

## A Cross-Section Study to Assess the Self Esteem and Academic Performance Among Adolescents

Ankush H<sup>1</sup>, Anusha B<sup>1</sup>, Kirana Kumar S<sup>1</sup>, Pratibha A<sup>1</sup>, Shivaleela H<sup>1</sup>, Kavita Patil<sup>2\*</sup>, Jayashree Itti<sup>3</sup>

<sup>1</sup>Student, Dept. of Psychiatric Nursing, Shri B.V.V.S Institute of Nursing Sciences, Bagalkot, Karnataka, India

<sup>2</sup>Lecturer, Dept. of Psychiatric Nursing, Shri B.V.V.S Institute of Nursing Sciences, Bagalkot Karnataka, India

<sup>3</sup>Principal, Dept. of Community Health Nursing, Shri B.V.V.S Institute of Nursing Sciences, Bagalkot, Karnataka, India

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\*Corresponding author: Kavita Patil

Lecturer, Dept. of Psychiatric Nursing, Shri B.V.V.S Institute of Nursing Sciences, Bagalkot Karnataka, India

### Abstract

### Original Research Article

**Background:** Adolescence is a transitional of physical and psychological development that generally occurs during the period from puberty to adulthood (typically corresponding to the age of majority). Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier or end later. Puberty typically begins during preadolescence, particularly in females. Physical growth (particularly in males) and cognitive development can extend past the teens. Age provides only a rough marker of adolescence, and scholars have not agreed upon a precise definition. Some definitions start as early as 10 and end as late as 30. The World Health Organization definition officially designates an adolescent as someone between the ages of 10 and 19 [1]. It's estimated that roughly 85% of people worldwide (adults and adolescents) have low self-esteem. Low self-esteem has been linked to violent behavior, school dropout rates, teenage pregnancy, suicide, and low academic achievement. The World Health Organization (WHO) in reports that more deaths are caused by suicide every year than homicide or war [2]. Academic performance refers to the achievement of students in their educational endeavours. It is influenced by various factors such as cognitive and non-cognitive attributes, sociocultural context, personality traits, and approaches to studying [3]. **Methods:** The research design selected for the study was descriptive correlation survey design. The independent variables were age, gender, religion, year of study, father education, mother education, father occupation, mother occupation, family income, area of residence, type of family and number of siblings. And dependent variables include self-esteem and academic performance among adolescents. In this study sample size is 100 adolescent who are in the age of 16-20 years are selected by stratified proportionate random sampling technique. **Conclusion:** This deals with the conclusions drawn based on the findings of the study. and limitations of the study, suggestions plications, and recommendations. following conclusions are drawn. Based on the findings of the study.

**Keywords:** Assess, Self-esteem, academic performance and adolescents.

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## INTRODUCTION

Self-esteem can apply to a specific attribute or globally. Psychologists usually regard self-esteem as an enduring personality characteristic (*trait self-esteem*), though normal, short-term variations (*state self-esteem*) also exist. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect, and self-integrity [4].

There are 1.3 billion adolescents in the world today, more than ever before, making up 16 percent of the world's population [5].

India has the largest adolescent population in the world, 253 million, and every fifth person is between 10 to 19 years [6].

Karnataka is third (among major states) with 68.3% of its population in the 18 years and above age group. Also, the state's adolescent population stood at 18.9% of its total population [7].

## MATERIALS AND METHODS

For the study, a descriptive serve sign was adopted. In Basaveshwara commerce college Bagalkot, India. 100 adolescent's student provided samples using a straight forward random approach. A conventional, multiple-choice questionnaire was used to gather

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information about A cross-section study to assess the self-esteem and academic performance among adolescents both descriptive and inferential statistic were employed to analyse gathered data.

**Source of Data:** The present study collected data from adolescent students.

**Research Approach:** The present study aims to collect the data regarding the level of self- esteem and academic performance among adolescents hence quantitative nonexperimental found to be appropriate for this study.

