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Asian Journal of Agricultural Extension, Economics & Sociology

39(10): 147-152, 2021; Article no.AJAEES.73011
ISSN: 2320-7027

Assessment of Self-Esteem among Working Women

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

Article Information

DOI: 10.9734/AJAEES/2021/v39i1030675
Editor(s):
(1) Dr. Wang Guangjun, Chinese Academy of Fishery Sciences, China.
Reviewers:
(1) Naga Sai Kumar Tirthala, IIIT Basar, India.
(2) Moeketsi Kali, Pan African University, Cameroon.
Complete Peer review History: https://www.sdiarticle4.com/review-history/73011

Original Research Article

Received 27 June 2021
Accepted 07 September 2021
Published 16 September 2021

ABSTRACT

Women are significantly involved in the development of any nation by managing personal responsibilities as well as professional life. They are playing an important role in economic and social development of any society and their participation gives them satisfaction at their home up to a greater extent. Self-esteem is defined by how much value people place on themselves being the evaluative component of self-knowledge, high self-esteem refers to a highly favorable global evaluation of the self. So, the study was conducted in Hisar district of Haryana state on 400 rural and urban working women to assess their self-esteem. It was found that a very high majority of respondents (95.5%) of urban area were having low level of leisure time exercise and 47.5 percent respondents were having high level of self –esteem. Occupation of respondents was observed statistically significant only in low level of self-esteem ($F=2.84$, $p<0.05$).

Keywords: Leisure; rural; self esteem; urban; women.

1. INTRODUCTION

In the present scenario, women are significantly contributing to the nations overall progress by balancing domestic life as well as professional life. Women are playing a vital role in the economic and social development of the nation and their participation in income generation activities gives them satisfaction at their home up to a greater extent [1]. Life satisfaction among working women was betterthan non-working womenand grows with age because people

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become wiser to understand the important things in life more [2,3]. The number of working women has increased over the past several decades as most of the women are joining work outside of the home to support their family.Self-esteem is defined by how much value people place on themselves being the evaluative component of self-knowledge, high self-esteem refers to a highly favorable global evaluation of the self [4]. The working women had a high quality of life and self- esteem despite their busy schedule [5]. Self-esteem can decline in older adulthood in lower stress coping ability due to the lack of personal psychological and emotional resources and more likely to experience lower self-esteem levels leading to increased risk of distress and depression [6]. Many studies show the relationship between stress and self-esteem at multiple levels. Self-esteem is a personal, judgment of worthiness that is expressed in the attitudes of individual holds towards him/ her. Self-esteem refers to the positive or negative way people feel about themselves as a whole, which is also often called global self-esteem or global self-worth [7]. Therefore, a study was planned to assess self-esteem among working women in rural and urban areas.

2. MATERIALS AND METHODS

The present study was conducted in two villages for rural area and Hisar city for urban area of Hisar district of Haryana state. For rural areas, two villages namely Tokas Patan and Gangwa were selected purposively as these villages were having Government Schools, Private Schools, Anganwadies and Public Health Centers. To draw urban samples, Jat College, Fathe Chand College, Sapra Hospital, Government School and Private School were randomly selected. A sample of 400 working women from two locations i.e. rural and urban was randomly selected from the age group of above 25 years. Out of the total sample, 200 women were from rural and 200 from urban area as the availability of the respondents. A pre tested questionnaire was used to collected the data regarding general information of respondents and Rosenberg [8] scale was used to collect data from working women for accessing the self esteem. Godin Leisure-Time Exercise Questionnaire [9] and Questionnaire short form-36 Health survey by McHorney [10] were used to collect the information regarding health outcomes and leisure time activities. Data were collected by personal interview method from working women in different field. Z test was used for calculating the differences between means of independent variables and dependent variable of two large samples. Pearson correlation coefficients were computed to examine relationship between stress and self-esteem, leisure time exercise and medical health survey.

3. RESULTS AND DISCUSSION

3.1 Distribution of Working Women as Per the Level of Stress and Other Variables

Working women were assessed and distributed on two levels of health medical outcomes i.e. low and high categories. Results given in Fig. 1 show that out of total sample 52.5 percent of respondents were in high level of health medical outcome category followed by 47.5 percent were having low level of health medical outcome. Results related to leisure time exercise of respondents as per their area of residence. The data portray that in urban area, 95.5 percent respondents were having low level of leisure time exercise against 67.0 percent rural respondents, whereas for total sample this percentage was 81.2. Further results show that in rural area 24.0 percent respondents were having high level of leisure time exercise against nil percent in urban respondents. The medium level of leisure time exercise was reported by almost equal percent 9.0, 4.5 respondents in both urban and rural areas.

