



**The Relationship Between Gender, Self-Esteem, and Life Satisfaction: ~~An Analysis Using~~
~~the Rosenberg Self-Esteem Scale and the Satisfaction with Life Scale.~~**

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Introduction

Two concepts that have recently attracted a great deal of attention in the field of psychology are those of self-esteem and life satisfaction. They play a vital role in gaining a knowledge of individual variances in the functioning of the mind. The good or negative judgments that people have of themselves are referred to as self-esteem, whereas life satisfaction is a person's overall opinion of their life and how they feel it has turned out. It has also been demonstrated that gender is a strong predictor of both self-esteem and life contentment. In general, females have lower levels of both self-esteem and life happiness than males (Maldonado et al., 2013). The purpose of this study is to investigate the relationship between gender, self-esteem, and life satisfaction; however, there is a pressing need for additional research on this topic.

Earlier studies, such as the one that was published in 2002 by Zhang and Leung, have demonstrated a positive association between high levels of self-esteem and high levels of life satisfaction. Yet, the gender dynamics of this interaction have not been investigated to their full potential. According to the findings of one study, the correlation between high self-esteem and contentment with one's life is significantly stronger for women than it is for men (Afridi & Maqsood, 2017). According to the findings of another study, there were no discernible gender variations in the connection between self-esteem and life happiness. These contradictory findings call for additional research to be conducted in order to shed light on the connection between gender, self-esteem, and overall happiness in life.

When it comes to interventions that try to improve mental health and well-being, having a better understanding of the relationship between gender, self-esteem, and life satisfaction can have crucial implications. Interventions can be modified to address distinct needs and concerns of men and women if gender variations in these categories are first identified and then analyzed.

Using the Rosenberg Self-Esteem Scale and the Satisfaction with Life Measure, this study aims to investigate the link between gender, self-esteem, and life satisfaction. The following research questions will be addressed by the study: (1) Do men and women have significantly different levels of self-esteem? (2) Do men and women have significantly different levels of life satisfaction? (3) Does gender affect the existence of a meaningful association between life happiness and self-esteem?

Hypotheses

Hypothesis 1: Women will report lower levels of self-esteem than men, consistent with previous research (Zhang & Leung, 2002).

Hypothesis 2: Women will report lower levels of life satisfaction than men, consistent with previous research (Zhang & Leung, 2002).

Hypothesis 3: There will be a significant positive correlation between self-esteem and life satisfaction, consistent with previous research (Diener et al., 1985). However, this relationship will be stronger for men than for women, consistent with previous research that has found gender differences in the relationship between self-esteem and life satisfaction (Zhang & Leung, 2002).

Methods

Participants

Participants were recruited among undergraduate students and young adults found locally. The sample consisted of 100 participants, with 50 males and 50 females. The average age of the participants was 23 years old. 65% of the sample identified as Hispanic/Latino, 20% identified as Whiten Americans, those who identified as African Americans were about 10%, and 5% as Asian.

Procedures

Participants were recruited through an **online recruitment system** and were compensated with course credit for their participation. After providing informed consent, participants were directed to an online survey hosted on Qualtrics. Participants were asked to complete the Rosenberg Self-Esteem Scale (RSES) and the Satisfaction with Life Scale (SWLS) after they had completed the demographic questions. The order of the scales was counterbalanced to avoid order effects. The study took about 15 minutes to finish, and the **people who took part did not get paid for doing so.**

Measures

The RSES is a 10-item scale that evaluates global self-esteem. This scale was used to test a person's level of self-esteem. Participants use a Likert scale that ranges from 1 (strongly disagree) to 4 (strongly agree) to score their degree of agreement with each item (4). The statements "I feel that I am a person of worth" and "On the whole, I am satisfied with myself" are two examples of such statements. ~~It has been demonstrated that the RSES possesses high levels of internal consistency, as measured by Cronbach's alpha coefficients.~~

The **Simplified World** Life Satisfaction Scale (SWLS) is a five-item scale that measures overall life satisfaction. On a seven-point Likert scale ranging from strongly disagree to strongly agree, the participants gave their ratings for each item. The SWLS has shown promising psychometric qualities when used with people of a variety of cultural backgrounds (Patel et al., 2018). ~~Cronbach's alpha for the SWLS came in at .90 for this particular sample.~~ Items such as "I am satisfied with my life" and "My life is close to my ideal in most ways" are examples of items that can be found on the SWLS.

References

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