

Relationship Between Self Esteem And Aggressive Behaviour Of High School Students

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Abstract

Self-esteem is the worthiness judgment related to the self concept. Aggression is always associated with harmful emotional state. Aggression negatively affects student's relationship with parents, academic achievement and performance, their emotional, mental as well as psychological wellbeing. People with low self-esteem will invariably have problems in forming close attachments, partly because it is often so difficult for them to believe themselves worthy of a fulfilling relationship with another person. People with high self esteem are firmly believe in certain values, principles and ethics, and they are ready to defend them even when finding opposition, feel secure enough to modify them in light of experience. Aggression is the most important psychopathological danger factor among adolescents. It has a versatile build and can shape the social, physical and psychological health of students. The present study is intended to study the significant differences between self-esteem and aggressive behaviour of secondary school students with respect to gender, type of school, locality and type of family. The Researchers selected thousand high school students as sample from different schools in Tirupur district, Tamilnadu by using stratified random technique. Normative survey method is used to collect data. Data were gathered, tabulated, classified, interpreted, compared, evaluated and then generalized by using Descriptive and Inferential Statistics. Finding of this study reveals that self-esteem and aggressive behaviour are highly positively correlated to each other and the relationship was significant at 0.01 levels.

Keywords: Self-esteem, Aggressive behaviour, High school students.

Introduction

Self-esteem is individual's positive or negative evaluation of his/ her own personality. Self-esteem is self-awareness about one's own strength and weakness. It is individual gratefulness, self-acknowledgment, self-judgment, and subjective respect of one's own. Self-esteem is the worthiness judgment related to the self-concept. Aggression is always associated with harmful emotional state. Aggression negatively affects student's parent-child relation, academic achievement, and performance, their emotional, mental as well as psychological wellbeing .

An adolescent lacking self-esteem appropriate to normal personality experiences insecurity because he fails to perceive in himself those qualities which are necessary to cope with the exigencies of the world; such an individual will be afraid to seek new experiences, and be afraid of being rejected as inferior. Adolescence is therefore a particularly important period for exploring the stability and changes in self-esteem.

People with low self-esteem will invariably have problems in forming close attachments, partly because it is often so difficult for them to believe themselves worthy of a fulfilling relationship with another person. Low self-esteem can also lead to aggressiveness, anxiety and confusion where misunderstandings can easily occur and where there is a tendency to do a lot more biased filtering, leading to distorted view of self and others. They may act in a very passive way or may be aggressive, quick to get in first before they themselves are attacked, rejecting others before they are rejected. To defend themselves, they hide behind a wall of distrust and sink into the terrible human state of loneliness and isolation. They tend to place little value on their abilities and often deny their successes (Plummer, 2014).

Many researchers have identified a number of risk factors that are associated with aggressive behaviour and have found that self-esteem as one of the particular factor that is known to have an impact on aggression. One longitudinal view in psychology believes that low self-esteem associate with behaving aggressively. Self-esteem is a subjective feeling of self-worth built from the respect and sense of self-worth reflected back on the person from significant other and can be altered through

labelling and social interaction. Low self-esteem people tend to be more sensitive to criticism, and tend to interpret these events as signs of inadequacy and rejection. People with low self-esteem tend to view themselves as being less confident than people with high self-esteem. This negative self-appraisal results in a self-fulfilling prophecy because they have low self-confidence, they are less inclined to explore new relationships and experiences, reducing the chance of positive feedback, and reinforcing the negative self-appraisal. Self-esteem is the panacea of modern life. It is seen as the key to success, health, and personal fulfilment, and it is regarded as the antidote to underachievement, crime, and drug abuse.

Ostrowsky suggested that aggression may provide individuals with low self-esteem with an increased sense of power and independence, that aggression may serve as attention seeking behaviour which enhances self-esteem, or that individuals with low self-esteem may externalize blame for their problems and failures to protect themselves against feelings of inadequacy, inferiority, and shame, which leads to aggression towards others. Similarly, an individual with lower self-esteem establishes a weaker attachment towards society and as a result, the individual does not conform to social norms, thereby increasing delinquency and aggressive behaviours.

