International Multidisciplinary
Research Journal

Indian Streams Research Journal

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

SELF-ESTEEM AND HAPPINESS OF ARTS AND SCIENCE COLLEGE STUDENTS

Mrs. S. Gowthami[1] and Mrs. A. Vinothini Sylvia[2]
[1] M.Ed. Research Scholar(2015-17),
Annammal College of Education for Women, Thoothukudi .
[2] Assistant Professor of Education,
Annammal College of Education for Women, Thoothukudi .

ABSTRACT

The present study investigated the self-esteem and happiness of arts and science college students. The sample (N=200) were selected randomly from different colleges in Thoothukudi district of Tamilnadu, and were administrated the Self-Esteem questionnaire and Happiness questionnaire. The obtained data were analysed using 't'-test, ANOVA and correlation. The results revealed significant differences in the self-esteem among students based on birth order. Significant difference is also found in the happiness of college students based on their gender. It was also found that Self-esteem was found to have moderate significant positive correlation with happiness.

KEYWORDS: process of instruction aimed ,happiness and satisfaction .

1.INTRODUCTION:

Education is the process of instruction aimed at the all-round development of individuals, providing the necessary tools and knowledge to understand and participate in day to day activities of today's world. Self-Concept consists of everything one knows believes and feels about himself. What he sees as his strength and weakness while self-concept is a description of one self, self-esteem is evaluation of that self. Our ultimate aim in life is to bring peace, happiness and satisfaction in our life. To bring this satisfaction in our life, we have to be quite adjustable. Self awareness is necessary for well adjustment. Self awareness is closely concerned with self-concept. Everyone wants to live happy. Happiness is not only important to our personal and societal lives, it is important to our global community. Happiness is the highest goal and an extremely effective means of achieving many of other cherished goals. Feeling happy is intrinsically important. Person who feels both physically and emotionally healthy are more creative, witty energetic and fun to be around and they are more financially successful. This study was undertaken to find out the self-esteem and happiness of arts and science college students.

NEED AND SIGNIFICANCE OF THE STUDY

Today we are living in a world of science and technology, where an explosion of knowledge is taking place and stepping into the modern technocratic age. For a meaningful life of an individual needs academic excellence to adjust to his environment. Self-esteem has become a household word. Teachers, parents, therapists, and others have focused efforts on boosting self-esteem, on the assumption that high self- esteem will cause many positive outcomes and benefits. Man needs satisfaction and peace of mind, which means and includes living a full life. Generally happy persons have social, friendly personalities, bright and optimistic view about themselves, their competence and their future. Moreover, they are more vigorous and active and less tendency

to be anxious. Many research studies have concluded the importance of Self Esteem and Happiness in determining the well-being of individuals. This study is the best and the need of the hour to bring out the desirable change in the minds of the parents and students. This study was undertaken to find out the level of self-esteem and happiness of arts and science college students and its relationship with each other. The results and recommendations of the study will be of profound use to curriculum planners, policy makers and administrators in taking up measures to foster these qualities among the students in future.

OBJECTIVES OF THE STUDY

1.To find out the level of self-esteem of arts and science college students.
2.To find out the level of happiness of arts and science college students.
3.To find out if there exists any significant difference in the self-esteem of arts and science college students with respect to their
a)Gender
b)Type of family
c)Birth order
4. To find out if there exists any significant difference in the of happiness of arts and science college students with respect to
a)Gender
b)Type of family
c)Birth order
5. To find out if there exist any significant relationship between self-esteem and happiness of arts and science college students.

HYPOTHESES

1.There is no significant difference in the self- esteem of college students based on
a)Gender
b)Type of family
c)Birth order
2.There is no significant difference in the happiness of college students based on
a) Gender
b) Type of family
c) Birth order
3. There is no significant relationship between the self-esteem and happiness of college students.

DELIMITATIONS OF THE STUDY

✦ The study had been limited only to Thoothukudi district.
✦ Only 200 undergraduate arts and science college students were considered for this study.
✦ Of the various data collection instruments, only questionnaires were used in the study to assess the self - esteem and happiness of arts and science college students.

POPULATION AND SAMPLE

The target population for the present study was the students studying in arts and science colleges in Thoothukudi District. The sample of the present study consisted of 200 undergraduate students selected from four colleges of Thoothukudi District. The sample was collected by using disproportionate stratified random sampling techniques.

MATERIALS & METHODS

Survey method was adopted for the present study. Gender, Type of family and Birth order were the demographic variables chosen by the investigator for the study. Self-Esteem questionnaire was constructed by

adopting the Self Esteem inventory by Ryden (2005) to measure the Self-Esteem of arts and science college students. Happiness questionnaire was constructed to measure the Happiness of arts and science college students by adopting the Happiness scale by Flowerlet and Amaladoss Xavier (2010). Both the instruments were validated through a pilot study. Content validity was established by systematically analyzing the area under study. On the basis of the opinion of experts from relevant fields, it was ensured that the tool has sufficient coverage of its contents.

