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## **A comparative study to assess the self-esteem among male and female orphan children**

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### **Abstract**

Self-esteem is essential to our ability to function in a health way. Without the foundation of a solid sense of self-worth we will be unable to take the risks and make the decisions necessary to lead a fulfilling and productive life. Adolescence is a period of change- both physical and psychological- and also a time when they form a concept of their own identities in which family and peer interactions play a crucial role. Some adolescents do not receive the individual attention and love from both parents that others of their age receive. Some are left to fend on their own, whereas others are packed off to live with relatives or placed in institutions. The aim of the study is to compare the self-esteem among male and female children at an orphanage home and to associate the level of self-esteem among male children and to associate the level of self-esteem among female children. A comparative study was chosen to assess the self-esteem among male and female orphan children. The present was conducted at Tirunelveli with a sample size of 30 male and female children who met the inclusion criteria were selected by purposive sampling technique. The data was collected by using demographic variables and the self-esteem was assessed by using Rosenberg's self-esteem scale. The result revealed that Boys had higher self-esteem when compared to girls. The Girls had low self-esteem.

**Keywords:** high self-esteem, low self-esteem, orphan children, orphanage home

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### **Introduction**

Adolescence is a period of change- both physical and psychological- and also a time when they form a concept of their own identities in which family and peer interactions play a crucial role. Some adolescents do not receive the individual attention and love from both parents that others of their age receive. Some are left to fend on their own, whereas others are packed off to live with relatives or placed in institutions. Self-esteem is essential to our ability to function in a health way. Without the foundation of a solid sense of self-worth 'we are unable to take the risks and make the decisions necessary to lead a fulfilling and productive life. A low self-esteem corrodes our loved lives, careers, family bonds, and most importantly, our internal sense of well-being. A high self-esteem on the other hand, brings the high level of confidence, problem-solving abilities and assertiveness needed to achieve what Maslow called "self-actualization"'. Self-esteem has also linked to problem solving skills. Lochman et.al studied the relationship in aggressive adolescent boys and their social problem solving skills. The study based on the idea that exhibited behaviors is the result of a person's goal and their expectation that their behavior lead to that goal. Self-concept has three different components: the view you have of yourself (self-image); 2) how much value you place on yourself (self-esteem or self-worth); and 3) what you wish you were really like (ideal -self). High self-esteem refers to positive view of us which tends to lead to confidence in our own abilities; self-acceptance; optimism and not worrying about what others think. Self-esteem as an emotional sine qua non (phenomenon), a component that is

essential for psychological survival. They state, without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. Self-esteem is a newly added component in the nursing curriculum, so the investigator developed interest and willingness towards self-esteem. There are very few studies conducted similar topic. There are issues evolved saying that low self-esteem is the root cause of many psychiatric illnesses, especially among the disabled, hence the investigator has chosen this topic for study. The aim of the study is to compare the self-esteem among male and female children at an orphanage home and to associate the level of self-esteem among male children and to associate the level of self-esteem among female children.

### **Materials and methods**

A comparative study was chosen to assess the self-esteem among male and female orphan children. The present was conducted at Tirunelveli with a sample size of 30 male and female children who met the inclusion criteria were selected by purposive sampling technique. The data was collected by using demographic variables which includes age, gender, birth order, religion, education; type of family, parental income, academic performance, and type of orphan, No. of siblings support and the self-esteem was assessed by using Rosenberg's self-esteem scale. The data were analyzed by using descriptive and inferential statistics. Additionally independent t test was performed.

**Results and discussion**

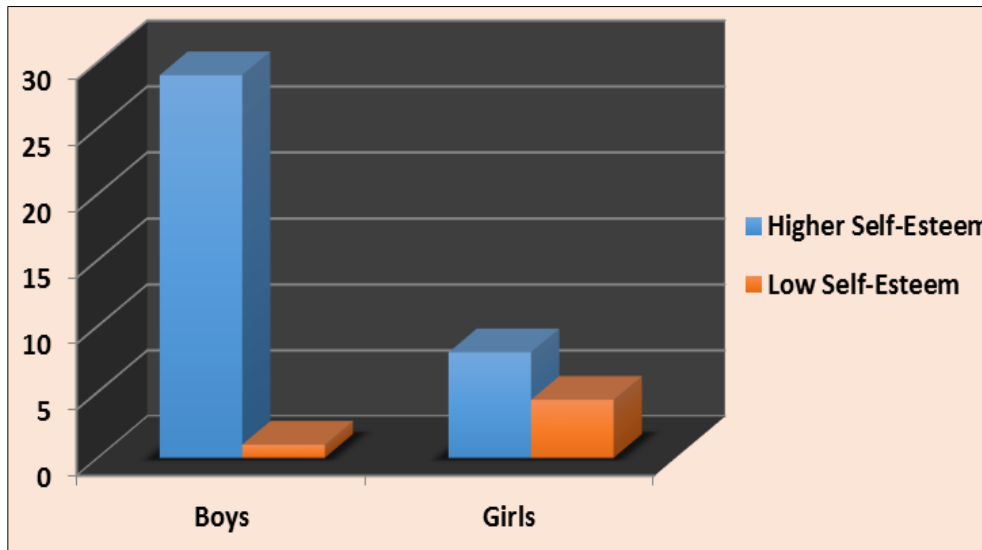
The present study result revealed that 10(33.3%) boys were between 13-18years and 15(50%) girls were between 13-18years. The birth order 15(50%) were under 4-5<sup>th</sup> order among boys; 15(50%) were under 4-5<sup>th</sup> order among girls. 15(50%) were Hindus among boys; 15(50%) were under Christian among girls. 11(36.6%) were under more 9<sup>th</sup> -12<sup>th</sup> Std among boys; 6(20%) were under 7<sup>th</sup> std among girls. 20(66.6%) were resided in a joint family among boys; 25(83.3%) were resided in a joint family among girls. In regard to the academic performance 10(33.3%) sample had good to average performance among boys and in girls 10(33.3%) had below average performance. The result revealed

that majority of the type of orphan 23(76.6%) were under supported by others among boys; 25(83.3%) were under supported by others among girls.

