Impact of Self Esteem on Personality and Adjustment

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Abstract:
Modernization can be achieved only by improving and extending education. Again, education both, the formal and informal is a mean of communication........ The transmissible of meaning.......... Has important functions, such as socialization, surveillance, consensus building, raising expectations, focusing attention, broadening mental horizons, creating new attitudes, and values arousing interest in innovation, teaching skills, and encouraging experimentation. Each of these functions has relevance for programmes of modernization. Hence, the formal education if imaginatively and purposefully employed can be a powerful instrument of Modernization. The education today is linked with development. Education is the main agency for the development of attitudes, interests and values and the teacher is its main agent. The class consists of different types of students and they differ in their interest, IQ, attitude, achievement etc. Some students change with the changing time, some don't. There are certain causes behind this kind of difference in attitude. The present study attempts to find out the causes which influence their attitude and creates obstacles in the process of modernizing. There are certain variables which affect their attitude towards modernization. Hence the present study investigates hew do the SES, academic achievement, area etc. affect the adolescents' attitude towards modernization.

Keywords: *Adolescent, Adjustment, Attitude, Education, Impact, Personality, Self esteem*

1. Introduction
Self esteem and personality are likely to share common development roots and examining the personality correlates of self esteem across the life span might provide insight into the nature of self esteem and its development. In addition to sharing a common underlying etiology, self esteem and personality may directly influence each other. Self esteem may play a critical role in shaping personality processes. Individual's belief about them influence how they act in particular situations, the goals they persue in live, how they feel about life events and the ways in which they cope with and adapt to new environments. Adjustment as an important psychological variable can be defined as "an index of integration", between need and satisfaction, promote or demote self system, achievement motivation, social maturity and moral system. Hence, the major attempt of present study was to study the impact of self esteem on personality and adjustment.

2. Title of the Problem
The study undertaken by the investigator has been entitled as,
"Impact of Self Esteem on Personality and Adjustment"

3. Statement of the Problem
In the present study investigator wanted to study impact of Self Esteem on Personality and Adjustment. Self Esteem was an independent Variable and personality and adjustment were considered as dependent variable. The students of Gujarat State of 9th standard of Ahmedabad City were taken for the study.

4. Operational Definitions of the Key Terms
The following are some terms that have been used in the entire study. It will be helpful it these terms are clearly defined prior the body of the study. In the present study, the researcher has defined the terms used in the study. The operation definitions of the terms used in the present study are given below.

5. Impact of Self Esteem
A person's evaluation of his or her self concept and its Impact on another variables like personality and adjustment.

6. Theoretical definition
According to James (1989), "The awareness of the absolute value of one's own personality or dignity"

7. Operational definition
The Scores gained by the students on self made Self Esteem Scale were considered as the Self Esteem of the students in the present study.

8. Personality
8.1 Theoretical definition
According to Kant and others (1993), "The distinctive and characteristic patterns of thought, emotion and behavior that define an individual's personal style of inter acting with the physical and social environment."

8.2 Operational definition
The scores gained by the students on HSPQ Personality Inventory constructed by Dr. R. N. Thakur and J. H. Shah were considered as a Personality of the students.

8.3 Adjustment
Regulating adapting or setting in a variety of context.

8.3.1 Theoretical definition
According to L. S. Shaffer (1987), "Adjustment is the process by which living organism maintains a balance between its need and circumstances that influences the satisfaction of these needs"

8.3.2 Operational definition
The scores gained by the students on Adjustment scale constructed by Dr. R.K. Oza were considered as the adjustment of the students.

9. Objectives of the study
The objectives of a research project summarize what is to be achieved by the study. To find out the status/level of Self Esteem, personality and adjustment among 9th grade students studying in schools of Ahmedabad City.
1. To study the levels of self esteem of 9th Standard students studying in schools of Ahmedabad City.
2. To study the levels of Personality of 9th Standard students studying in schools of Ahmedabad City.
3. To study the levels of Adjustment of 9th Standard students studying in schools of Ahmedabad City.
4. To study the impact of self esteem on Personality of 9th Standard students of Ahmedabad City.
5. To study the impact of self esteem on adjustment of 9th Standard students of Ahmedabad City.

10. Hypotheses of the study

Hypothesis is the presumptive statement of a proposition or a reasonable guess, based upon the available evidence, which the researcher seeks to prove through his study. A hypothesis is a statement of what the investigator believes will be the relationship between two or more variables in a study.

