Raesilience promoting self- esteem among the adult Eastern utter Pradesh

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The problem of self-esteem is very common and serous among people. The self-esteem can effect a Pearson's thought feeling behaviour and sense of well-being whereas resilience is the process of adapting well in the face of adversity trauma, tragedy, threats and significant sources of stress. The purpose of this study was to explore the nature of self-esteem among the low and high resilient people. A sample of 180 despondent (90 low resilient and 90 high resilient) of gender male and female and three age group (18-23, 24-29, 30-35) were taken. Thus the design was 2x2x3. Resilience scale and self-esteem scale was used. The analyzed revealed that the two gender differ significantly on the level of self-esteem. The interaction effect of resilience and gender was found to be significant further the interaction of resilience, gender and age was also found to significant.

Key Wards : Resilience, Self-esteem, and Adult.

The American Psychological Association (2014) defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress (para.4)". While this definition is useful, it does not reflect the complex nature of resilience (Southwick,Douglas- Palumberi, and Pietrzak, (2014). Determinants of resilience included a host of biological, psychological, social and cultural factors that interact with one another to determine how one responded to stressful experiences. Bandura (1989) said that personal resilience being internal, the literature indicates that it is multifaceted, and suggests that it refers to being determined to survive. Rutter,(1987) said being able to endure hardships. Bonanno, said that adapt to changing conditions, or Tugade and Fredrickson, (2004) according to recover from adversity. Thus, based on the literature, the concept is defined " Adult personal resilience is a multifaceted construct that includes a person' determination and ability to endure, adapt, and recovery from adversity". This reveals that there are four dimensions of adult personal resilience, which, in order to capture the domains of personal resilience derived from the literature, are name: Determination, Endurance, Adaptability, and Recuperability.

Resilience however is less about a point in time and is dynamic, taking into account the future, a person can build resilience before they hit crisis and be more likely to cope with problems that may be around the corner.

Self-esteem is probably the most important ingredient necessary for success, along with self love. Read on to everything about it. Self-esteem is nothing but what one things or feels about oneself. If you think well of yourself, it means you have high self worth. If you don't value your self much, it means you have low self-esteem. It is thus closely related to self love. In other words, if you respect yourself, your self-esteem is good if you don't, it is not. The following story shows how much difference positive self-esteem can make in a person.

Research in self-esteem has its original in social psychology. Rosenberg (1965) defines self-esteem as a component of the self-concept , an individual's positive or negative thoughts and feeling about her or his worth and importance. Self-esteem is considered a stable sense of worth or worthiness. Rosenberg's thoughts on self-esteem arise from the idea that people's attitudes towards themselves resemble their attitudes towards other objects. He claims that the people's attitudes have a very strong effect on how they see themselves.

"Self-esteem" was first coined by William James in 1890. One of the oldest concept in Psychology, self-esteem is the bird most frequently occurring theme in psychological literature (Rodewalt and Tragakis (2003). Given such a long and varied history, it is not surprising to find that many theoretical perspectives have their own definition of self-esteem. Three major definitions exist each of which has generated its own research, findings and practical applications. Self-esteem and resilience are best promoted in the early year of development though an integrated approach with opportunities related to real life situations. Discreet programs that offered as a separate part of the day are not appropriate for young children and have limited effectiveness. Early life foundation are increasingly being asked to talk about resilience paradoxical however there is less and less opportunity for children of today to become resilience.

Research tells us that those people who are most likely to be intrinsically happy and successful in life will processes a positive self- concept (self-esteem+ self competence) and reflect resilience.

Self-esteem is one of the fundamental building blocks of resilience. Principally, self-esteem flows positive attachment experiences, but can be enhanced by participation in valued activities. It is about feeling successful, not simply

academically, but also in other areas such as in relationships or in spare time activities. This means that encouraging foster children to take part in school activities which they enjoy can be an important source of self-esteem.

Objective of the study

The purposes of this study was to explore the nature of self-esteem among the low and high resilient people.

Hypotheses of the study

- The two group of resilience people will significantly differ on the level of self-esteem.
- The two gender of the study (male and female) will significantly differ on the level of self-esteem
- Three age groups will significantly differ on the level of self-esteem.

Method

Participants

A sample of 180 male and female participants belonging to low resilient (N=80) and high resilient (N=80) groups participated in the study. Further both the groups of resilient participate have the representation of three age groups 18-22, 23-28 and 29-35.

Instruments

Brief Resilience scale (BRS) was developed by Smith et al, (2008).There was total 6 items.Item no. 1,3, & 5 were positively worded.bThe BRS was scored by reverse coding items no. 2,4, & 6. The following instruments are used to administer the scale . Please indicate the extent to which you angree with each of the following statements by using the following scale : 1 = strongly disagree, 2=disagree, 3= natural, 4= agree, 5=strongly agree". Cronback'alpha of the scale was found ranging from .80 to .91.

The scale was developed by Rosenberg (1965). This scale consisted of 10 items. The Rosenberg self-esteem scale, a widely used self- report instrument for evacuating individual self-esteem, was investigated using item response theory. The 10 items of the Rosenberg self-esteem scale are not equally discriminating and differentially related to self-esteem. The 10-item scale that measures global self- worth by measuring both positive and negative feelings about the self. The scale is believed to be uni- dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. Items 2,5,6,8,9 are reverse scored "Strongly Disagree" 1point "Disagree" 2 points, "Agree" 3 points, and "Strongly Agree" 4 points. Sum scores for all items. Higher scores. Indicate higher self-esteem. Rosenberg reported a Alpha coefficients ranging 0.72 to 0.87.

The Hindi version of this scale were competed by present researcher. The retest reliability of Hindi version after an interval of the two weeks was 0.85, the seven months interval was0.63.

Statistical analyses

There was 2x2x3 factorial design. Two levels of resilience- low and high. Two levels of gender- Male & Female and three levels of age group- 18-23, 24-29, & 30-35. Three way analysis of variance were competed to check our hypothesis with help of SPSS software.

Results and Discussion

It is clear the table 1.2 that main effect of gender F=19.58(df-2,168p<.01) and age group F=83.59(df-1,168 p<.01) for self-esteem scores reached to the significant level. It means that male, female and participants of three age groups scored significantly different for self-esteem. The interaction effect of resilience with age F(df-1,168p<.01)=5.57,gender With age F=13.71 (df-2,168 p<.01) and resilience with gender and age F=45.96 (df-2,168 p<.01) was also found to be highly significant

Table 1.1 Means and SD of self-esteem score as a function of resilience Gender and age.

Resilience	Gender	Age	N	Mean	SD
Low	Male	18 - 23	15	16.67	3.83
		24 - 29	15	15.73	4.25
		30 - 35	15	26.87	2.19
		Total	45	19.76	6.25
	Female	18 - 23	15	16.33	5.31
		24 - 29	15	26.20	2.78
		30 - 35	15	26.00	2.65
		Total	45	22.84	5.95
	Total	18 - 23	30	16.50	4.55

