



Impact of self esteem on Psychological well being

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Abstract

The study intended to examine the psychological well being of college students belonging to arts and science course. A 2x2 factorial design, with stream (Science & Arts) X level of self esteem (high self esteem and low self esteem) was used in present study. Self esteem scale was used to identify the level of self-esteem. Ryff's Psychological Well Being Scale were used to assess the well being. Results revealed that the main effect of self esteem were significant, which evinced that low self esteem student show poor psychological well being than high self esteem. The role of stream in psychological well being was found non-significant. Various forms of self esteem were found positively related with psychological well being and its dimensions.

Thus results have proved that low self esteem of students caused detrimental effect on psychological well being. Present findings have been discussed in light of available empirical literature.

Keywords-: Detrimental, Self esteem, Psychological well-being.

Introduction

During the last few decades, well being has becoming emerging issues all over the world including India. Everyone accepts the importance of health and well-being in his/her life. Psychological well-being (PWB) is a wide ranging, multifarious concept. It includes different aspects of everyday experience. Psychological well-being is considered to be the composite measure of physical, mental and social well-being as perceived by each individual. Psychological well-being is a multi-dimensional concept; optimism, self-control, happiness, sense of interest, free of failure, anxiety and loneliness has been considered as the special aspects of well-being (Sinha & Verma, 1992). The term "psychological well-being" can be explained through two perspectives- the Hedonic and Eudiamonic perspective of well-being, the former indicating emotional well-being and the latter indication well-being (Deci and Ryan, 2008).

Psychological well-being is about lives going well. It is a combination of feeling good and functioning effectively. People with high psychological well-being report feeling happy, capable, well supported, and satisfied with life. Huppert's (2009) review also claims the consequences of psychological well-being to include better physical health, mediated possibly by brain activation patterns, neurochemical effects and genetic factors. At the most basic level, psychological well-being is quite similar to other terms that refer to positive mental states, such as happiness, satisfaction and in a many ways it is not necessary, or helpful to worry about fine distinctions between such terms. If I say I'm happy, or very satisfied with my life you can be pretty sure that my psychological well-being is quite high.

Psychological well-being has been defined by Ryff (1989a, 1989b) as a multidimensional construct that comprises various social, psychological and physiological aspects, which may be interconnected and may influence each other. These six dimensions of PWB are autonomy, environmental mastery, personal growth, purpose in life, self-acceptance and personal relations. Variations in different dimensions of well-being of different age groups are explored via studies of enduring human experiences (Martin & Silvia, 1999), (Rathi & Rastogi, 2007).

Researchers have identified a number of significant factors associated with psychological well-being. Jirojanakul et al (2003) personality such as emotional stability, general confidence, and self-esteem and life events. It may be important to emphasize that personality construct like high self-esteem have been shown to act as protective factor against psychopathology in young people. Self-esteem which is one of the psychological signifiers of well being .The term "self-esteem" was first coined by William James in 1890. It is used to describe a person's overall sense of self-worth or personal value. Self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs about oneself. Self-esteem is the positive or negative evaluations of the self, as in how we feel about it (Smith & Mackie, 2007). It is very important to play a significant role in your motivation and success throughout your life. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success. By contrast, having a healthy self-esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals. This term considered as an important component of emotional health, it is encompasses both self-confidence and self-acceptance. It is that way in which individuals perceive their self-value. Self-esteem is the way individuals think and feel themselves and how well they do things that are important for them.

Although, studies mentioned earlier indicate demographical characteristics impact on well being. However, some domains like personality factors most important factor that influences the individual's growth. Late adolescence can be a time of both disorientation and discovery.. Late adolescence is the transitional period in a person's life between childhood and adulthood when they are getting ready to take the responsibilities of an adult . College student have a many responsibilities and expectations, these young students of university and college are facing numerous stressors that can affect their well-being (Gall, Evans, & Bellerose, 2000). This study seeks to enhance the understanding of psychological well being in college student by selecting important factors i.e, self esteem and stream which may assists the positive source of well being .

Objective

The objective of the present study was to investigate the impact of self esteem on psychological well being of college students belonging to different course of stream (Science and Arts group).

Hypothesis: On the basis of above objective, following hypotheses were formulated. It was hypothesized that:

1. The course of stream (Science & Arts) would show difference on psychological well being.
2. The level of self esteem level (High & Low self esteem) would show difference on psychological well being.
3. There would be significant correlation of self esteem with psychological well being.

Method

The present study was based on a 2x2 factorial design with two course of stream (Science & Arts) and two level of self esteem (high & Low). Furthermore, to determine the relationship of various dimensions of self esteem in the positive source of psychological well being , correlation analysis are also carried out.

Participants:

A total 120 college student (17 to 20 yrs.) were randomly selected from urban area of Almora city. These students are classified under science and arts groups. Each groups have 60 participants . On the basis of score obtain on self esteem scale ,students were divided into high and low self esteem groups.

Measurese:

Self Esteem Scale (SES):The self esteem scale(2008)constructed by Dhar and Dhar.SES has 23 items related to seven dimensions of self esteem .The SES has five point scale .Response of each item were scored following 1,2,3,4,5.The reliability coefficient was found to be .87.

Psychological wellbeing scale: Psychological well-being scale was developed by Ryff and Dupuy (1995) to measure some aspects of psychological well being.. It consists 42 items related to six dimensions i.e., autonomy, purpose of life, positive relations with others, personal growth, environmental mastery and self acceptance. Respondents rate statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement. The reliability alpha of the scale range from 0.71-0.74 and the internal consistency for the psychological well being scale to be 0.87

Procedure :- The present study was conducted in two phase, In the 1st phase, participants were contacted in college setting and requested to cooperate. After getting consent, they were briefed about aim of the study. Afterward they were given booklet containing personal data sheet and Student Self Esteem Scale were requested to respond carefully. Afterwards, in the 2nd phase of the study, the participants were given Psychological wellbeing Scale . After completing their responses, they were thanked cooperation. Data were collected and scored according to defined rules.

Results

In this section includes the responses obtained on various measures were scored and treated in terms of Means, S.Ds, ANOVA and correlation . Obtained results are displayed in Tables reported in proceeding section. To understand the effect of stream and self esteem. 2x2 factors analysis of variance was computed for psychological well being.

It is apparent from the result (Table1&2) psychological well being differs across the level of self esteem. Main effect of self esteem [$F(1,116)=6.054, p<.05$] was significant ,which reveal that high self esteem (M=191.42) show better psychological well being then low self esteem(M=174.64). However, the role of stream in psychological well being was found non - significant.

Table 1. Mean and S.Ds as a function of stream and level of self esteem on Psychological well being

Stream	Science		Arts	
	High	Low	High	Low
Level of self esteem				
Mean	189.66	163.77	193.17	185.50
S.Ds	10.26	21.37	20.93	15.41

Table 2. Summary of ANOVA for the scores of psychological well being as function of stream and level of self esteem .

Source of variation	Sum of Source	d.f.	Mean of Square	F-Value
Stream (A)	1434.137	1	1434.137	3.421
Level of self esteem (B)	2537.70	1	2537.70	6.054*
AXB	747.669	1	747.669	1.784
Within group	48624.81	116	419.179	

*P <.05

Further , to determine the association between different dimensions of self esteem and psychological well being and its domains , correlations were computed . Results are displayed in Table-3.

Table 3. Relationship between self esteem and psychological wellbeing.

Variable	Domains of psychological well being						
		Purpose in Life	Positive Relations with others	Personal Growth	Environmental Mastery	Self Acceptance	Total psychological wellbeing
Positivity	.184*	.262**	.548**	.463**	.356**	.281**	.535**
Openness	.219*	.172	.442**	.372**	.319**	.232*	.462**
Competence	.308*	.289*	.486**	.391**	.315**	.328**	.528**
Humility	.096	.091	.582**	.396**	.354**	.256**	.460**
Self-Worth	.182*	.145	.476**	.332**	.290**	.205*	.411**
Learning	.175	.103	.398**	.215*	.266**	.270**	.395**
Total self Esteem	.208*	.204*	.547**	.419**	.356**	.395**	.523**

N=120 **P<.01 *P<.05

Correlation results indicate Self esteem (as a whole) was found positively correlated with psychological well being (over all) and its domains i.e., autonomy, purpose of life, positive relations with others, personal growth ,environmental mastery and self acceptance More specifically, Positivity was found positively correlated with psychological well being and its domains (over all) . Openness was found positively correlated with autonomy, positive relations with others, personal growth ,environmental mastery ,self acceptance and psychological well being (over all). Competence was also found positively correlated with

psychological well being and its domains. Humility was found positively correlated with, positive relations with others, personal growth , environmental mastery ,self acceptance and psychological well being and its domains . Self-worth was found positively correlated with positive relations with others, personal growth, environmental mastery, self acceptance and psychological well being (over all). Further, learning was found positively correlated with, positive relations with others, personal growth, environmental mastery ,s elf acceptance and psychological well being (over all). The correlation results prove the positive and strong association between self esteem and psychological well being.

Discussion

Present findings evinced the significant effect of self esteem on psychological well being . More specifically, high self esteem of college students show better psychological well being as compared to low self esteem (Table1 &2). Present findings have proved that self esteem promote positive source of psychological well being (Crawford, 2007). Self-esteem could be regulating well-being levels. Present findings have plenty of empirical supports. Results revealed that positive correlation between self esteem and psychological well being (table 3).

A sizeable number of studies found that self-esteem is play important role when studying competence, coping strategies and mental well-being because it is regarded as an indicator of psychological well being (Amato, 1994; Wilkinson, 2004; Flouri & Buchanan, 2003). Meyer and Kashubeck (2011) found that self-esteem was positively correlated with overall psychological well-being. In this study, the psychological well-being of hearing-impaired students at special school was influenced by the special education system. Students are encouraged to interact with peers through activities in classroom and curriculum activities outside classroom. This may lead them to participate in a group and adapted with social environment, thus enhance their autonomy and increase the ability to manage their life and surrounding. Present results have ample empirical evidences. Wilkinson (2004) found that well being and its dimensions significant high association with self esteem (Nwankwo,et al.,2015). Baldwin et al (2017) found that self esteem is the best predictor of physical and social wellbeing .

Conclusion

This research proved the effect of self esteem on psychological well – being. Finding of the study confirms the hypothesis that psychological well being strongly influenced by self esteem more specifically college student with high self esteem showed better psychological well – being than low self esteem group of students. Present study also found that self esteem and its dimension positively correlated with psychological well – being. Its mean that high self esteem enhance the positive source of well – being.

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