**Research Design:** The term research design refers to the plan of scientific investigation. Research design helps the researcher in the selection of subjects, identification of variables, their manipulation and control, observation to be made, and types of statistical analysis to interpret the data. For the present study, a Descriptive Correlation Survey Research design has been adopted.

### Variables

**Study Variable 1:** Self-esteem among adolescent.

**Study Variable 2:** Academic performance among adolescents.

## RESULTS

Description of the sample in terms of socio-demographic variables

The Percentage wise distribution of the sample according to their age depicts that, the majority of adolescents (56%) belonged to 17 years, (31%) belonged to 16 years, (5%) belonged to 19 years, and 18 aged adolescents 4% and 4% of them were belonging to 20 years of age.

that the majority (90%) belonged to the Hindu religion, and 10% of them belonged to the Muslim religion. The percentage-wise distribution of the sample according to their year of study shows that (88%) of the adolescents were studying in PUC 1<sup>st</sup> year, and 12% of them were studying in PUC 2<sup>nd</sup> year.

The percentage-wise distribution of the sample according to the area of residence shows that (53%) of adolescents were from rural areas and 47% of them were from urban areas.

Assessment of levels of self-esteem and assertive behavior of adolescents.

### Section- A: Assessment of levels of self-esteem of adolescents.

Categorization of the adolescents based on their level of self-esteem was done as follows: scores 0-14 self-esteem, scores 15-25 Average self-esteem, and scores 26-30 Good self-esteem.

**Table- 5.1: Levels of self-esteem among adolescents. N=100**

Levels of self-esteem	Range of score	No of respondents	Percentage
Poor self-esteem	0-14	95	95%
Average self-esteem	15-25	5	5%
Good self-esteem	26-30	0	0%

Assessment of levels of self-esteem among adolescents reveals that, the majority of adolescents (95%) had poor self-esteem, and remaining 5% of them had average self-esteem and no adolescent had good self-esteem. (Table-5.1)

### Section- B: Assessment of level of academic performance among adolescents.

Categorization of the adolescents on the basis of level of academic performance was done as follows: Scores 19-38= very poor, 39-57 = fair, 58-76 = good and 77-95 = very good academic performance.

**Table-5.2: Level of academic performance among adolescents**

Level of performance	Range of score	No of respondents	Percentage
Very poor	19-38	0	0%
Fair	39-57	6	6%
Good	58-76	85	85%
Very good	77-95	9	9%

Assessment of levels of academic performance among adolescents reveals that the majority of adolescents (87%) had good performance, 7% of the adolescents had very good performance, 6% of them had

fair performance and none of them had very poor academic performance. (Table-5.2)

### Section-C: Mean, SD, and mean percentage of self-esteem among adolescents.

**Table-5.3: Area-wise mean, SD and mean percentage self-esteem of score. N=100**

Area	Maximum score	Mean	SD	Mean percentage
Self-esteem	30	9.02	3.879446	30.06

The Mean, SD and Mean percentage of self-esteem score of adolescents reveal that, the total mean % of adolescent's was 30.06 with mean & SD  $9.02 \pm 3.879$  (Table-5.3)

#### Section-D: Mean, SD and mean percentage of academic performance among the adolescents.

**Table-5.4: Mean, SD and Mean % of academic performance among the adolescents**

Area	Maximum score	Mean	SD	Mean %
Academic performance	95	67.74	7.601	71.30

The mean, SD, and mean percentage of academic performance score of adolescents illustrate that, the total mean percentage of adolescents was 71.30 with mean and SD  $67.74 \pm 7.601$  (Table-5.4)

#### Part III: Correlation between self-esteem and academic performance among adolescents.

**Table 5.5: Correlation between self-esteem and academic performance among adolescents. N=100**

Correlation between self-esteem and academic performance among adolescents	
Correlation coefficient(r)	-0.22827

Findings regarding the correlation between self-esteem and academic performance among adolescents reveal that the correlation coefficient (r) value of self-esteem and academic performance among adolescents is minus 0.22827.(Table-5.5)

Hence as per the calculated value of the correlation coefficient, there is a negative correlation

between self-esteem and academic performance among adolescents. Thus, the research hypothesis Stated "There will be a positive correlation between self-esteem and academic performance among adolescents" is rejected **H2**. There will be a significant association between Self-esteem and their selected socio- demographic variables. The hypothesis was tested using the Chi-square test.