**Table 1:** Frequency and distribution of level of self-esteem among adolescent boys and girls

Level of self esteem	Higher-self esteem	%	Low self-esteem	%
Boys	29	96.6%	1	3.33%
Girls	8	26.6%	22	73.3%

The present study result revealed that higher self-esteem 29(96.66%) of boys, 8(26.6%) of girls Low self-esteem 1(3.33%), 22(73.3%): Boys had higher self-esteem, compared to girls.



**Fig 1**

Table 3: Shows that, comparison of self-esteem among adolescent boys and girls. The mean value of self-esteem among adolescent boys is 498 with the standard deviation of 13.006. The mean value of self-esteem among adolescent girls is 326 with the standard deviation of 23.464. The independent 't' test value is 1.17 which is significant at  $p < 0.05$  level. Table 4 shows that there is a significant association between the self-esteem in boys with selected demographic variables. It is found that statistical significance with the level of self-esteem.

Table 5: Shows that there is a significant association between the self-esteem in girls with selected demographic variables. It is found that statistical significance with the level of self-esteem at the  $P < 0.05$ .

**Table 2:** Comparison of Self Esteem among Adolescent Boys and Girls

Sl.no	Group	Number	Mean	Standard deviation	T-value
1	Boys	30	498	13.006	1.17
2	Girls	30	326	23.464	

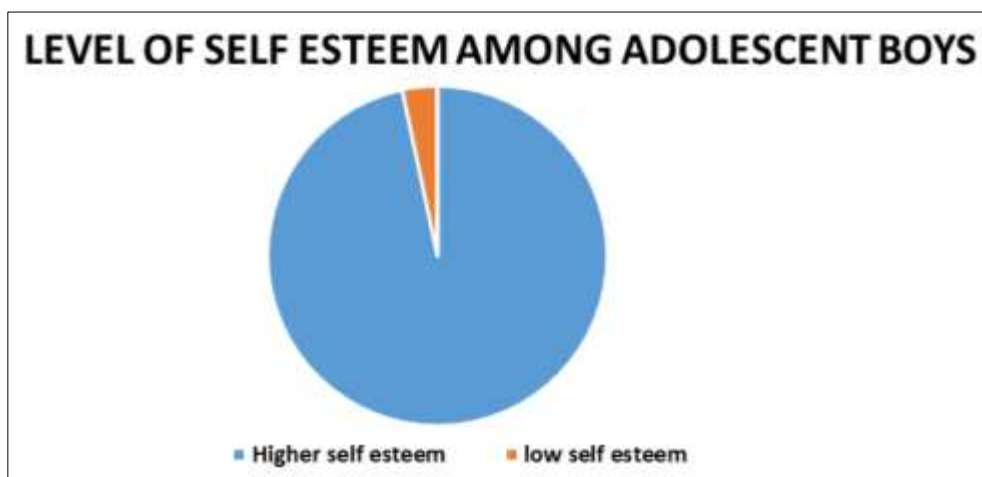


Fig 2: level of self-esteem among adolescent boys

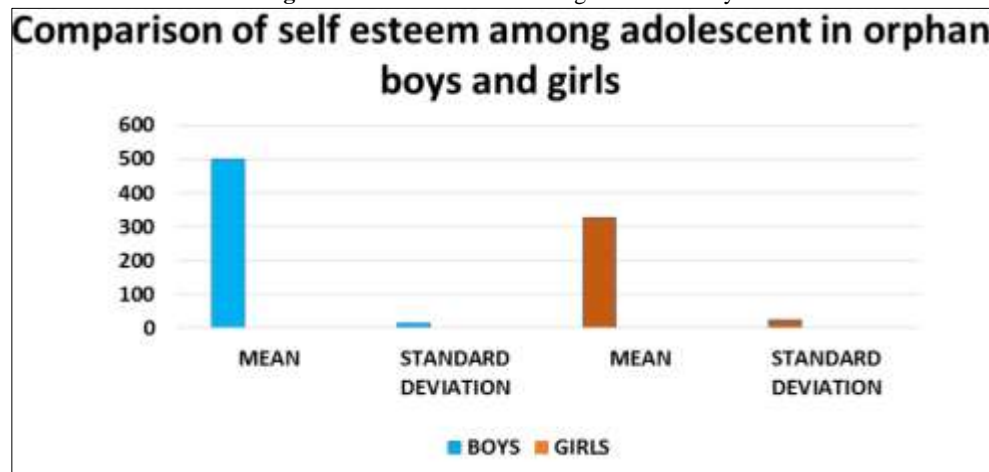


Fig 3: Comparison of Self Esteem among Adolescent in Orphan Boys and Girls

### Conclusion

Result showed that higher self-esteem 29(96.66%) of boys, 8(26.6%) of girls Low self-esteem 1(3.33%), 22(73.3%): Boys had higher self-esteem, compared to girls. The Girls had low self-esteem.

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