The results related to self –esteem of working women as per their area of residence. The data portray that in urban area, 47.5 percent respondents were having high level of self – esteem against 18.5 percent rural adolescents. Further, results show that 20.5 and 51.0 percent of urban and rural respondents were having low level of self-esteem respectively, whereas in total sample 35.7 percent respondents had low self - esteem. Paluska [11] also reported that urban women higher in self-esteem may be more likely to engage in exercise behaviour. The experimental studies conducted in artificial environmental conditions. They do not address an individual independently and voluntarily engaging in exercise this factor affects the self-esteem. Rhodes et al. [12] also concluded the same as the reason for urban working women having superior self-esteem against rural can be attributed to the facts that in the present study urban working women had better communication with spouse and peers which leads to superior self-esteem.

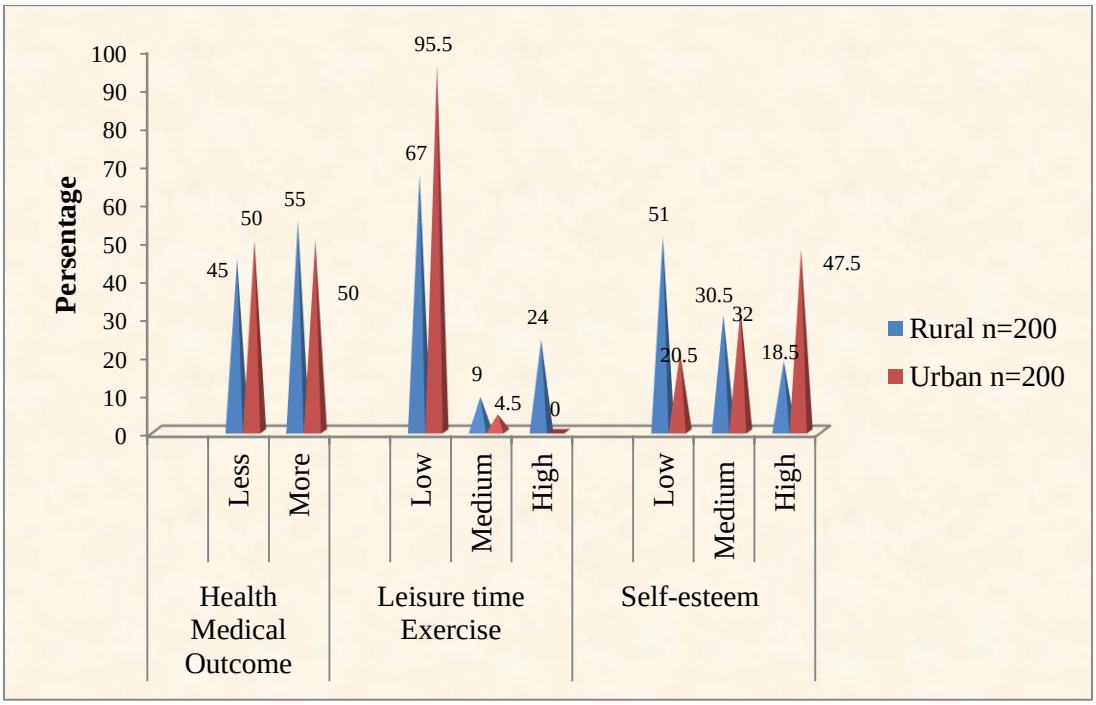

Fig. 1. Working women' distribution as per the level of Self-esteem and other variable

Table 1. Comparison of self-esteem and other variables across areas

Sr. No	Variable	Rural	Urban	Z value
1.	Health and medical outcomes	88.69±9.35	86.71±8.69	2.18*
2.	Leisure time exercise	54.42±9.91	50.26±6.61	8.24*
3.	Self-esteem	16.46±2.47	22.02±2.34	0.98*