		24 - 29	30	20.97	6.39
		30 - 35	30	26.43	2.76
		Total	90	21.30	6.26
High	Male	18 - 23	15	13.67	1.99
		24 - 29	15	21.40	5.63
		30 - 35	15	27.80	3.65
		Total	45	20.96	7.05
	Female	18 - 23	15	25.40	2.38
		24 - 29	15	17.40	5.55
		30 - 35	15	25.80	1.66
		Total	45	22.87	5.27
	Total	18 - 23	30	20.8	5.67
		24 - 29	30	22.47	5.8
		30 - 35	30	18.27	5.98
		Total	90	20.51	6.01
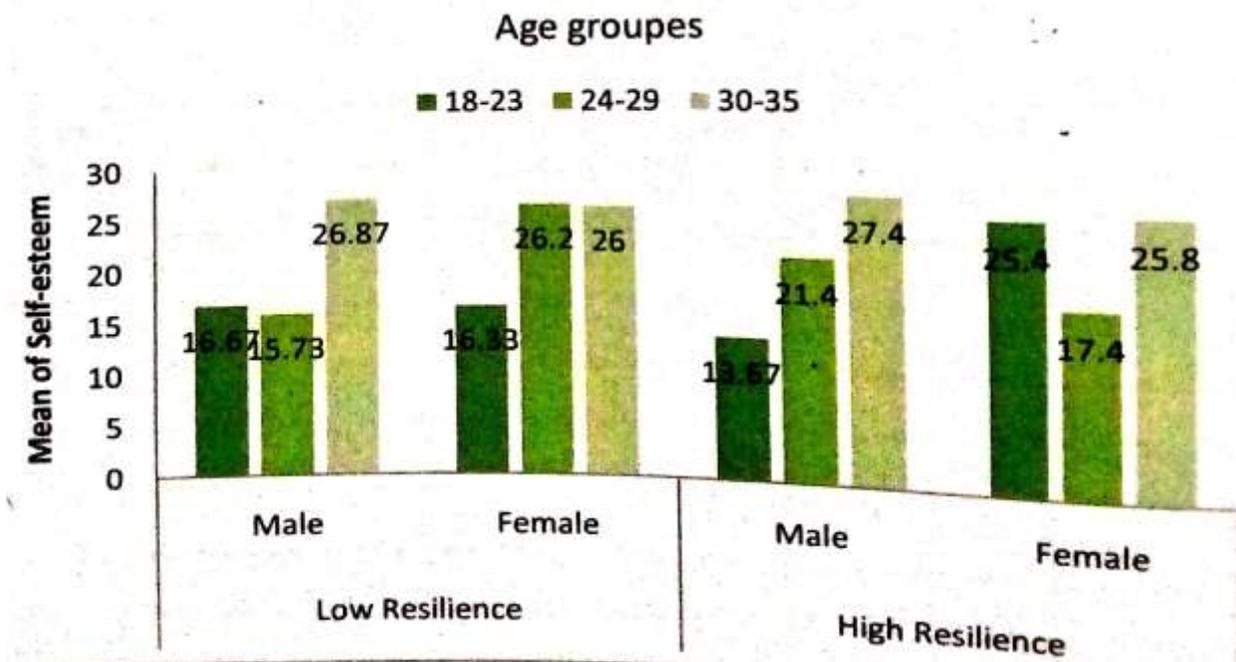
Source	SS	df	MS	F
Resilience	16.806	1	16.806	1.17
Gender	281.25	2	282.25	19.58**
Age group	2400.844	1	1200.422	83.59**
Resilience x gender	15.606	2	15.606	1.087
Resilience xage	160.044	1	80.022	5.57**
Gender x age	393.044	2	196.867	13.71**
Resiliencex genderxage	1320.044	2	660.022	45.96**
Error	2412.667	168	14.316	
Total	91025			

Fig : 1.1 Mean score of self-esteem as a Function of resilience, gender and age.

Table: 1.2 Summary of ANOVA for self-esteem score

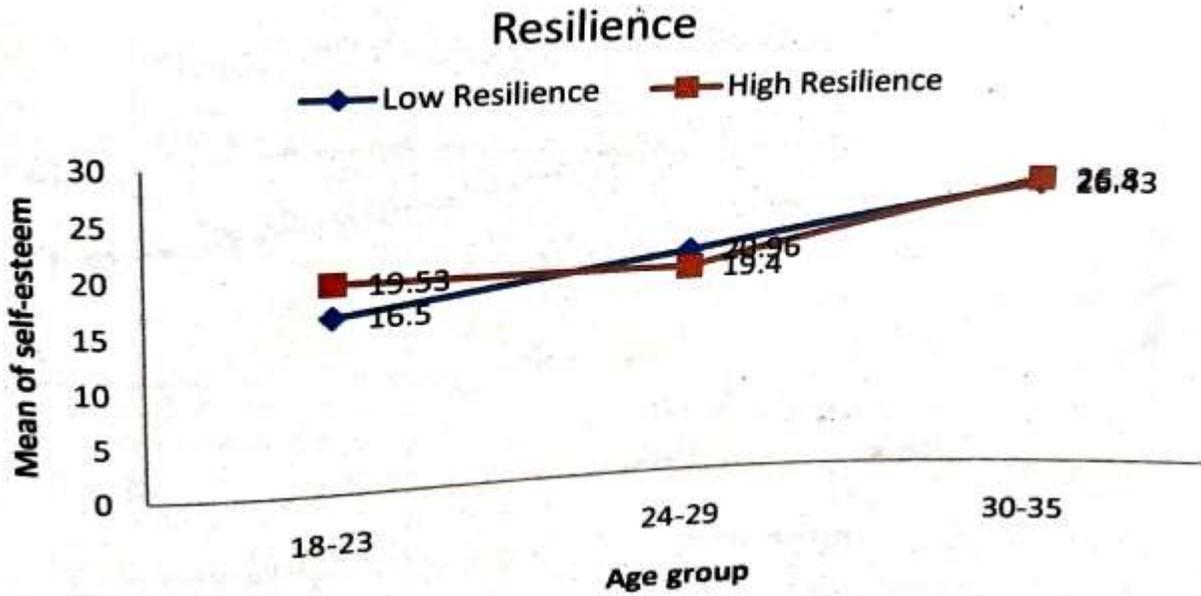Fig: 1.2 Self-esteem as a function of interaction effect of resilience and age