DATA ANALYSIS

Table No 1

Percentage analysis for Self-Esteem of arts and science college students based on background variables

S.No.	Background Variables	Categories	N	Low		Average		High	
				N	%	N	%	N	%
1	Gender	Male	83	16	19.3	59	71.1	8	9.6
		Female	117	18	15.4	81	69.2	18	15.4
2	Type of Family	Nuclear Family	153	25	16.4	105	68.6	23	15.0
		Joint Family	47	9	19.1	35	74.5	3	6.4
3	Birth Order	First	69	12	17.4	47	68.1	10	14.5
		Last	86	14	16.3	61	70.9	11	12.8
		Other	45	8	17.8	32	71.1	5	11.1
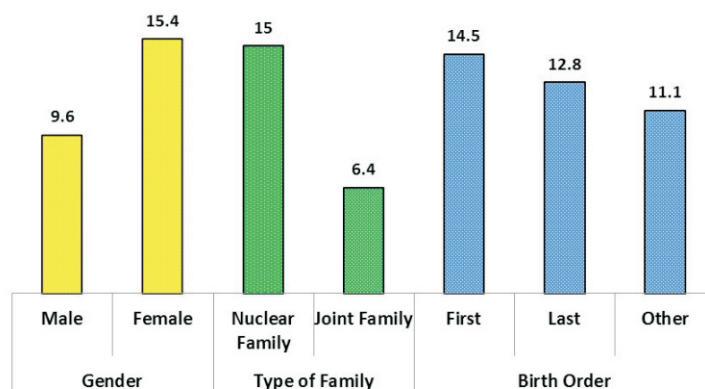
Comparison of students with High Self-Esteem based on background Variables

Table No. 2

Percentage analysis for Happiness of arts and science college students based on background variables

S.No.	Background Variables	Categories	N	Low		Average		High	
				N	%	N	%	N	%
1	Gender	Male	83	21	25.3	58	69.9	4	4.8
		Female	117	8	6.8	87	74.4	22	18.8
2	Type of Family	Nuclear Family	153	22	14.4	110	71.9	21	13.7
		Joint Family	47	7	14.9	35	74.5	5	10.6
3	Birth Order	First	69	9	13.0	53	76.8	7	10.2
		Last	86	10	11.6	62	72.1	14	16.3
		Other	45	10	22.2	30	66.7	5	11.1
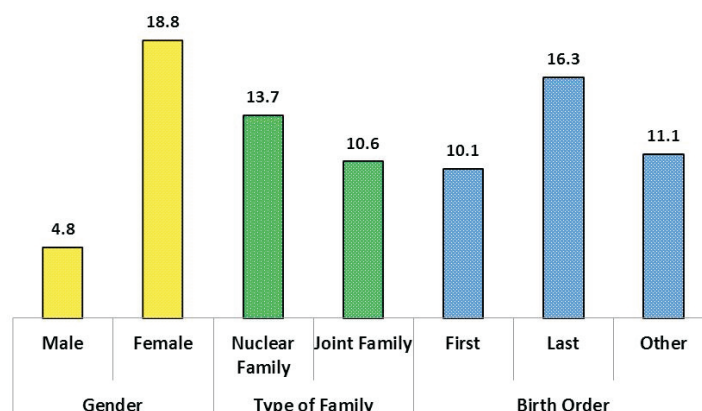
Comparison of students with High level of Happiness based on background Variables

Table No. 3

Test of significant difference in the self-esteem of arts and science college students with respect to their gender and type of family

Demographic Variable		N	Mean	S.D	Calculated 't' value	Table value	Remarks at 5% level
Gender	Male	83	69.71	10.411	1.895	1.96	NS
	Female	117	72.40	9.120			
Type of Family	Nuclear Family	153	71.41	10.261	0.314	1.96	NS
	Joint Family	47	70.89	7.902			

Table No. 4

Test of significant difference in the Self-Esteem of arts and science college students with respect to their order of birth.

Sources of Variation	Sum of Squares	df	Mean Square Variance	Calculated –F value	Table Value	Remarks at 5% level
Between group	141.678	2	70.839	0.744	3.04	NS
Within group	18745.077	197	95.153			

Table No. 5
Test of significant difference in the happiness of arts and science college students with respect to their gender and type of family

Demographic Variable		N	Mean	S.D	Calculated 't' value	Table value	Remarks at 5% level
Gender	Male	83	99.75	9.811	6.252	1.96	S
	Female	117	107.38	7.458			
Type of Family	Nuclear Family	153	104.19	9.158	0.067	1.96	NS
	Joint Family	47	104.30	9.813			

Table No. 6
Test of significant difference in the happiness of arts and science college students with respect to their order of birth.

