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## **A Study of Self-Esteem and Family Environment among Adolescents on the basis of Gender**

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### **Abstract**

**Aim:** The aim of the study was to observe self-esteem and family environment among adolescents on the basis of gender. **Materials and Methods:** A sample of 200 adolescents (100 males and 100 females) were selected from Ludhiana, Punjab. For data collection, Rosenberg Self-Esteem Scale by Rosenberg (1975) and Family Environment Scale by Rudolf H. Moos (1994) was used. **Results:** No statistically significant difference was found between mean scores of self-esteem of male and female adolescents. A statistically significant difference was found in mean scores of overall family environment among male and female adolescents. **Conclusion:** It was concluded that male adolescents have more scores of self-esteem as compared to female adolescents but this difference was not statistically significant. The mean scores of overall family environment of female adolescents was more than male and this difference was statistically significant. Thus, gender does not contribute to the self-esteem of adolescents but gender does contribute family environment.

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### **Introduction**

Self-esteem is defined as an individual's perception of their intrinsic worth and value. It also encompasses the emotional responses that stem from perceived self-worth or lack thereof. The significance of self-esteem lies in its profound influence on personal decision-making and behaviour. Individuals with high self-esteem tend to exhibit greater motivation to maintain their well-being and to pursue personal goals with persistence and determination. Conversely, individuals with low self-esteem often struggle to view themselves as deserving of positive