Resilience

Fig: 1.3 Self-esteem as a function of interaction effect of gender and age

Gender

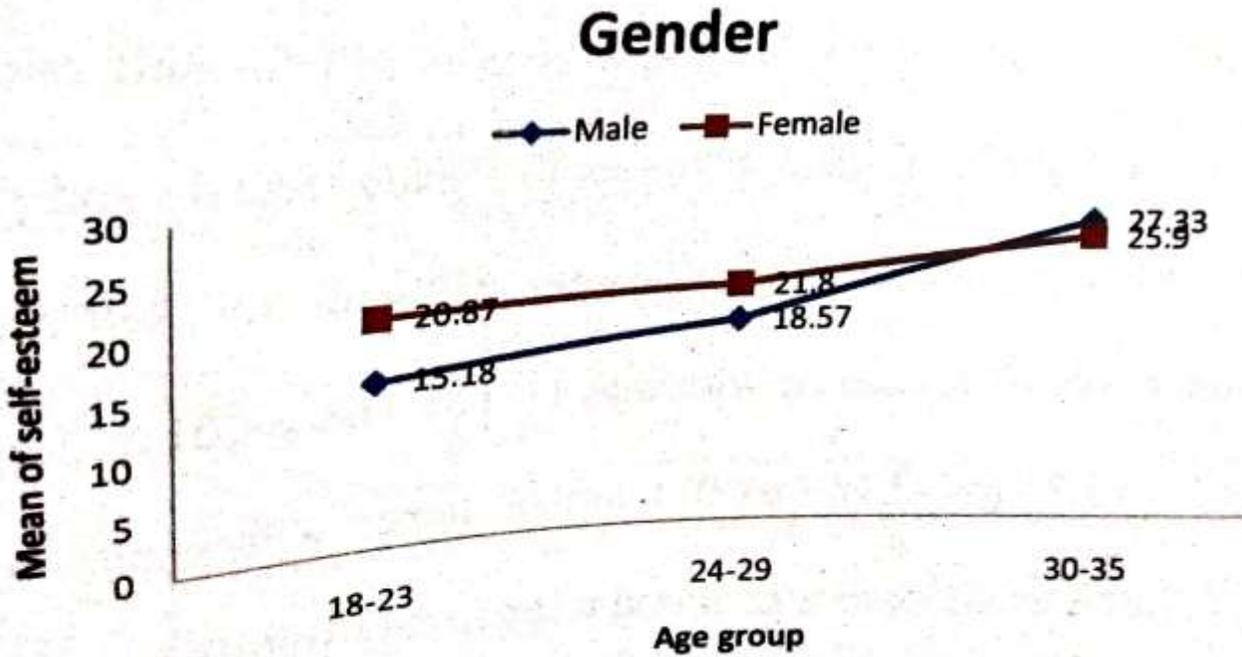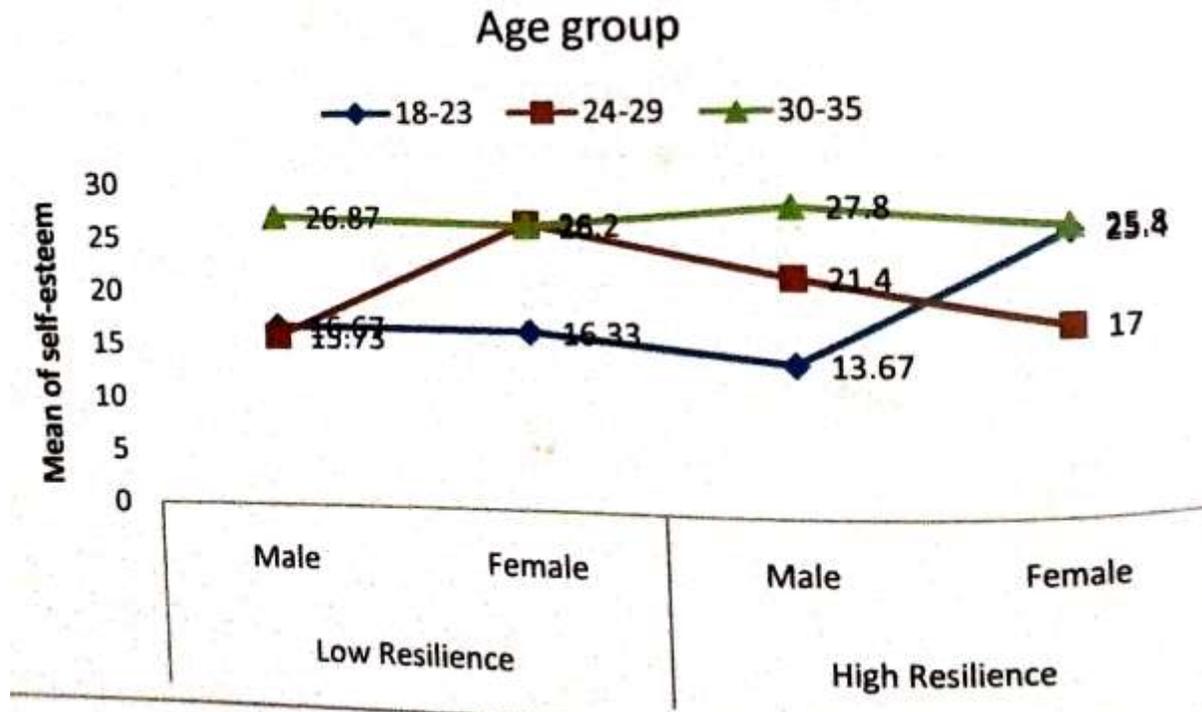Fig:1.4 Self-esteem as a function of interaction effect of resilience and gender.

