

# Self-Esteem of School Students in Relation to their Well-Being

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**Abstract:** *The study was conducted to explore the relationship between Self-Esteem and Well-being among school students. The study was conducted on 200 school students from Sri Muktsar Sahib district of Punjab. Self-Esteem scale by Dr. Dhar and Dhar (2015) and Well-being scale by Singh and Gupta (2001) were used for data collection. Result indicated there was a significant relationship between Self-Esteem and Well-being among school students.*

**Keywords:** self esteem, well being, school students, adolescent mental health, psychological relationship

## 1. Introduction

Education is a process which is related to learning, modification of behavior, acquisition of knowledge, skill, and the value of an individual. Education helps the individual for a satisfactory life. Education not only helps the individual but also helps the society to run smoothly. For this purpose, education is serving primarily for the individual and also for the society. Education is the development of all those capacities in an individual which will enable a person to control his environment and develop his personality in a proper manner. A systematic and properly designed effort is required for identifying such children at an early stage who would become the nation builders of tomorrow. Self-esteem is a major build in personality, and social psychology. Its performance in psychology functioning has been studied for more than a century. Self-esteem build up has spawned a research writing of such balance and richness that it is impossible to conclude. It pertains to all those ideas one holds about the self that can be regarded as right or wrong, Good or bad. The term self-esteem comes from a Greek word that means reverence for self. Simply self-esteem is an acceptance of our strong selves for whom and what we are at any given time in our lives. Brase and Guy (2004) defined that self-esteem is regarded as one of the multiple indices that ensure life success and psychological health of the people. Self-esteem is defined as a form of self-acceptance, self-appreciation and self-respect. Flouri et al. (2006) explained self-esteem is composed of a person self assessment and a combination of his and her self-concept of characteristics and abilities. Cecen (2008) stated that the high self-esteem of an individual indicates that he has a positive perception about himself. The high self-esteem may have a positive effect on academic hardiness of the students also. Well-being describes one happiness, confidence, physical condition and general outlook on life. It is about feeling good and taking care of one-self responsibilities that can often be neglected when juggling the rigorous demands of every living being in the 21st century.

The concept of well-being is most commonly used in philosophy and it is usually related to health to describe what is ultimately perceived as good for a person. Well-being is related to life experience that they are beyond the

ordinary day to day material and rational existence and derived from values of spiritual quality. Seligman (2011) suggested that positive emotion, engagement, relationships, meaning and accomplishment are five measurable elements that make up well-being. Cameron and Caza (2013) considered virtuousness as a source of well-being. Well-being is defined in a variety of ways and so is virtuousness. Well-being shared an emphasis on doing what is right and striving towards excellence. Many research studies have shown that at an individual level, virtuousness produces positive emotions which improves cognitive functioning and helps in making better decisions. This in turn contributes to increased well-being.

## 2. Review of Related Literature

Pazzaglia et al. (2020) studied how different dimensions of self-esteem relate to self reported physical and mental health, lower back pain (LBP), smoking and physical exercise among 326 adolescents from Italy. Results of the study showed the correlations between self-esteem scores and physical and psychological health are moderate and significant. So, the correlations are stronger from competence, effect and physical self-esteem than for the social, academic and family domains. The correlations are generally stronger for girls than for boys so they suggest a close relationship between self-esteem and health.

Anjitha and Thomes (2021) studied that corona viruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. A novel corona virus is a new strain that has not been previously identified in humans. The sample considered included a total of 80 young adults out of which 40 were males and 40 were females selected using a purposive sampling technique. The result revealed that in an uncertain situation, the dependency on mobile phones has increased drastically. The study aimed to find the relationship between happiness and self-esteem among young adults during the covid-19 pandemic.

Geethika et al. (2021) studied to investigate the self-esteem and psychological well-being among working and non working women. The sample consisted of 70 women aged

20 to 55, out of which 35 were working and 35 were non working women. The result indicated that there is no significant relationship between self-esteem and psychological well-being among working and non working women. Dilmaghni (2019) explored the positive significant relationship between religiosity and self-reported levels of well-being. The results found that there was a positive and small, significantly stronger for Canadian Muslim and Canadian Jews are the closest group. Michal et. al (2023) examined that self-esteem in a broad-spectrum approach for mental health promotion. The sample comprised of 100 school students from New York. The result found that there was a positive self-esteem, which is seen to be associated with mental well-being, happiness, adjustment, success, academic achievements and satisfaction.

Singh (2020) studied on mental health and well-being of individuals during Covid-19 among 100 respondents from Indians. The results of the study showed that the majority of the respondents scored high on mental health inventory and nearly fifty percent scored high on the well-being index. Despite the Covid-19 lockdown, the Indian population does not reveal disheartening results. The study revealed findings that may have a number of implications for further research.

Birditt et al. (2021) examined the age differences in academic related stress and social ties and links with psychological well-being. The sample consisted of 645 adults 18-97 from the May 2020 nationally representative survey of consumers. The results showed that older people reported less pandemic related stress, less life change, less social isolation and lower negative relationship quality than younger people. Thea et al. (2023) studied that relations between students' well-being and academic achievement evidence from Swedish compulsory school. The sample comprised of 104 students from Swedish. The result found that well-being was negatively related to academic achievement that students who experienced more school-related stress performed higher than students who experienced less stress.

Maurya and Kumari (2025) Studied of Relationship between Self-esteem and Psychological Distress among Migrants. The sample comprised of 200 school students from Bihar. The result found that negative correlation between self-esteem and psychological distress among the migrants.

### Significance of the Study

The aim of the study is presented the problems related self-esteem and well-being of school students. It explained the importance of well-being. Those students have faced the problems of well being don't know about mental stability, there are not able to make balance and equilibrium with the surrounding, environment and their drives. So this study will help the students to know themselves and resolve the social problems.

### Objective of the Study

To study the relationship between self-esteem and well-being among school students.

### Hypotheses of the Study

There will be no significant relationship between self-esteem and well-being among school students.

### Sample

The sample comprised 200 school students from 9<sup>th</sup> students studying at Sri Muktsar Sahib District of Punjab.

### Tools Used

In order to collect data for the present study following tools were used by investigator

- Self- Esteem scale by Dr. Dhar and Dhar (2015)
- Well- being scale by Singh and Gupta (2001)

## 3. Results and Discussion

Relationship between self-esteem and well-being of school students

Variable	N	Coefficient of correlation
Self-esteem/ well-being	200	0.25*

significant at 0.05 level

The table presented the results of correlation which indicate that coefficient of correlation (r) of scores on tests of self-esteem and well-being of school students is 0.25. It is significant at the 0.05 level. It means that there is a significant relationship between self-esteem and well-being of school students.

## 4. Conclusion

There was a significant relationship between self-esteem and well-being of school students.

### Educational implications

- Teachers should emphasize what students are able to do. Teachers should realize their potential to boost their self-esteem.
- The school teachers should be trained so that they can motivate the students to develop their self-esteem.
- Students with low self-esteem and low well-being should be encouraged and counseled to have a positive attitude to boost their emotions and self.
- Educational institutes should organize seminars, interactive sessions and workshops for low self-esteem and well-being of students.

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