3.2 Assessment of Health Medical Outcomes, Leisure Time Exercise and Self-Esteem among Working Women

Table 1shows that there were significant differences between health medical outcomes (Z =2.18*), leisure time exercise (Z=8.24*) and self-esteem (Z=0.98*) respectively of respondents of rural and urban areas. Mean scores indicated that rural respondents had comparatively more health medical outcomes (M=88.69±9.35) as compared to urban respondents (M=86.71±8.69). Hence, it can be concluded that rural respondents had more health medical outcomes level than urban respondents. Further, results revealed significant differences in leisure time exercise at 0.05 level of significance. Mean scores indicate that rural respondents had more leisure time exercise (M=54.42±9.91) as compared to urban respondents (M=50.26±6.61). In case of self -esteem mean scores indicated that urban respondents had more self-esteem (M=22.02±2.34) as compared to rural respondents (M=16.46±2.47). Hence, it can be concluded that urban respondents had more self-esteem as compare to rural respondents. Bankole [13] examined the relationship between stress, social interaction anxiety and self-esteem of working mothers. The data findings revealed that there exists a significant relationship between perceived stress and self-esteem. Moreover, it was reported that here exists a significant negative relationship between anxiety and life self-esteem of working mothers. Both stress and anxiety had significant joint prediction of self-esteem of working mothers.

3.3 Self-Esteem Across Personal and Socio Economic Variables

Comparison of self-esteem across personal and socio economic variables was done using Z test and ANOVA test followed by Duncan test to see whether group difference existed or not. Table 2 represents the result for comparison of self-esteem across personal and socio economic variables. Moving towards the differences across

age of respondents, significant differences were seen in case of low level of self-esteem (F=3.14), P<0.05. From mean scores it can be concluded that 25-30 years of age group respondents had low level of self-esteem (M=27.63±5.85) which is significantly different from above 35 years age of respondent (M=17.36±6.97). Robins and Trzesniewski [14] provided evidences about slow increase in self-esteem with age. They further noted the range of increment during early adulthood from small to medium.

Table 2. Self-esteem across personal and socio economic variables

Sr. No.	Self-esteem	Personal and socio-economic variables				
1.	**Age**	**25-30 years**	**30- 35years**	**Above 35 years**		**F-value**
	Low	27.63^{a}±5.85	18.93^{a}±6.93	17.36^{a}±6.97		3.14*
	Medium	21.96^{a}±5.19	21.31^{a}±5.91	21.40^{a}±5.46		0.23
	High	19.79^{a}±5.89	20.12^{a}±6.58	19.38^{a}±6.47		0.15
2.	**Family type**	**Nuclear**	**Joint**	**Extended**		**F-value**
	Low	18.11^{a}±6.61	18.40^{a}±6.82	18.76^{a}±7.14		0.09
	Medium	21.60^{a}±5.54	21.67^{a}±5.68	20.35^{a}±5.56		0.47
	High	19.85^{a} ±6.30	20.03^{a}±6.51	19.53^{a}±6.39		0.08
3.	**Family size**	**Small**	**Medium**	**Large**		**F-value**
	Low	16.54^{a}±6.62	18.72^{a}±6.92	18.94^{a}±6.36		1.97
	Medium	20.78^{a}±5.94	21.67^{a}±5.47	21.88^{a}±5.50		2.59*
	High	18.66^{a}±6.58	20.19^{a}±6.42	20.41^{a}±6.10		1.83
4.	**Working status**	**Govt**		**Private**		**Z –value**
	Low	32.76±10.19		23.70±9.08		0.16
	Medium	33.98±13.53		33.41±12.82		1.36
	High	35.08±15.67		28.62±12.88		1.07
5.	**Education of respondent**	**Higher secondary and Diploma**	**Graduate**	**Post graduate**		**F-value**
	Low	39.68±12.97	43.77±15.67	40.80±15.02		1.18
	Medium	40.45±13.31	42.35±20.43	52.01±15.31		3.12*
	High	40.08±20.52	40.08±18.92	59.75±15.22		3.05*
6.	**Education of spouse**	**Higher secondary and Diploma**	**Graduate**	**Post graduate**		**F-value**
	Low	35.59^{a}±5.83	38.08±13.07	45.51±14.34		2.63*
	Medium	32.19^{a}±4.54	35.45±19.31	48.04±17.87		1.09
	High	41.66^{a}±3.11	46.08±18.52	49.30±13.94		1.68
7.	**Occupation of respondent**	**Lecturer**	**Junior lecturer**	**Paramedical staff and others**		**F-value**
	Low	16.94^{b}±6.87	19.01^{a}±6.57	21.39^{a}±6.53		2.84*
	Medium	21.12^{a}±5.49	21.51^{a}±5.79	22.10^{a}±5.44		0.34
	High	19.03^{a}±6.55	20.25^{a}±6.31	21.76^{a}±6.11		2.22
8.	**Occupation of spouse**	**Farmer**	**Labour**	**Service**	**Caste occupation**	**F – value**
	Low	16.93^{b} ±6.86	17.00^{a}±6.53	38.94^{a}±6.99	21.49^{a}±6.32	2.95*
	Medium	22.24^{a}±5.35	20.54^{a}±5.80	20.94^{a}±5.82	22.67^{a}±5.12	1.61
	High	19.53^{a}±6.70	18.77^{a}±6.26	19.94^{a}±6.40	22.09^{a}±6.21	0.68
9.	**Family income**	**Low**		**High**		**Z-value**
	Low	18.23±6.91		18.39±6.97		0.16
	Medium	20.96±5.74		22.04±5.41		1.35
	High	19.60±6.28		20.21±6.48		0.97
10.	**Mode of transport**	**Own vehicle**		**Public vehicle**		**Z-value**
	Low	17.77±6.54		18.85±6.90		1.13
	Medium	27.56±5.48		22.75±5.72		2.01
	High	18.51±6.27		20.80±6.49		1.96