People with high self-esteem are firmly believe in certain values, principles and ethics, and they are ready to defend them even when finding opposition, feel secure enough to modify them in light of experience. They are able to act according to what they think to be the best choice, trust their own judgment, and not feel guilty when others do not like their choice. The fully trust in their capacity to solve problems, not hesitating after failures and difficulties, ask others for help when they need it. They consider themselves equal in dignity to others, rather than in failure or superior, while accepting differences in certain talents, personal prestige or financial standing. Thus The present study attempt to reveal the relationship between self-esteem and aggressive behaviour among high school students.

Need of the study

Self-esteem is feeling of self-worth that one has about on his or her own self. It is a value judgment formed on the basis evaluating one's own strength and weakness.

A proper understanding of self will be help in the day-today activities of an individual. Higher level of self-esteem is always a boost in the ladder of achievement. It is the feeling or the thinking that one has about himself or herself determines the success or failure, whether it is academic or life, whereas low self-esteem weakens ties to society and damage relationship with others and it may sometimes leads to various psychological problems like aggression in adolescence.

During the last few decades, researchers in the field of aggression have devoted their attention to various types of aggression i.e.; relational, social, and indirect aggression among these relational aggression is the type of aggression which usually damages relationships with others. Aggression is always associated with harmful emotional state. Aggression negatively affects student's parent-child relation, academic achievement, and performance, their emotional, mental as well as psychological wellbeing .

Objectives of the study

1. To find out the level of Self-Esteem and Aggressive Behavior of high school students.
2. To find out if there is any significant difference in Self-Esteem of high school students with respect to gender, type of School and locality.
3. To find out if there is any significant difference in Aggressive Behavior of high school students with respect to gender, type of School and locality.
4. To find out if there is any significant relationship between self-esteem and aggressive behaviour of high school students.

Hypotheses of the study

1. There is a significant mean difference in (a) Self-esteem and (b) Aggressive Behavior of high school students with respect to gender
2. There is a significant mean difference in (a) Self-esteem (b) and Aggressive Behavior of high school students with respect to Type of School
3. There is a significant mean difference in (a) Self-esteem (b) and Aggressive Behavior of high school students with respect to Type of Locality

4. There is a significant relationship between Self-Esteem and Aggressive Behavior of high school students.

Methodology

Method: Normative survey method was used in this study

Sample: One Thousand high school Students were selected as sample from different schools in Tirupur district, Tamilnadu by using stratified random technique.

Tools:1. Self-esteem tool was developed and validated by Dr. Jyoti Mankar APRC: 201.

2. Aggressive behaviour tool was developed and validated Dr. Rajeev lothan Bhara Waj and adopted by the researcher.

Variables: Dependent Variables: Self-esteem and Aggressive behaviour.

Independent Variables: Gender, Types of school and Type of locality.

Data collection procedure: Proper permission was got from the management of all the schools, to collect the data from their students. The tools were given to the students followed by proper instruction about the tool given by the researcher. The filled up tools were collected and filled for data analysis.

Data analysis: Mean and standard deviation were used to describe the data. Student t-test and F-test were used to know whether there is any significant difference between the categories of variables such as gender, locality and type of family. Correlation is used to analysis the relationship between self-esteem and aggressive behaviour.

Analysis and interpretation of data

Descriptive Analysis

Table 1: Level of Self – Esteem and Aggressive Behaviour of high school students.

VARIABLES	LOW		AVERAGE		HIGH	
	N	%	N	%	N	%
Self esteem	35	3.5	901	90.1	64	6.4
Aggressive behaviour	31	3.1	882	88.2	87	8.7

The table 1 shows that 3.5% of high school students have low level, 90.1% of them have average level and 6.4% of them have high level of Self-esteem and 3.1% of

them have low level, 88.2% of them have average and 8.7% of them high level of Aggressive behavior.

Inferential Statistics

‘t’ test & One way ANOVA

The differential analysis was employed to find the significant difference in the mean score of selected variables. In the present study the researcher applied t-test and One Way.

