Research on Self-Esteem Level of 8th Grade Students Studying at Secondary School

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Summary

INTRODUCTION

Self-esteem is a state of being pleasant with yourself without regarding yourself as inferior or superior. In other words, it means finding yourself valuable, positive and worthy to favour and love. It is a positive mood ensuring that individuals accept themselves as they are or as they seem and have self-confidence.

Theoretical data and studies suggest that self-esteem is significantly effective on personal characteristics of individuals. It is considered that the studies intended for the determination of self-esteem levels of 8th grade students who are studying at secondary schools and in a transitional period between childhood and adulthood are insufficient. For this reason, this study was conducted in order to determine self-esteem levels of 8th grade students at secondary schools and the answers of the following questions were sought:

1. What is the self-esteem level of 8th grade students studying at secondary school?
2. Does self-esteem vary by gender and number of siblings?
3. Is there a significant difference between self-esteem levels of 8th grade students studying in state schools and private schools?

METHODOLOGY

Descriptive method was used in the study. The study was conducted with the participation of totally 150 students studying at the 8th grade in a secondary school located in Sivas during 2015-2016 academic year. "Personal Information Form" and "Coopersmith Self-Esteem Scale" were used as a data collection tool. Arithmetical mean ($\bar{x}$) and standard deviation (SD), being statistical techniques, were used in the analysis of self-esteem levels of the students whereas t-test (when the level of variable is two) and ANOVA (when the level of variable is more than two) were used for determining whether self-esteem levels vary by gender, number of siblings and type of school.

FINDINGS

The data obtained from measurement tools were analyzed with the help of statistical techniques in order to determine self-esteems of 8th grade students studying at secondary school in terms of several variables. The findings obtained from the analysis performed were tabularized and comments were made accordingly based on analysis results.

DISCUSSION AND CONCLUSION

Specialists and academicians have been carrying on studying self-esteem for many years. Some of these studies only focus on the relationship of self-esteem with gender and demographical attributes whereas some others deal with different factors. Many observers believe in the fact that a low self-esteem level lies behind the majority of problems encountered in the society. Coleman and Hendry (1990) suggest that individuals with a high self-esteem level tend to be happy, healthy, productive and successful; make effort for a longer period of time to overcome difficulties while the ones with a low self-esteem level tend to be anxious, pessimistic, negative about the future and unsuccessful.

It is concluded as a result of this study that 45 students (30%) below the average point required to be got from the scale have a low self-esteem level and 105 students (70%) above the average point have a high self-esteem level and in general, the students have a high self-esteem level. Even though only 30% of the students are below the average point, it is found important to take required precautions.

Many studies conducted so far reveal that gender factor and number of siblings are effective on self-esteem. However, this study suggests that there is not a statistically significant difference between self-esteem levels of 8th grade students studying at secondary school by gender and number of siblings. Furthermore, it is concluded that there is a statistically significant difference (p<0,05) between self-esteem levels of the students studying at state schools and private schools and this difference is indeed to the advantage of 8th grade students studying at private schools.

It would be useful to increase the number of studies with regard to identify the factors affecting self-esteem and benefit from the findings of such studies in program preparation processes in order to enhance self-esteem levels of 8th grade students at secondary school.