



## A Study on Gender Difference in Self Esteem of Young Adult Students

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### ABSTRACT:

The purpose of the study was to evaluate the degree of self-esteem difference between male and female young adult students. Thirty male and thirty female adult students (age group 20–25) were selected at random for this purpose. S. Coopersmith's Multiple Self-esteem Inventories (1981) were given to participants in both groups. The overall findings showed that males and girls had significantly different levels of self-esteem, with boys having higher levels.

*Key words: gender difference, self-esteem, young adults*

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### INTRODUCTION

The early 20s makeup young adulthood, during which time people often move out to attend college, start employment, and embark on a quest to discover their true selves, identities, values, and beliefs. During this phase of identity crisis, people try to establish a clear identity and self-image. High self-esteem, sound mental health, improved flexibility, and persistent drive are all linked with having an established self-concept with defined principles and boundaries.

According to the American Psychological Association, self-esteem is the extent to which one believes that the traits and attributes that make up their self-concept are positive. It represents a person's physical self-perception, assessment of their talents and accomplishments, values and perceived success in upholding them, as well as how other people see and react to them. One's self-esteem increases with the cumulative view of these traits and attributes becoming more positive.

A multitude of interrelated components are involved in self-esteem. Positive affectivity, personal autonomy, androgyny, internal locus of control, greater self-knowledge, goal-setting, keeping personal commitments, handling criticism or negative feedback well, stress management, and low levels of both self- and other-criticism are all linked to high levels of self-esteem. Poor psychological adjustment, a range of mental health issues, such as drug and alcohol abuse, eating disorders, depression, anxiety, trouble forming and sustaining stable relationships, poor stress management, compromised immune system performance under duress, and suicide are all linked to low self-esteem. (Carr, 2004, pp. 205)

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### REVIEW OF LITERATURE

According to **Utam et al. (2022)** in their study "**Gender Differences in Relationship Between Self-Esteem and Achievement Motivation in Primary School Students**" there is a significant difference in the levels of self-esteem and achievement motivation in different gender groups. In particular, boys' average self-esteem value (29.49) was higher than girls' average (28.72), suggesting that boys typically have higher self-esteem than girls when they are younger.

Males showed a significant and slightly higher level of self-esteem than females at a 0.05 significance level, with mean scores of 22.97 and 22.02, respectively, and a t value of 2.654. This was observed in "**Identification of Gender Differences in Adolescents' Parenting Style, Social Behavior, and Self-Esteem**" by **Malik and others (2022)**.

The gender differences in anxiety, depression, and self-esteem among children of alcoholics were investigated in a study by **Omkarappa, Rentala, and Nattala (2021)** titled "**Gender Differences in Anxiety, Depression, and Self-Esteem among Children of Alcoholics**" in which males and females scored similarly on the self-esteem scale, with males scoring mean of 19.99 and females scoring mean of 19.59, indicating that there is no gender difference in the self-esteem of children of alcoholics.

In a study by **Bhau, Scahdeva, and Manhas (2020)** titled "A study of gender differences on mental health and self-esteem among school children of Jammu city" when the mean scores of boys and girls on the basis of self-esteem were compared using an independent T-test, no significant difference was found. On tests of self-esteem, nevertheless, the guys outperformed the girls by a little margin.

According to a study by **Rizwan and Zaidi (2005)** titled "Gender Difference in Self-esteem" the mean scores for men were 19.66, while the mean scores for women were 18.44 on the measurement of self-esteem. The computation of the t value of 3.425 revealed that it was significant at the 0.01 level, suggesting that there is significant variation in self-esteem between males and females, with males likely to have higher self-esteem than females.

**Rationale:** It is uncertain whether or not there is a difference in self-esteem between males and girls based on the research mentioned above. Therefore, research is required to determine how young adult students' self-esteem and gender relate to one another.

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## METHODOLOGY

### Objectives

To assess the level of gender difference in self-esteem.

### Hypothesis

There is no significant difference between the level of self-esteem in college boys and girls.

### Sample

For the study, sixty young adult students (ages 20 to 25) were chosen, with 30 being taken as male participants and 30 being taken as female subjects.

### Tools

The Self-esteem Inventories- Adult Form, Coopersmith (1975) was created as a unidimensional scale that measures a person's degree of self-esteem. Those sixteen years of age and older use this form. There are twenty-five items on it, and the response is to "like me or unlike me." It includes both positive and negative items. The maximum score is 100. Add up the number of questions successfully answered (positive or negative), then multiply the total raw score by four to find the total raw score. High self-esteem corresponds with a high score. Using the Kuder-Richardson technique, the author reported internal consistency reliability values of 0.81 and 0.86. The author provided test-retest reliability of 0.88 and 0.70, respectively. The test's construct validity was discovered on a sample of 7,600 participants, confirming the validity of the SEI as a measure of self-esteem sources.

### Procedure

All 60 subjects—30 boys and 30 girls—were chosen at random from among the colleges in the District of Sirsa, Haryana. A good rapport was built and the test was administered individually to all subjects. The individuals were convinced and given assurances regarding the confidentiality of their responses and their anonymity.

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## RESULTS AND DISCUSSION

The t-test and SD were calculated for data analysis to evaluate the hypothesis once the data mean was gathered. Below is a detailed presentation and discussion of the results.

**Statistical Table 1** - Showing mean, SD and T score of Self-esteem between boys and girls.

| Gender | Mean  | SD    | T - value |
|--------|-------|-------|-----------|
| Girls  | 52.40 | 10.99 | 7.81**    |
| Boys   | 72.93 | 9.40  |           |

\*\*p<0.01

The study looked at two different groups: boys and girls, and evaluated each group's self-esteem scores. With a standard deviation of 10.99, the mean score for girls was 52.40, but the mean score for boys was much higher at 72.93, with a standard deviation of 9.40. Because of the extreme difference between the groups, it was also found to be statistically significant at a level beyond 0.01. There is a significant difference between the two groups, as indicated by the t-value of 7.81 such that young adult boys have significantly higher levels of self-esteem than young adult girls.

The significant discrepancy in self-esteem between male and female young adult students may be caused by different expectations placed on both genders in society and different perceptions of gender roles. The results of this study are in line with the numerous investigations by Utam et al. (2022), Rizwan and Zaidi (2005), and Malik and others (2022), which discovered a significant connection between gender and self-esteem. Boys are probably more likely than females to have high self-esteem, according to the significant variations between the groups in all of these research. The results of this study are in

contradiction with the previous studies by Bhau, Scahdeva, and Manhas (2020) and Omkarappa, Rentala, and Nattala (2021), which came to the conclusion that there is no significant disparity in self-esteem between boys and girls.

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## CONCLUSION

In this study, young adult students divided equally by gender were asked to complete The Self-esteem Inventories-Adult Form by Coopersmith (1975) to assess their level of self-esteem. Based on the findings, it is concluded that there is a significant distinction in the level of self-esteem between male and female students, with the likelihood being higher for the male students.

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