

Effectiveness of a Tailored Psychosocial Intervention on Self Esteem of Adolescents Studying in Selected High Schools of Bagalkot

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ABSTRACT

Background: Adolescence is a stage of development in which there are multiple changes in physical, cognitive, psychological and socio-cultural levels. Hence thorough understanding of adolescence in society is helps to increasing their self esteem. Therefore, this study was aimed to assess the effectiveness of a Tailored Psychosocial Intervention on self esteem of adolescents studying in selected High schools of Bagalkot.

Methodology: This was a randomized controlled trail with pre-test post-test control group design. A Simple Random sample of 60 adolescents was selected from at Govt high school Navanagar, Bagalkot and Sajjalashree high School, Navanagar, Bagalkot. Socio demographic information of adolescents was gathered using structured socio demographic profile and self esteem was assessed using Rosenberg's self esteem inventory scale. Data were analyzed in terms of objectives of the study.

Findings: Result indicates that majority of the adolescents of both experimental group (60%) and control group (53.33%) had high self-esteem. A statistically significant difference was found between post test self esteem scores of experimental group and control group subjects [$t=5.84$, $p<0.01$]. There was a significant association found between self esteem scores of adolescents with their family monthly income ($\chi^2 = 16.44$, $P < 0.01$).

Conclusion: The finding of the study concluded that the adolescents had high self esteem. The implementation of Tailored Psychosocial Intervention programme to the experimental group improved self esteem to a greater degree as compared to control group.

Keywords: Adolescence, Self esteem, Effectiveness, Tailored Psychosocial Intervention and Socio-demographic variables.

INTRODUCTION

Adolescence (from Latin adolescence, meaning 'to grow up') is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood (age of majority).¹ Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. For example, puberty now typically begins during preadolescence, particularly in females. Physical growth (particularly in males), and cognitive development can extend into the early twenties. Thus, age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence².

A thorough understanding of adolescence in society depends on

information from various perspectives, including psychology, biology, history, sociology, education, and anthropology.³ Within all of these perspectives, adolescence is viewed as a transitional period between childhood and adulthood, whose cultural purpose is the preparation of children for adult roles. It is a period of multiple transitions involving education, training, employment and unemployment, as well as transitions from one living circumstance to another⁴.

The importance of self-concept stems from the fact that this construct explains many other psychological variables; it is an indicator that measures the level of adjustment to life and emotional well-being, influencing how individuals are motivated, acquire and reach levels of success desired in different areas of their existence.⁵ Positive self esteem in this age period is crucial to sustain mental health keeping this in mind research his decided to undertake a study to assess the effectiveness 10 of a tailored psychosocial intervention self esteem of adolescents studying in selected high schools of Bagalkot.

MATERIAL AND METHODS

Study Design and Participants

Present study was a quasi experimental pre-test and post-test control group design conducted in the month of March 2019. A random sample of 60 adolescents who are in the age group of 13-16 years with moderate to high low self-esteem attending Sajjalashree high school, Navanagar, Bagalkot, and Govt high school Bagalkot was randomly allotted into as experimental group and control group. Adolescents who are able to cooperate with researcher were included in the study. Adolescents who were sick at the time of data collection and unable to perform psychosocial intervention were excluded from the study.

Instruments

Rosenberg's Self Esteem Inventory Scale:

Self esteem was assessed using Rosenberg's self esteem inventory scale. This is a 10 item self report measure that asks patient to rate how often over the past week they experienced symptoms associated with self esteem. Response option ranges from 0 to 3 for each item (0 = strongly disagree, 1 = Disagree, 2 = Agree, 3 = Strongly Agree). Scores ranges from 0 to 30, with low scores indicating low self esteem. Cutoff score 10, hence individual who scored 10 or lesser suggests significant level of low self esteem. Scale was translated to Kannada and the back translated to English. High internal consistency was reported with Cronbach's alpha coefficients ranging from 0.85 to 0.90 across studies (Radloff. 1977 and Hunter et al. 2003). For the present study reliability was calculated by administering Rosenberg's self esteem inventory scale and Cronbach's alpha coefficient obtained was 0.85.

Socio-demographic Variables

Socio-demographic variables included age, gender, religion, educational status of parents, occupation of parents, family monthly income, year of education, type of family, area of residence, number of siblings, birth order and attended any Psychosocial Intervention previously.

