**Self-concept and Self-esteem among University Students**

**Abstract**

Despite an ample study and analysis of Self concept and Self esteem, not a solitary deconstructive work has been done on the Effect of Self concept on Self esteem. So, this study aimed at the disclosure of all the ways through which self concept affects the self esteem among university students. The research method applied on the paper was quantitative. The study adopted a Multiple Self Concept Scale by Bruce A. Bracken and Rosenberg’s Self- esteems scale (Rosenberg, 1965). The collected data analysis was accomplished statistically using the t-test and coefficient of correlation techniques. A sample of 250 students comprised of 75 males and 175 females was taken from BZU Multan. The inferences of the study conceded that Self Concept has a significant effect on Self esteem among university adults. Besides, the research inquiry brought the fact to light that there is, no doubt, a significant disparity of influences of self concept on self esteem between male and female.

Key words: Self concept, Self esteem, University, Students.

**Introduction**

Self-concept and Self-esteem are ironic elements of the personality. These two components always travel on parallel road in our lives. Self concept how do we develop a specific perception about ourselves. Self esteem is something that how we evaluate ourselves.

Self concept and Self esteem development commence since childhood. It is a continuous process that continues to develop across life span. It is inevitable to have a positive self concept and elated self esteem for a satisfied and prosperous adulthood. Although there is a congruent bond between positive self concept and self esteem, if Self concept declines then Self esteem fluctuates. Adult students in university frequently compare each other in academic, social, and cultural context and evaluate themselves. Adults sometimes decline and uplift their self concept and self esteem in comparison with other adults in their social network in university.

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Sabiha Dulay (2017) conducted her study on medium level positive self concept on academic achievement of students. She argued in the light of her meta-analysis findings that self concept had a medium positive effect on academic achievement of students.

[L. Francesca HYPERLINK "http://journals.sagepub.com/doi/abs/10.1177/0305735616672317"Scalas](http://journals.sagepub.com/doi/abs/10.1177/0305735616672317), [Herbert W. Marsh](http://journals.sagepub.com/doi/abs/10.1177/0305735616672317), [Walter HYPERLINK "http://journals.sagepub.com/doi/abs/10.1177/0305735616672317"Vispoe](http://journals.sagepub.com/doi/abs/10.1177/0305735616672317)l(2017) examined their integrated study on the music self concept determining self esteem among students at secondary level. Using the application of models: individual and normative group, they performed their work. But they argued their inferences were supported by individual model rather than normative model. Besides these findings, they analyzed students ‘musical performance has significant effect on self esteem.

Dr.Rekha Srivastava, and \*\*Dr.Shobhna Joshi (2014) confronted a multiple different problems and challenges during their study of positive self concept and self esteem. The relationship between academic self concept and self esteem was the objective of their study. They conducted their work on urban and rule boys and girls in high and low faculty school. The inculcations of the conducted quantitative study manifested that positive correlation exists between academic self concept and self esteem among urban and rural girls and boys in high and low faculty school.

Swann, Chang-Schneider, and McClarty (2007) studied on various measures of self and its relationship. Their study entailed about specificity of self concept ties to academic achievement in school. They further argued that general self concept is not related to academic activity, but specific measures of self depict consolidated relationship to academic success in content knowledge.

**Rationale**

By evaluating the previous work, it was unveiled that there was no consequential study has been tendered on relationship between self concept and self esteem among adults. The purpose of the study was to evaluate the effect of self concept on self esteem among adults. Self concept was taken as independent variable and dependent work was self esteem. For analyzing the consummation of self concept on self esteem among adults, quantitative study was considered. The study inquired that how do positive self respect boon positive self esteem among adults and vice versa. Apart from influential nexus between self concept and self esteem, the study also disclosed effectiveness disparity of both variables on the gender basis.

**Objectives of study**

* The study the relationship between Self concept and Self esteem.
* To study the congruency between Self concept and Self esteem
* To study the consequences of negative Self concept on Self esteem

**Hypotheses**

The study has hypotheses when it will be conducted which included;

* Positive Self concept may be related with high Self esteem
* Negative Self concept maybe related to poor Self esteem among adults
* Whether there may be high Self esteem among male than female adults.