**Table 5.6: Association of Self-esteem of adolescents with their selected socio demographic**

Sl. No	Socio-demographic variables	Df	Chi-square value	P value
1	Age	1	0.57	0.45033
2	Sex	1	1.85	0.17421
3	Religion	1	1.15	0.28458
4	Father education	1	1.85	0.17421
5	Mother education	1	8.67*	0.00323
6	Father's occupation	1	1.05	0.30529
7	Mother's occupation	1	0.01	0.9234
8	Year of Study	1	2.42	0.11972
9	Family monthly income	1	2.66	0.1031
10	Area of residence	1	1.85	0.17421
11	Type of family	1	0.21	0.64356
12	Number of siblings	1	2.71	0.0991

Df = degree of freedom, NS=Not significant, \*S=Significant( $P < 0.05$ )

The findings regarding the association of the self-esteem of adolescents with their selected socio-demographic variable show that, a significant association was found between the self-esteem and mother's education of adolescents ( $\chi^2=8.67$ ;  $P > 0.05$ ). (Table 5.6)

Thus, the H2 stated is accepted for socio-demographic variables mother's education of adolescents is rejected for other variables.

**H3:** There will be a significant association between the levels of self-esteem of adolescents and their selected socio-demographic variables.

The hypothesis was tested using the Chi-square test.

**Table 5.7: Association of Academic performance of adolescents with their selected socio- demographic**

Sl. No	Socio-demographic variables	Df	Chi-square value	P value
1	Age	1	3.91965*	0.0477
2	Sex	1	5.62895*	0.0177
3	Religion	1	8.24746*	0.0041
4	Father education	1	0.13345	0.7149
5	Mother education	1	0.45983	0.4977
6	Father's occupation	1	0.78033	0.377
7	Mother's occupation	1	2.8451	0.9957
8	Year of Study	1	0.04926	0.8243
9	Family monthly income	1	0.04359	0.8346
10	Area of residence	1	0.19147	0.6617
11	Type of family	1	0.37100	0.5425
12	Number of siblings	1	0.54195	0.4616

Df = degree of freedom, NS=Not significant, \*S=Significant(P<0.05)

The findings regarding the association of the academic performance of adolescents with their selected socio-demographic variable show that a significant association was found between the academic performance of age of adolescents ( $\chi^2=3.919$ ;  $P>0.05$ ), sex of adolescents ( $\chi^2=5.628$ ;  $P>0.05$ ), and religion of adolescents ( $\chi^2=8.247$ ;  $P>0.05$ ). (Table 5.7)

Thus, the **H3** stated is accepted for socio-demographic variables age, sex, and religion of adolescents rejected for other variables.

## DISCUSSION

This chapter discusses the major findings of the study and reviews the findings from the results of the other studies.

The present study was conducted to find out the correlation between self-esteem and academic performance among adolescents studying at Basaveshwar Commerce College Bagalkot. To achieve the objectives of the study, a descriptive correlation survey research design was adopted. In this study sample size is 100 adolescents studying in PUC I<sup>st</sup> and II<sup>nd</sup> year. The sample is selected with the help of a complete enumerate sampling technique. The findings are discussed in four parts.

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## CONTRIBUTION OF AUTHORS

- Research concept- Prof. Jayashree. Itti
- Research design- Mrs. Kavita Patil
- Supervision- Mrs. Kavita Patil
- Materials- All researchers
- Data collection- All researchers

- Data analysis and interpretation- All researchers
- Literature search- All researchers
- Writing article- All researchers
- Critical review-. Mrs. Kavita Patil
- Article editing- Mrs. Kavita Patil
- Final approval- Prof. Jayashree G Itti

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