Effect of Resilience and Gender and Age on Self-esteem

The result shows that level of resilience had no effect on Self-esteem of participants. The main differences of self-esteem of low and high resilient people was not found to significant(table 1.1 and 1.2). Further in the results, it was found that there was a significant difference on the level of self-esteem of male and female participants. Female participants had shows more self-esteem in comparison to that of male participants of deprived environment. Positive self-esteem empower, energies and motivates. It inspires us achieve band allows us to take plassure and pride in our achievement. It also helps us pick ourselves up more quickly after a fall, leaving us with more energy to be began anew.

The more solid our self-esteem, the better equipped we are to cope with the trouble that arise in our careers and personal lives. The three age groups had also that reported a significant difference on the level of self-esteem. It can be inferred from the results that gender that gender and age group plays important role for the level of self-esteem (table-,1.1&1.2). The interaction plays an important role in enhancing the level of self-esteem, with the growing age of participants. However the level of high resilience maintains the level of self-esteem from 18 to 29 age level it boasts the level of self-esteem after the age of 30(fig-1.2). It was also clear from the results that gender interacts with age group in creating significant difference in level of self-esteem of the participates of the present study. It was clear from the results that for the male and female participant showed the increasement the level of self-esteem with their encreasment in the level of self-esteem with their encreasment in the level age. In 18 to 23 , 24-29, age group female show the higher level of self-esteem but age reaches gets upper hand (fig- 1.3).

More research in this area is needed to bring light on the gender differences across different cultures and ethnicities, as most of the samples used in gender studies are collected from white cultures only. This resilience on a specific sample can lead researchers to overestimate the magnitude of gender differences in terms of self conscious of women in comparison to men (Else-Quest 2012). It was expected that self-esteem development would continuously increase during adolescence and young adulthood as previous studies'reported (Erol & North, 2011). But interestingly it was found that self- esteem increase moderately through adolescence and continues to increase in young adulthood at a much slower rate. A high sense of skill, low risk taking and better overall health predicted higher self-esteem in participants at eac- age level. Emotionally stable, extroverted and self aware participants experienced higher self-esteem as well (Erol & North,2011).

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