Results revealed that family size was found to make significant differences in self-esteem of working women in case of medium level of self – esteem only($F=2.59, p<0.05$).

Examination of mean scores comparison highlighted the fact that respondents residing in large sized families (M=21.88) were superior and significantly differed in their self-esteem across the respondents who were residing in small sized families (M=20.78). Reason behind low self esteem is lack of interaction between family members.

Educational status of respondent was significantly differ in self-esteem of respondents in medium and high level ($F= 3.12$ and 3.05 respectively, $P<0.05$). From mean scores comparison, it can be summarized that respondents of postgraduate had more self-esteem (M=59.75) against higher secondary and diploma respondents (M=40.08). Yousefy and Barata [15] also revealed that women with degrees at higher educational levels enjoyed better job positions. It was also found out that higher education plays a key role in employment and promotion of in their worth full working and active social working life.

Significant differences were found in spouse educational status and self-esteem of respondents only in case of low level ($F=2.95, p<0.05$). From mean scores comparison, it can be summarized that respondent of higher educated spouse had high self-esteem (M=45.59) against respondents whose spouse were higher secondary and diploma only (M= 35.59). Occupation of respondent was observed statistically significant only in low level of self-esteem ($F=2.84$, $p<0.05$). Asadi et al. [16] employed women were found to be significantly higher on self-esteem and status and level of works was important factor for creating the positive thoughts in women. Likewise, when spouse occupation was examined to see group differences in self-esteem, significant differences existed in low level only ($F=2.95, p<0.05$) A cursory look over mean scores of self-esteem revealed that respondents whose spouse were engaged in service sectors (M= 38.94±6.99) were significantly higher on self-esteem than those whose spouse were engaged in farming occupation (M= 16.93). Kito and Sato [17] examined the effect of self-esteem of women with regards to job satisfaction of spouse and found more satisfied with job of spouse tend to have high self-esteem. Non-significant differences were computed across personal and socio economic variables like family type, working status, family income and mode of transport. Though the differences were statistically non-significant but the respondents from nuclear family and having Government job, high family income and own vehicles were having more self-esteem in comparison to others. Tingzhong et al. [18] supported the findings as the highest educated women were with lower stress levels than the least educated, similarly with annually high earning appeared less stressed than those with fewer earnings.

4. CONCLUSION

It is concluded that majority of respondents were having low level of self-esteem followed by medium and high level of self- esteem. Similar results were found for rural respondents and urban respondents having low level of self-esteem followed by medium and low level. Area wise results revealed significant differences in self-esteem of rural and urban working women.It is also concluded that respondents variables i.e., family type, family size, and education of respondent were found to be positive yet significantly correlated with self-esteem, revealing that the respondents having age, working status, education of spouse, occupation of respondents, occupation of spouse, family income and mode of transport positively correlated with self-esteem.

CONSENT

As per international standard or university standard, respondents' written consent has been collected and preserved by the author(s).

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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Peer-review history:
The peer review history for this paper can be accessed here:
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