Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself." There are three types of self-esteem - Firstly, High self-esteem, People who have high self-esteem usually experience excellent about their capability to participate, assured in social conditions and glad with the way. Generally, they are confident, they