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EXPLORING THE LEVELS OF SELF ESTEEM AMONG THE MUSLIM WOMEN: AN INTER- GENERATIONAL STUDY OF JAMMU REGION

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Abstract:- The present study was an attempt to assess the level of self-esteem among Muslim women of three generations belonging to same family and compare self-esteem of women with self-related variables. A sample of 90 women, 30 from each generation i.e. Daughters, Mothers and Grandmothers were selected from Jammu province, J&K State. Self-devised interview schedule and self-esteem scale for women (SESW) developed by Kapadia and Verma (2000) was used for data collection. Results revealed that the level of Self-esteem of Muslim women across three generation showed fluctuations and non linear trend. Adolescent had high levels which dropped in later stages of life.

Keywords:Self-esteem, Muslim women, inter generation.

INTRODUCTION :

Self-esteem is a person's perception of himself. One's perceptions of himself are thought to influence the ways in which he acts, and his acts in turn influence the ways in which he perceives himself. Self-esteem is defined as the evaluation which an individual makes and customarily maintains with regard to himself, expressed as an attitude of approval or disapproval.

Most people's thoughts and feelings about themselves fluctuate somewhat based on their daily experiences. Self-esteem, however, is something more fundamental than the normal ups and downs associated with situational changes. For people with good self-esteem, normal ups and downs may lead to temporary fluctuations in how they feel about themselves, but only to a limited extent. In contrast, for people with poor self-esteem, these ups and downs drastically impact the way they see themselves. . People with poor self-esteem often rely on how they are doing in the present to determine how they feel about themselves. They need positive external experiences is usually temporary.

Healthy self-esteem is based on our ability to assess ourselves accurately and still be accepting of who we are. This means being able to acknowledge our strengths and weaknesses and at the same time recognize that we are worthy and worthwhile.

Our self-esteem evolves throughout our lives as we develop an image of ourselves through our experiences with different people and activities. Experiences during childhood play a particularly large role in the shaping of self-esteem. When we were growing up, our successes, failures, and how we were treated by our family, teachers, coaches, religious authorities, and peers, all contributed to the creation of our self-esteem.

Self-esteem, which refers to a person's general sense of worth and acceptance (Wylie, 1979), involves self-presentation. Similar to self-presentation findings, gender differences have also been reported in adolescent self-esteem, with boys reporting higher levels of self-esteem relative to girls (Brack, Orr, Ingersoll, 1988; Polce-Lynch, Myers, Kliever, 1994) Self-esteem is considered to be a critical indicator of mental health (National Advisory Mental Health Council, 1996).). Researchers have identified several influences related to self-esteem, including peer relations (Miller, 1990; Moran Eckenrode, 1991), family relations (Isberg, Hauser, Jacobson, Powers, 1989), and more recently, media influence (Polce-Lynch et al., 1998). Yet in each of these studies, influences on self-esteem were predetermined by the use of written surveys such as the Rosenberg Self-Esteem Inventory (Rosenberg, 1979).

Self-esteem is also referred to as self-worth or self-image. Self-esteem affects psychological health of women. Women is the companion of man, gifted with equal mental capacities. She has the right to participate in

minutes details of activities of man and she has the same right of freedom and liberty as the men and women are equal in status, but are not identical.

Self-esteem has enormous influence on mental health of women. Self-esteem comprises self-worth and self-image, which affects women's adjustment in various spheres of life. This paper presents relation of age, family income, and family type with self-esteem among women. In this context, 100 women were selected through multistage sampling method, administering questionnaire, and 'self-esteem scale for women' (SESW) on them. The study reveals highly significant relation of family type with self-esteem in personal life of women. Significant differences are also found among women in joint, nuclear and extended families, concerning their self-esteem in family relations, career life, and overall self-esteem. Family income has also shown significant association with women's self-esteem in family relations.

Objectives:

1. To know level of self-esteem across three generations of women.

Group 1: Daughters

Group 2: Mothers

Group 3: Grandmothers

2. To compare self-esteem of the sample i.e. daughters (Adolescent girl), mother (Middle aged women) and Grandmothers (elderly women) with self-related variables.

METHODOLOGY

The methodological framework for the study is as follows:

1) Sample: Total sample for the study comprised of 90 Muslim women of three generations belonging to the same family, comprising of daughter (Adolescent 15-20 years), Mother (Middle aged woman), and grandmother (Elderly woman).

Locale of the study: The study was conducted in the Muslim dominated areas of Jammu city of J&K state.

Criteria of sample selection:

i. Respondents should be from Muslim community only.

ii. Only those daughters were selected who were in the age group of (15- 20) years.

iii. All the three women should be from the same family.

Sampling techniques: Snow ball sampling technique was used for the selection of the sample.