Ho_1 There will be no significant difference between the mean score of Personality of students having High Self Esteem.

Ho_2 There will be no significant difference between the mean score of Personality of students having Low Self Esteem.

Ho_3 There will be no significant difference between the mean score of Adjustment of students having High Self Esteem.

Ho_4 There will be no significant difference between the mean score of Adjustment of students having Low Self Esteem.

11. Area of Research

Are of Research of the present study deals with psychology of education as well as it is also related to the area of "measurement and evaluation".

12. Type of Research

The type of present study was Descriptive survey type.

13. Importance of the Study

The present study deals with important variables like self esteem, personality and adjustment which was related to psychology of education which would be helpful to the teachers to understand personality and adjustment problems and self esteems of the students. There would be many studies done related to personality, adjustment and self esteem. Therefore, to fill the gap in the existing knowledge in the area of self esteem, personality characteristics, an attempt is made in the present investigation, to study the impact of self esteem on personality and Adjustment.

14. De-Limitations of the Study

Due to limitation of time and resources, the present study has been delimited to the following aspects. Present study was limited to the students of Ahmedabad City studying in the 9th standard. Present study was limited to Gujarat state only.

15. Limitations of the study

The limitations of the present study are as under.
The Sample of 200 students was selected. Self-made self esteem scale was used to measure self esteem of the students. Self esteem scale was in Gujarati language.

16. Planning and procedure of the work

The present study was followed following steps.
- The problem was selected
- Reviewed of related literature
- Planning and procedure of the work
- Tools were selected and self esteem scale in Guajarati language was made
- Sample was selected from the population
- Data was collected
- Analysis and interpretation of the data was done
- Report writing was done
- Printing and Binding work was done

17. Method of the Study

Method of the present study was descriptive survey method.

18. Population of the study
The population of present study consists of the students studying in 9th standard during the academic year 2019-2020.

19. Sample of the study
In the present study random sampling method was used to select schools and the students of 9th standard. Two schools from Ahmedabad City were selected randomly and from these schools, 200 students were selected randomly which formed the sample of the study.

20. Tools used for the study
To measure Self Esteem, personality and adjustment among these students' following tools were used.
1. HSPQ Personality test Gujarati version of Dr. R.N. Thakur
2. Adjustment inventory by Dr. R. K. Oza
3. Self made Self Esteem scale in Gujarati.

21. Procedure of Data Collection
For Data Collection, investigator went to the selected schools. After getting permission of principal, Tools were administered on selected sample. Necessary instructions related to tools were given to the students and data were collected.

22. Statistical Techniques used in Data Analysis
Good data are important but what is done with it is equally so. In the present study the investigator used the most appropriate statistical techniques available in the treatment of data. Following statistical techniques were used to analyze data. Mean, SD, Median and t-test were used. To study the levels of Self Esteem, Personality and adjustment of students, Frequency Distribution was done. To study the impact of Self Esteem on adjustment and personality, analysis was done in Microsoft Excel program. Mean, Median, S.D., and t-test was used to test hypotheses.

23. Findings of the study
The statistical treatment of the data reveals the following major findings of the study. Majority of the students were having high Self-Esteem. Majority of the students were having Extrovert Personality.
- Majority of the students were having Adjustment.
- The students having high Self-Esteem were bearing Extrovert Personality.
- The students having low Self-Esteem were bearing Introvert Personality.
- The students having high Self-Esteem were bearing adjusted behaviour.
- The students having low Self-Esteem were bearing maladjusted behaviour

24. Educational implication of the study
Self esteem is an important variable which affects the student's personality and adjustment. From the above finding following education implication were applied. This is the first study which concentrates on the impact of the Self Esteem on personality and adjustment of the students. In this study the relationship between Self Esteem, personality and adjustment has been studied. If a significant relation exists between the said variables, various existing problems related Self Esteem, personality and adjustment of adolescents can be eradicated. The results of the study would help to find out the degree/level of Self Esteem, personality and adjustment among students. The results would also helpful to understand the factors responsible for self-esteem, personality and adjustment. The study might be useful in solving some of the problem related to Self Esteem, personality and adjustment as related to the variables. This would help them to understand various dimensions of adjustment and Self Esteem to develop their personality and find out ways and means to be well adjusted persons. The

study would help the administrator and government to create a congenial atmosphere in the institutions which would benefit both the side. Bringing into consideration the prevailing adjustment, Self Esteem and personality related problems of adolescents in the education system.

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