Data Collection Procedures

Prior permission was taken from relevant institution before the beginning of data collection procedure. The study participants were indentified during the study period at Sajjalashree high school, Navanagar, Bagalkot, and Govt high school Bagalkot. Every adolescent who fulfilled the inclusion criteria was approached for data collection. Consent was obtained by the interviewers before participants underwent the structured interview which lasted approximately 20 to 30 minutes. All the information collected was based on patients self report. Pre-test conducted to assess the self-esteem of adolescents of experimental group and control group followed by administration of Tailored Psychosocial

Intervention (45minutes) everyday provided for 7 consecutive days to adolescents of experimental group. On 7th day immediate post intervention assessment of self-esteem was among adolescents of both experimental group and control group. After that health education provided to the adolescents of control group.

Data Analysis

Data analysis was analyzed using SPSS v25. Description of sample characteristics was done using frequency and percentages. Significance of difference between mean pre- test and post- test self esteem scores of both experimental group and control group was assessed by using paired ‘t’ test and unpaired ‘t’ test was used to assess the significance of difference between mean post test scores self esteem scores of both experimental groups and control groups. Chi-Square test was used to assess the association between self esteem and socio demographic variables.

RESULTS

I. Descriptive Analysis of Sample Characteristics

Percentage wise distribution adolescents of according to their age group reveals that majority of the adolescents in experimental group (60%) were in the age group of 14-15 yrs. and in control group (43.33%) were in the age group of 14-15 yrs. Majority of the adolescents in experimental group (70%) were females and in control group majority of the adolescents (53.33%) were males. Majority of the adolescents in experimental group (96.66%) and control group (53.33%) were Hindu. Most of the adolescents’ mother educational

status (53.33%) in experimental group had primary education. Similarly in control group, majority of the adolescent’s mother education status (53.33%) had secondary education. Most of the adolescents father educational status (60%) in experimental group had primary education. Similarly in control group, majority of the adolescent’s father education status (53.33%) had secondary education. The majority of the adolescents in experimental group (53.33%) were in control group. The most of the adolescents in experimental group (53.33%) less than Rs. 4,000 and control group above (30%) had their family monthly income ranging between Rs. 10,000. The majority of the adolescents in experimental group (63.33%) were belonging to joint family. Similarly in control group (53.33%) was belonging to nuclear family. Majority of the adolescent’s father’s occupation in experimental group (80%) were labor workers. In control group (46.66%) were private employees. Majority of the adolescent’s mother’s occupation in experimental group (50%) were labor workers. In control group (70%) were house wives. Majority of the adolescents according to their year of education in experimental group and control group (33.33%) were from 8th, 9th & 10th standards. Majority of the adolescents according to their area of residence in experimental group (53.33%) were belonging to rural area and in control group (83.33%) were belonging to urban area. Majority of the adolescents according to number of sibling in experimental group (43.33%) had 3 siblings, were as in control group (40%) had 3 siblings.

II. Description of pre test scores of self-esteem among adolescents.

Table 1: Assessment of level of self-esteem of adolescents n= 30+30

Levels of self-esteem	Range of score	Experimental group		Control group	
		Frequency	Percentage	Frequency	Percentage
Low self-esteem	0-9	0	0	0	0
Moderate self-esteem	10-20	12	40%	14	46.66%
High self-esteem	21-30	18	60%	16	53.33%

Table 1 show that majority of the adolescents of both experimental group

(60%) and control group (53.33%) had high self-esteem.

III. Effectiveness of Tailored Psychosocial Intervention on Self Esteem of Adolescents

Table 2: Significance of the difference between the pre-test and post-test of self-esteem scores of adolescents in both experimental and control group n= 30+30

Group	Mean difference	Differential SD	't' value (paired)	Table value
Experiment Group	-3.9	2.99	-7.152	0.000
Control group	-0.133	0.973	-0.750	0.459

Findings displayed in table 2 clearly shows that, there is a statistically significant difference between pre-test and post test

self-esteem scores of both experimental and control group among adolescents.

Table 3: Significance of the difference between the post-test self-esteem scores of adolescents of both experimental and control group of adolescents n= 30+30

Group	SD of post-test scores	Mean difference	't' value (unpaired)	Table value
Experimental group	2.173	4.567	5.841	0.000
Control Group	3.313			

Findings presented in table 3 conclude that, there was a statistically significant difference found between post-test self-esteem scores of experimental group and control group of adolescents.

