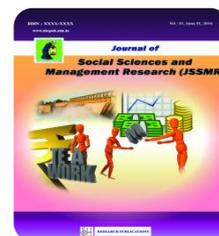




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**Relationship between Self-Esteem and Psychological Well-Being
among College Students**

Mercy Lhingjahat*, Dr Sujatha**

Abstract

The present study attempted to determine the level of self-esteem and psychological well-being among college students during covid 19. This World-wide pandemic had a huge impact on the mental health. Apart from this psychological well-being and self-esteem is differed from before and after pandemic situation as students no longer go for offline classes due to the out-break of pandemic they stayed inside their room and they were fully occupied with their phone, laptop, television and so on. Students may be both physically and mentally affected by the social media. Hence, the purpose of this study is to investigate the measure of psychological well-being and self-esteem of college students. This descriptive study involves 100 samples selected by simple random sampling technique. The data were collected with the help of psychological well-being (18 items) by Ryff, C.D., & Keyes, C.L.M (1995). And Rosenberg self-esteem scale by Rosenberg, M. (1965). Which consist of 10 items. In this study t-test and correlation will be using with the use of SPSS software version 23. The results will be presented in the final paper.

Keywords: Psychological Well-Being, Self-Esteem, Mental Health, Pandemic, social media.

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Introduction

Self- esteem has become a household word. Self – esteem refers to overall sense of a person value or worth. How an individual views or thinks about him or her image, satisfaction in oneself. Every individual wanted to have a high self-esteem and they wanted to come out of being with low-self – esteem. Parents, Teachers, therapists they focus on boasting on having high self- esteem. High self- esteem will cause us to have many positive outcomes in an individual life. When we talk about self- esteem people with high self- esteem claim to be more likeable and attractive, to have a better relationship with others. Low self- esteem is when an individual lacks confidence, when we don't trust ourselves and incapability to do anything. Feeling of worthlessness and mostly thinking negative things about one.

According to Rosenberg (1965), self- esteem is one's positive or negative attitude towards oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself. Self- esteem implies an awareness of one's value system and one's emotional evaluation of one's self- worth (Schunk, 1985). In addition, self- esteem is a critical factor in personal well- being because an individual's self- esteem has a positive relationship with her/his psychological health,

social adjustment, and quality of life (Boyd et al., 2014).

Psychological well- being

Psychological well- being refers to inter and intraindividual levels of positive functioning that can include one's relationship with others and self-referent attitudes that include one's sense of mastery and personal growth. Carol Ryff (1989) developed a model of psychological well- being that is centred on six dimensions. The six dimensions of psychological well- being are self- acceptance, personal growth, and purpose of life, environmental mastery subscale, autonomy, and positive relationships with others. When an individual has psychological well- being is filled with happiness, joy, excitement, calmness and is also filled with good health of body. Both mentally and physically they will be filled with positiveness and have a good and healthy life.

RESEARCH METHOD

The study sample consists of 100 students who are selected at random for the study. The population of this study comprised of college students across around India. The present study investigation of descriptive design. The data were collected about statistical package for social science (SPSS) version 23 was use for the analysis. Appropriate statistics was used such as independent sample, t-test, correlation, etc. The data was collected with

the help of Self- esteem scale by Rosenberg Scale, M. (1965) and Psychological well-being by Ryff, C.D., & Keyes, C.L.M. (1995).

Hypotheses

Ha: There will be significant difference between the self- esteem and Psychological well- being among the genders.

Ha: There will be a significant relationship between the self- esteem and Psychological well- being.

RESULTS AND DISCUSSION

The present study attempted to assess the relationship between Self-esteem and psychological well-being of college students.

Table 1 self-esteem and psychological well-being among gender

Variables	Male (N=24)		Female (N=58)		t-value
	M ₁	SD ₁	M ₂	SD ₂	
Psychologic al well Being	53.4	10.34	53.93	11.51	0.18 ^{NS}
Self-esteem	19.5	3.03	19.72	3.48	0.22 ^{NS}

NS- Not Significant, M- Mean, SD- Standard Deviation

Ha: There will be a significant difference between self-esteem and psychological well-being among the gender.

From table 1 it has been found that the “t” values are not significant for the self-esteem and psychological well-being among the gender. Hence the hypothesis is not confirmed. There was no difference between

male and female participants in self-esteem and psychological well-being.

Table 2 Significant relationship between the self- esteem and Psychological well- being.

Variables	Psychological well- being
Self esteem	0.53**

** . Correlation is significant at the 0.01 level.

Ha: There is a significant difference between the self- esteem and psychological well-being. From table 2 it is found that there is highly significant relationship between the self- esteem and psychological well-being. Hence the hypothesis is confirmed.

Conclusion

The findings of the present study revealed that there is a significant relationship between self-esteem and psychological well-being among the college students. The study shows that there are no significant differences on the basis of gender and course of study. It is concluded that the present investigation of male and female self-esteem and psychological well-being remains the same before the pandemic and the present situation.

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