Sources of Variation	Sum of Squares	df	Mean Square Variance	Calculated –F value	Table Value	Remarks at 5% level
Between group	141.678	2	66.268	0.766	3.04	NS
Within group	18745.077	197	86.524			

Table No. 7
Test of significant relationship between self-esteem and happiness of arts and science college students

Relationship between self-esteem and happiness	N	df	Calculated r value	Table Value	Remarks at 5% level
	200	198	0.271	0.138	S

FINDINGS

1.There is no significant difference in the self-esteem of arts and science college students with respect to their gender

2.There is no significant difference in the self-esteem of arts and science college students with respect to their type of family

3.There is no significant difference in the self-esteem of arts and science college students with respect to their order of birth.

4.There is significant difference in the happiness of arts and science college students based on gender. By comparing the mean scores it is found that male students are found to be happier than the female students.

5.There is no significant difference in the happiness of arts and science college students based on type of family.

6.There is no significant difference in the happiness of arts and science college students with respect to their order of birth.

7.There is significant relationship between self-esteem and happiness of arts and science college students.

DISCUSSION

The differential analysis revealed significant difference in the happiness of arts and science college students based on gender. The mean scores clearly revealed that male students have more level of happiness than the female students. Women are more sensitive and more emotional when compared to men. So in many situations women find it difficult to cope with the stress and frustration. Also girls are more goal oriented and

they work hard to achieve their goals whereas boys are more easy going and they give more importance for fun and friendship during their college days. This may be the reason for the found significant difference.

From the correlation analysis it is found that there is a significant relationship between the self-esteem and happiness of arts and science college students. Students who have high self-esteem are energetic, cheerful and are free from worries since they trust in their abilities. So, the students with high self-esteem have good physical and mental health in order to be happy in their lives. This may be the reason for the significant relationship between self-esteem and happiness of college students. It is only when students engage in personally meaningful activities for which they can be proud of themselves and this growing self-esteem, in turn, triggers further achievement and happiness. Baumeister, Campbell, Krueger, and Vohs (2003) also found that high self-esteem correlates highly with self- reported happiness. Ryff(1989) concluded that the most recurrent criterion for positive well-being has been the individual's sense of self-acceptance or self-esteem, and self-esteem is often used as an index of global happiness.

EDUCATIONAL IMPLICATIONS OF THE STUDY

From the study it is found that self-esteem and happiness of the arts and science college students are interrelated. The level of happiness of the students can be definitely improved through their self-esteem. The percentage analysis revealed that self-esteem and happiness are average among the arts and science college students. The findings of the present study clearly reveals the impact of self-esteem on happiness, this implies the need for enriching the esteem of the youth which ultimately brings happiness in them. Hence the study suggests the following recommendations:

- ✦ More group activities should be conducted right from school days to improve the self-esteem of students.
- ✦ A variety of educational programmes to improve the stress coping skills to improve the happiness should be conducted for college students regularly.
- ✦ Comparatively low level of happiness among the girls reveal the need for taking societal measures for boosting happiness in our women students.
- ✦ Curricular programmes should not depend on mere scholastic achievements. more importance should be given for extra-curricular and co-curricular activities in strengthening the students' achievement.
- ✦ Many research studies indicate that Meditation and Yoga programmes improve the self-development and happiness. Hence such programmes should be conducted in colleges on a regular basis.
- ✦ Students who have good values are more satisfied in their life and are happy. Hence Value education classes should be the part of the curriculum.

REFERNCES

1.Surila Agarwala, Meenakshi Verma, & Sathya Singh (2008) Self-esteem among Orphan children, A behaviour modification approach. Journal in Management and Social Science,vol,25(3)

2.Katy W.Y.Liu(2012) Humor Styles,Self-esteem and Subjective Happiness.SS E-Journal vol,1,21-41.

3.Melanio T. Olea, Merlene M.Bernal and Rogelio M.Hernandez(2012) Self-esteem and its Correlates among University Freshmen Biotechnology Major. International Journal of Educational Research and Technology, vol,3(3).

4.Kamala,A.H(2013) Emotional maturity and Self-esteem: An Associational Enquiry. Research Explorer, vol-II(3).

5.Jaisri.M(2015) Happiness and Self-esteem among college students. International Journal in Management and Social Science, vol,03 (05).

6.Pooja Bhagat(2016) Relationship between Self-esteem and Achievement of Secondary School Students. International Journal of Innovative Research & Development, vol,5 (7).

Mrs. S. Gowthami
M.Ed. Research Scholar(2015-17), Annammal College of Education for Women, Thoothukudi .

Publish Research Article
International Level Multidisciplinary Research Journal
For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper,Summary of Research Project,Theses,Books and Book Review for publication,you will be pleased to know that our journals are

Associated and Indexed,India

✴ International Scientific Journal Consortium
✴ OPEN J-GATE

Associated and Indexed,USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Databse
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing