

A COMPARATIVE STUDY TO ASSESS THE LEVEL OF SELF-ESTEEM AMONG EMPLOYED AND UNEMPLOYED WOMEN IN SELECTED AREAS AT BANGALORE WITH THE VIEW TO DEVELOP INFORMATION BOOKLET

Sathish Thatikonda*

Assistant Professor, Department of Mental Health Nursing, Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.

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*Corresponding Author: Sathish Thatikonda

Assistant Professor, Department of Mental health nursing, Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.

ABSTRACT

“Abstraction is a mental process we use when trying to discern what is essential or relevant to a problem; it does not require a belief in abstract entities”.-Tom G. Palmer.

Back Ground And Purpose: Self-esteem is crucial and is the cornerstone of a positive attitude towards life. Self-esteem can be found by dividing one's success in areas of life of importance to a given individual by the failures in them or one's "success / pretensions". Employment brings self-esteem and independence. The role of paid worker is a source of self-esteem, self-identity and social rewards. Promotion and maintenance of self-esteem will be more effective for women to keep their psychological well-being. Thereby, they themselves can make their future into bright one.

Objectives of The Study

1. To assess the level of self-esteem among employed and unemployed women.
2. To compare the level of self-esteem among employed and unemployed women.
3. To find out the association between the level of self-esteem among employed and unemployed women with selected demographic variables.

Materials and Methods: The conceptual frame work for the study is Maslow hierarchy model. The research approach and research design adopted for the studies were comparative descriptive design. The sample is drawn by using non-probability convenient sampling technique was used for select the samples for this study. The sample consists of 60 samples; Data were collected by using modified Rosenberg Self-esteem scale. The questionnaire had two sections. Part I comprised of demographic data and part II consist of rating scale on self-esteem. **Results:** Major findings of the study:

- Majority (57%) of employed women are in the age group of 25 – 35 years, whereas only 23% of unemployed are in the same group. Meanwhile 50% of unemployed comes under 46-55 year
- Maximum number of employed women that is 73% are Hindus and minimum number of employed women that is 1 (3%) out of 30 are Christians. Among the unemployed Hindus constituted 34%
- Maximum number of employed women (43%) and

unemployed women (33%) has P.U.C educational qualification.

- Majority of employed women that is 77% and unemployed (73%) are married.
- Nearly half of employed (50%) and unemployed (53%) are from nuclear family.
- Majority of employed and unemployed women are from middle class family that is 87% and 80% respectively.
- Majority of employed (76%) and unemployed (90) women are from urban area.
- Majority of unemployed women depend on their family members as the source of income while only 10% is getting government allowances.
- Majority (67%) of employed women have the monthly income of 3000 to 10,000 rupees, and only 3% have monthly income above 21,000 rupees.
- Majority of employed women (87%) have high self-esteem and majority of unemployed women(37%) have low self-esteem.
- The overall mean percentage score on level of self-esteem was higher among employed women with 61.8%, whereas unemployed women have only 45.3% in level of self-esteem score.
- Employed women's score on self-esteem versus unemployed women t-value was -5.076 which is significant at 0.05 level of significance. It reveals

that employed women have higher level of self-esteem as compared to unemployed women.

- The analysis of association of selected demographic variables with the level of self-esteem score of employed and unemployed women using chi-square test revealed that there is a significant association between the level of self-esteem of employed women with the demographic variables such as age, religion and educational status but there no significance in marital status, socio economic status, type of family, area of residence, monthly income and type of employment. On the other hand among unemployed significant association can be seen in the educational status and marital status.
CONCLUSION: The information booklet was effective in improving the self-esteem and creating awareness about the confidence level of employed and unemployed women.

INTRODUCTION

“Self-trust is the first secret of success.”

Ralph Waldo Emerson^[1]

Self-esteem is, at root, a measure of person's judgment and their own worth. The concept of self-worth is inherently social in nature, as the worth of a person emerges in large part from a person's comparison of themselves and their abilities against the perceived abilities and vale of others. Self-esteem is primarily built through positive experience. It grows as children experience loving positive communication and as they take on and master difficult but accomplishable developmentally-appropriate challenges; such experiences give rise to a genuine sense of accomplishment pride and belonging. This posture of self respect and self esteem is an optimal function for emotional and occupational success.^[2]

The origin of self-esteem can be traced to childhood and are based on acceptance, warmth, involvement, consistency, praise and respect. Self-esteem increases with age and is most threatened during working period, when concepts of self are being changed and many self decision are made. The individual must choose an occupation and decide whether he or she is good enough to succeed in a given Career.^[3]

MATERIALS AND METHODS

The conceptual frame work for the study is Maslow hierarchy model. The research approach and research design adopted for the studies were comparative descriptive design. The sample is drawn by using non-probability convenient sampling technique was used for select the samples for this study. The sample consists of 60 samples; Data were collected by using modified Rosenberg Self-esteem scale. The questionnaire had two sections. Part I comprised of demographic data and part II consist of rating scale on self-esteem.

RESULTS

Major findings of the study

- Majority (57%) of employed women are in the age group of 25 – 35 years, whereas only 23% of unemployed are in the same group. Meanwhile 50% of unemployed comes under 46-55 years.
- Maximum number of employed women that is 73% are Hindus and minimum number of employed women that is 1 (3%) out of 30 are Christians. Among the unemployed Hindus constituted 34%
- Maximum number of employed women (43%) and unemployed women (33%) has P.U.C educational qualification.
- Majority of employed women that is 77% and unemployed (73%) are married.
- Nearly half of employed (50%) and unemployed (53%) are from nuclear family.
- Majority of employed and unemployed women are from middle class family that is 87% and 80% respectively.
- Majority of employed (76%) and unemployed (90) women are from urban area.
- Majority of unemployed women depend on their family members as the source of income while only 10% is getting government allowances.
- Majority (67%) of employed women have the monthly income of 3000 to 10,000 rupees, and only 3% have monthly income above 21,000 rupees.
- Majority of employed women (87%) have high self-esteem and majority of unemployed women(37%) have low self-esteem.
- The overall mean percentage score on level of self-esteem was higher among employed women with 61.8%, whereas unemployed women have only 45.3% in level of self-esteem score.
- Employed women's score on self-esteem versus unemployed women t-value was -5.076 which is significant at 0.05 level of significance. It reveals that employed women have higher level of self-esteem as compared to unemployed women.
- The analysis of association of selected demographic variables with the level of self-esteem score of employed and unemployed women using chi-square test revealed that there is a significant association between the level of self-esteem of employed women with the demographic variables such as age, religion and educational status but there no significance in marital status, socio economic status, type of family, area of residence, monthly income and type of employment. On the other hand among unemployed significant association can be seen in the educational status and marital status.

DISCUSSION

This chapter comprises discussion dealing with the objectives of the study and hypothesis as stated by researcher. The present study attempted to assess and compare the level of self-esteem among employed and

unemployed women in selected areas at Bangalore with a view to develop information booklet. In order to achieve the objectives of the study quantitative approach was adopted. Non probability convenient sampling technique was used to select the samples. The data was collected from 30 Employed and 30 Unemployed women.

- **Objective 1: To assess the level of self esteem among employed and unemployed women**
- In the present study level of self esteem among employed and unemployed women was assessed and tabulated, out of 30 employed women 26(87%) have high self esteem and 04(13%) have low self esteem whereas among unemployed women only 11(37%) have high self esteem and remaining 19 (63%) have low self esteem. This shows that majority of employed women have high self esteem but most of the unemployed women have low self esteem.
- The findings of the present study are in accordance with the results of the study conducted on married employed and unemployed women.
- A comparative study on self esteem among employed and unemployed women was conducted with samples of 150 married employed and 150 unemployed women in the age range of 20-45 years, The work status on self esteem revealed that the groups of employed and unemployed women differ significantly on self esteem. The employed women were significantly higher on self-esteem than unemployed women.
- **Objective 2: To compare the level of self esteem among employed and unemployed women**
- The findings of the study revealed that employed women's score on self esteem versus unemployed women t-value was -5.076 which is significant at 0.05 level of significance, so the research hypothesis is accepted. It reveals that employed women have higher level of self esteem as compared to unemployed women.
- The findings of the present study, goes hand in hand with the results of previous studies.
- A comparative study on self-esteem among employed and unemployed married women conducted with a sample of 250 married employed and 250 married unemployed women reported that professionally employed women are significantly higher on self-efficacy than unemployed women and significantly higher on self-esteem than unemployed women. Professionally employed women are significantly higher on self efficacy ($t=2.57$, $p<0.05$) and significantly higher on self esteem ($t= 2.15$, $P<0.05$) than non- professional women
- **Objective 3: To find out the association between level of self esteem of employed and unemployed women with selected demographic variables**
- The analysis of association of selected demographic variables with the level of self esteem score of

employed and unemployed women using chi-square test revealed that there is a significant association between the level of self esteem of employed women with the demographic variables such as age, religion and educational status but there no significance in marital status, socio economic status, type of family, area of residence, monthly income and type of employment. On the other hand among unemployed significant association can be seen in the educational status and marital status.

CONCLUSION

- Self-esteem is a feeling of worth that varies in response to success, failure, changes in fortune, social interaction and other experience. Self-esteem is the individual's personal judgment of specific positive and negative evaluation. People who feel favorably about themselves are said to have high self-esteem, people who feel negatively about themselves have low self-esteem. The self-esteem is defined as "the experience of being capable of meeting life's challenges and being worthy of happiness". The study aimed at not only assess the level of the self esteem, but also to compare the level of self esteem between employed and unemployed women and also to administer information booklet on ways to improve self esteem. The implications are given on the various aspects like Nursing education, Nursing practice, Nursing administration, Nursing research and it also gives insight into the future studies.
- On the basis of findings of the study, the following conclusions were drawn.
- It also brings out the limitations of the study into picture
- The present study was undertaken to assess the level of self esteem among employed and unemployed women in selected areas at Bangalore. The data was collected from 30 employed and 30 unemployed women by using Modified Rosenberg self esteem rating scale. Convenient sampling technique was used to select the 60 samples of Employed and Unemployed women the findings of the study have been discussed with reference to the objectives, hypothesis and with the findings of other Studies. The data is organized, analyzed through descriptive and inferential statistics.

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