**Methodology**

**Sample**

A Sample of 250 adults (male=75, female175) was extracted from BZU Multan. The sample comprised postgraduate students. All adults were selected randomly from natural and social science departments.

**Instruments**

The Rosenberg Self-Esteem Scale devised by Rosenberg (1965), an evaluative parameter of individual self esteem. So, a four point Likert scale consisting 10 items was used in the study. On the other hand, for the inquiry of self concept, a multidimensional self concept scale engineered by Bruce A. bracken was applied. Multi dimensional self concept scale entailed 36 items and a seven point Likert scale. This scale explored global self esteem and self regard, physical appearance and social confidence.

A widely used self-report instrument for evaluating individual self-esteem, was investigated using item response theory. Factor analysis identified a single common factor, contrary to some previous studies that extracted separate Self-Confidence and Self-Depreciation factors.

**Procedure**

Departmental consent was highly obliged from department of psychology. For the purpose of data assemblage, students were briefed about objectives of the study by taking informed consent. A co relational research design was used and data was analyzed through statistical manual. Confidentiality of data was placed on the top priority.

**Results**

To inculcate the significant relationship between self-concept and self-esteem the coefficient correlation was used. On demographic basis, T test was used to investigate the differences of variable on gender differences.

Table no.1

|  |  |  |  |
| --- | --- | --- | --- |
|  | M | SD | 1 |
| Self esteem scale | 21.8960 | 3.34334 | 1 |
| Self concept Scale | 136.5040 | 25.40266 | 0.000 |

Hence, prove it there is significant correlation between self concept and self esteem.

Table no.2

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sr. No | predictors | B | Std Error | Beta | T | P |
| 1 | Self esteem | -.037 | .008 | -.284 | -4.659 | 0.000 |

R2 = .080 Adjusted R2 .077, (F(1,248) = 21.710 , p<0.001) \*p<=0.001

Regression analysis has been used to find the significant relationship between self concept and self esteem. Hence numerical values of the table proved that there is a significances between self concept and self esteem.

Table no.3

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Group | N | Mean | SD | STD Error Mean | T | P |
| Male | 74 | 22.4189 | 3.85350 | 0.4479 | 1.0609 | 0.047 |
| Female | 176 | 21.6761 | 3.08965 | 0.23289 | 1.471 | 0.032 |

Hence above these results proved that there is significant difference of self esteem between males and females. And males have more self esteem than female. Value of p=0.047 shows male has high self esteem than female with value of p= 0.032

**Discussion**

The present study explored the effect of self concept on self esteem among adults. The multiple self concept scale and Rosenberg self esteem scale was used to measure the influence of self concept on self esteem among adults. Statistical analysis depicted that self concept is positively correlated with self esteem among adults.

Coefficient correlation inferences evinced that there is significant relationship between self concept and self esteem with the value of 1. Therefore, these research findings proved the first hypothesis of this study. Franken (1994) theory supported the first hypothesis in a that people having a good self esteem definitely have differentiated self concept.

The second hypothesis of research manifested the relationship between independent variable and dependent variable which is claimed by regression value. Carl Rogers (1959) theory of self concept backed up the second hypothesis that there is a significant relationship between self concept and self esteem.

T test was performed to consolidate the hypothesis of the difference of self esteem between male and female. T test deductions claimed that male has more self esteem than female with the value of (p= 0.047 for male) and (p= 0.032 for female). Dr.Rekha Srivastava’s outcomes of study hold up the third hypothesis.

**Conclusion**

In the light of numerical inculcations, theoretical framework, and a vast query of subsequent studies, the fact deciphered that self concept has significant effect on self esteem among students. Moreover, there is defining disparity of self esteem between males and females.

**Limitations and Suggestions**

The sample was taken only from Multan, so there results cannot be generalized to population of all other countries. Sampling techniques was not the best representative of sample taken.

In order to generalize the result, much larger and nationally representative sample should be used and convenient sampling should be used. It would be better to supplement the information obtain through questionnaire by interviews, so the investigator could have more reliable.

Appropriate observation of respondents should be used and respondents should be guided totally about the questions in case of any ambiguity. In addition to this topic ‘the impact of self concept on self esteem’ family influences and peer effects on developing self concept should be evaluated.

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