2) Tools used for data collection:

i. Self-Developed Interview schedule: interview schedule was used for collecting demographic profile of the sample population.

ii. Self Esteem Scale for women: This scale was developed by Kapadia and Verma (2000). It is a multidimensional concept which has generally been used to refer to the evaluative dimensions of the self. It is a standardized scale which was used without any modifications. This scale possess high reliability quotient of 0.86. Concurrent and construct validity has been established. Scoring: For positive items scores 3,2,1 are assigned to most often, sometimes and rarely respectively, for negative items 1,2,3 for most often, sometimes and rarely respectively and then the total scores were calculated for a particular individuals. The responses on all the items were put together and statistically treated. In the coding sheet raw scores of the data were converted into quartiles and ranges followed for interpretation of data were:

Percentile range	Interpretation
1-41	Low self esteem
42-82	Moderate self esteem
83-123	High self esteem

Data collection: Home visits were conducted to collect the data. For introduction, help of a local leader was sought for identifying the sample. Firstly rapport was established through informal discussions, and then the respondents

were told about the objectives of the study.

Analysis of the data: Data was subjected to both qualitative and quantitative analysis. Data obtained was compiled, percent of respondents falling in various categories were calculated and tabulated. Appropriate statistical techniques such as frequencies, percents, mean, SD chi-square, coefficient of correlation & ANOVA were applied to derive the results. Statistical software SPSS version 15.0 was used for data analysis.

RESULTS AND DISCUSSION

Table 1: Distribution of the Sample According to age

Daughters				
Age (years)	N(30)	percent	Mean	S.D
Daughters				
15-16	9	30	17.60	1.81
17-18	13	43.3		
19-20	8	26.6		
Mothers				
35-45	19	63.3	43.97	4.148
45-50	11	36.3		
Grand Mothers				
55-65	5	16.6	73.60	8.046
65-75	12	40		
75 and above	13	43.3		

Table 1 reveals that among daughters, 43.3 percent were in the age group of 17-18 years. 30 percent were in the age group of 15-16 years and least 26.6 percent in the age group of 19-20 years. The mean age for daughters was 17.6+1.81 years.

Among the mothers, majority of them (63.3 percent) were in the age group of 35-45 years and 36.6 percent in the age group of 45-50 years. The mean age for middle age group women (Mothers) was 47.97+4.148 years.

In case of grandmothers 43.3 percent were in the age group of 75-85 years, 40 percent in the age group of 65-75 years and the least percent (16.6) in the age group of 55-65 years. The mean age of elderly group (grandmothers) was 73.60+8.046 years.

Table 2: Educational Status of Three Generation of Women

Qualification	Daughters		Mothers		Grand Mothers		Total	
	N=30	Percent	N=30	percent	N=30	percent	N=90	Percent
Illiterate	-		4	13.3	25	83.3	29	32.2
Upto 5 th	2	6.6	5	16.6	5	16.6	12	13.3
Upto 10 th	10	33.3	12	40	-	-	22	24.4
Upto graduation	18	60	9	30	-	-	27	30
$\chi^2 = 38.611_{2}^{**}$								

Table 2 shows that overall 32.2 percent respondents were illiterate while as 30 percent were graduates. 24.4 percent had studied up to 10th standard and 13.3 percent had studied up to 5th standard only. Results further indicate that among daughters, majority (60 percent) were graduates and 10 percent had studied up to 10th standard and rest 6.6 percent were educated up to primary level, none was illiterate. Among mothers, majority of women (30 percent) were graduates 16.6 percent up to primary level least of women (13.3 percent) were illiterate. In case of grandmothers, majority (83.3percent) were illiterate and rest (16.6 percent) has passed up to primary level only. Chi-square analysis reveals significant differences ($p < 0.01$) between the educational status across three generation of women.

Table 3: Occupational Status of three Generation of Women

Occupation	Daughters		Mothers		Grand mothers		Total	
	N=30	Percent	N=30	percent	N=30	percent	N=90	Percent
Student	29	96.7	-	-	-	-	29	32.2
House-wife	-	-	22	73.3	30	100	52	57.8
Working	1	3.3	8	26.7	-	-	9	10

Table 3 depicts that majority of daughters (96 percent) were students while as 3.3 percent were even working. In case of mothers, majority of them (73.3 percent) were housewives and one fourth was working. While as 100 percent grandmothers were house wives. The overall result shows that most of respondents (57.8 percent) were housewives, followed by 32.2 percent students and only 10percent were working.