Hence Tailored Psychosocial Intervention proved to be an effective tool to increasing the self-esteem of adolescents of experimental group.

IV. Association between the levels of self-esteem with socio-demographic variables of adolescents

Table 4: Association between the level of self-esteem of adolescents and their socio-demographic variables of both experimental group and control group n=60

SL. No	Socio-demographic variables	Df	Chi-square value	P value
1	Age	2	0.840	0.639
2	Gender	1	0.939	0.430
3	Religion	3	1.154	0.819
4	Education of father	3	0.557	0.917
5	Education of mother	3	0.068	1.000
6	Occupation of father	4	3.146	0.557
7	Occupation of mother	5	4.211	0.570
8	Family monthly income	4	16.439	0.001**
9	Type of family	1	0.463	0.603
10	Year of education	2	0.703	0.844
11	Area of residence	1	0.361	0.595

**P<0.01 [Significant]

Findings related to the association between pre-test self esteem scores of adolescents with their selected socio-demographic variables reveals that, there was a significant association found between self esteem scores of adolescents with family monthly income ($\chi^2=16.44$, $P< 0.01$). No significant association was found between self esteem scores and other socio demographic variables.

adolescents of experimental group had high self-esteem and similarly in control group, most (53.33%) of adolescents had high self-esteem.

Findings of the present study showed that levels in experimental group higher (60%) of the adolescents had high self-esteem, (40%) of them had moderate self-esteem in control group (53.33%) of them had high self-esteem, (46.66%) of them had moderate self-esteem.

DISCUSSION

The main objective of the present study was to assess the effectiveness of a psychosocial intervention on self-esteem of adolescents. Findings of the present study showed that, that highest percent (60%) of

The results of the present study are supported by the study conducted by Nagar S, Sharma S, Chopra G (2017). The results shown means that the scores of the adolescent girls were mostly in the range of 81 to 106, which means they were in an

average category, although about 33% of them had low self-esteem.⁶

Findings reveal that mean percentage of the self-esteem scores of adolescents of experimental group in pre-test and post-test reveals an increase of 3.9 percent in mean self-esteem scores of the adolescents after tailored psychosocial intervention programme and where as mean percentage of the self-esteem scores of adolescents of control group in pre-test and post-test reveals an increase of 0.13 percent of the mean self-esteem scores of the adolescents after tailored psychosocial intervention programme.

The results of this study are consisted with the study conducted by Mahmoud S and Hamid RA in New York to assess the Effectiveness of Tailored Psychosocial Intervention Programme on Self-Esteem & Academic Achievement in adolescents' girls at secondary school in Abha city. The result of this study revealed that there was a significant improvement in mean score of self-esteem after tailored psychosocial intervention programme.⁷

Findings revealed to the significance of the difference between the pre-test and post-test of self-esteem scores of the adolescents shows that difference between mean pre-test [20.97±20.17] and post-test [24.87±20.30] self-esteem scores of adolescents of experimental group found of statistically significant at 0.05 level of significance [$t=5.841$ (P value= 0.000, $p<0.05$). Findings related to comparison between post-test of self-esteem scores of experimental group and control group subjects [$t=5.841$ (P value=0.000), $p<0.05$].

The results of the study are consistent with the study Conducted by UN and US National Institute of Health Statistics (2019). An evaluative study was conducted to assess the effectiveness of a Tailored psychosocial intervention programme among disabled adolescents on self-esteem and interpersonal communication satisfaction. The self-esteem of the experimental group was significance improved in disabled adolescents after

tailored psychosocial intervention programme, although interpersonal communication satisfaction of the experimental group was not significantly improved after the intervention programme.⁸

CONCLUSIONS

The study was helpful to find the effectiveness of Tailored psychosocial intervention on self-esteem of adolescents at Govt. high school Navanagar, Bagalkot and Sajjalashree high School, Navanagar, Bagalkot, and suggests that psychosocial intervention focusing to promotion of self-esteem of adolescents would contribute to the improvement of their quality of life. Future researches can investigate the effect of various psychological measures to promotion of self-esteem with the aim of improving their overall quality of life.

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