H₀ 1: There is no significant mean difference in (a) Self-esteem and (b) Aggressive Behavior of high school students with respect to gender

Table – 2: Self-esteem and Aggressive behaviour with respect to gender

Variables	Gender	N	Mean	SD	“t” value	S/NS
Self-esteem	Male	322	54.67	10.2	1.25	NS
	Female	678	55.59	11.2		
Aggressive Behavior	Male	322	76.1	17	1.37	NS
	Female	678	77.75	18		

(*Significant at 0.05 level)

It is inferred from the table – 2 shows that the calculated ‘t’-values for self-esteem (1.25) and aggressive behavior (1.37) are less than table value (1.96) at 5% significant level. Hence it is failed to reject the formulated H₀ 1, and it is concluded that enough evidence is not available to prove the null is false at 5% significant.

H₀ 2: There is no significant mean difference in (a) Self-esteem (b) and Aggressive Behavior of high school students with respect to Type of School

Table – 3: Self esteem and Aggressive behaviour with respect to type of school

Variables	Type of school	N	Mean	SSb	SSw	df	“F” value	p
Self esteem	Government	435	55.94	439.683	117632.317	2997	1.86	0.16
	Aided	481	54.61					
	Private	84	55.92					
Aggressive behavior	Government	435	77.93	871.539	310334.836	2997	1.40	0.24
	Aided	481	76.29					
	Private	84	78.90					

(*Significant at 0.05 level)

From the table 3 that the calculated ‘F’- values for self-esteem (1.86) and aggressive behaviour (1.40) are less than table value (3.00) at 5% significant level.

Hence it is failed to reject the formulated, and it is concluded that enough evidence is not available to prove the null is false at 5% significant level.

H₀ 3: There is no significant mean difference in (a) Self-esteem (b) and Aggressive Behavior of high school students with respect to Type of Locality

Table –4: Self esteem and Aggressive behaviour with respect to Locality

Variables	Locality	N	Mean	SSb	SSw	df	“F” value	p
Self esteem	Urban	765	55.22	51.234	118020.766	2 997	0.22	0.80
	Semi Urban	186	55.73					
	Rural	49	54.81					
Aggressive behavior	Urban	765	77.06	264.955	310941.420	2 997	0.42	0.65
	Semi Urban	186	78.19					
	Rural	49	76.04					

(*Significant at 0.05 level)

It is also inferred from the table 4 that the calculated' F'- values for Self-esteem(0.22) and Aggressive behavior(0.42) are less than table value (3.00) at 5% significant level . Hence it is failed to reject the formulated H₀3, and it is concluded that enough evidence is not available to prove the null is false at 5% significant.

H₀ 4:There is no significant relationship between Self-Esteem and Aggressive Behavior of high school students.

Table 5: Correlation between Self-esteem and aggressive behaviour

Variable	N	Correlation	S/NS
Self esteem	1000	0.869	S
Aggressive behaviour			

* Significance at 0.01 level

The above table-5 shows that the value of correlation between self-esteem and aggressive behaviour of high school students is 0.869 which shows that self-esteem and aggressive behavior are highly positively correlated and the correlation is significant at 0.01 level.

Findings:

1. Male and female high school students do not differ in their self-esteem as well as in aggressive behaviour
2. Students from rural, semi urban and urban locality do not differ in their self-esteem and in aggressive behaviour.
3. Government, government aided and private schools students do not differ in their aggressive behaviour as well as in their self esteem
4. The level of self-esteem and aggressive behaviour seems average in high school students
5. There is a high positive correlation between self-esteem and aggressive behaviour

Conclusion

Self-esteem is self-awareness about one's own strength and weakness. It is individual gratefulness, self-acknowledgment, self-judgment, and subjective respect of one's own. Self-esteem is the worthiness judgment related to the self-concept whereas aggression is always associated with harmful emotional state. The present study concluded that self-esteem plays an important role in aggressive behavior. There is a high positive correlation between self-esteem and aggressive behaviour in high school students. High level of self-esteem among adolescents is linked to high aggression. This indicates that people with high level of self-esteem are inclined to be more aggressive in nature. The information gathered from the present study will help the caregivers or parents, educationists and the adolescence themselves, to understand the role of self-esteem on aggression and seek for consultant from experts and thereby will help in the character formation of the students.

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