Table 4: Family Income of the Women (Rs/Month)

Income (Rs)	Adolescent		Mothers		Grandmothers		Total	
	N=30	percent	N=30	percent	N=30	percent	N=90	Percent
20000-50000	25	83.3	25	83.3	21	70	71	78.8
50000-80000	2	6.6	2	6.6	4	13.3	8	8.8
80000-100000	3	10	3	10	4	13.3	10	11.1
100000 and Above	-	-	-	-	1	3.3	1	1.1

It is clear from the table 4 that 78.8 percent respondents have monthly income between Rs 20,000-50,000 ,11.1 percent respondents comes in the category of Rs 50,000-80,000 and 8.8 percent had income between Rs 80,000-1,00000, only 1.1 percent of respondent comes in the category of 1 lakh and above.

Table 5: Levels of Self-Esteem of three Generations of Women

Sample	Levels of Self Esteem					
	Low		Moderate		High	
	Frequency	percent	Frequency	percent	Frequency	Percent
Daughters (N=30)	9	30	10	33.33	11	36.66
Mothers (N=30)	22	73.33	4	13.33	4	13.33
Grandmothers (N=30)	10	33.33	11	36.66	9	30
TOTAL (N=90)	29	32.22	38	42.22	24	26.66
$\chi^2 = 14.349, **$						

**Significant at P ≥ 0.01

Table 5 reveals that among daughters, majority (36.66 percent) falls in high category, 33.3 percent in moderate category and 30 percent in low category of self-esteem. i.e. almost equal number of daughters had high, moderate or low self-esteem. Among mothers, 73.33 percent women were having low self-esteem and an equal percent (13.33 percent) had moderate and high self-esteem respectively. In case of grandmothers 36.66 percent had moderate self-esteem. 33.33 percent had low self-esteem and 30 percent had high self-esteem.

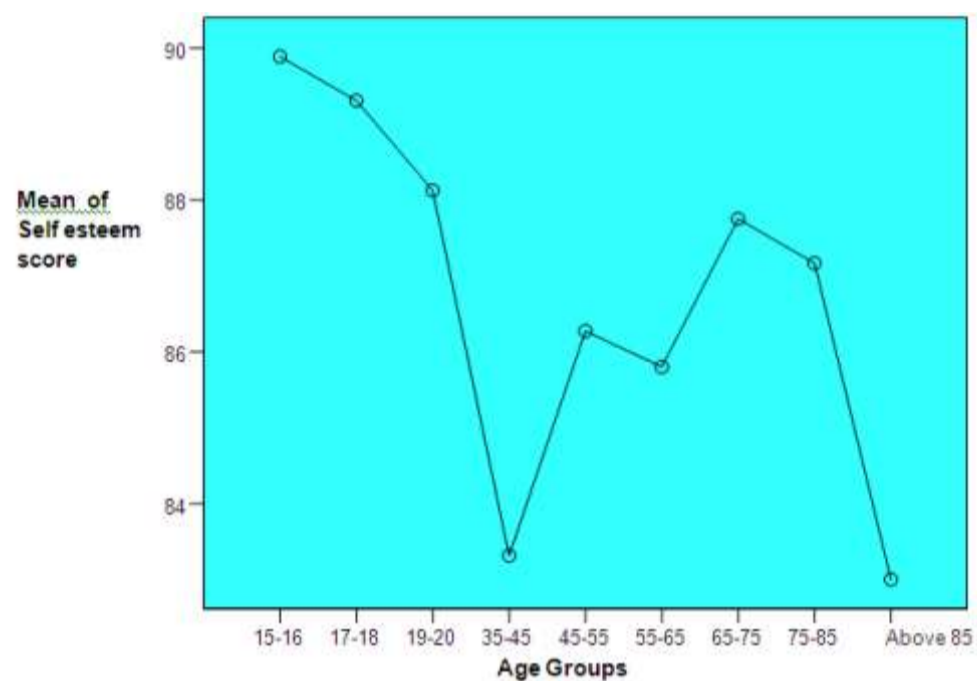
The overall result clearly revealed that majority of Muslim women (42.22 percent) had moderate level of self-esteem in which 33.33 percent were daughters, 36.66 percent were grandmothers and least 13.33 percent were mothers. The calculation of chi-square value reveals significant difference (p < 0.01) between self-esteem in three generation of women. (i.e. Daughter, Mother, grand-mother).

Table 7: Mean Score and Standard Deviation of self-esteem Scale of three Generation of Women

Category	Mean	Standard deviation
Adolescent	89.17	9.68
Middle age	84.4	8.75
Grand mothers	87.03	7.85
Total	86.87	8.91
<i>F. VALUE = 2.21</i>		

Table 7 reveals the mean ± standard deviation score of self-esteem scale in three generation of women. Results clearly indicate that the mean scores of mothers were lowest, followed by grandmothers however daughters had high scores.

Graphical Presentation of Self-esteem of Three Generation of Women



This graph depicts the psychological aspect of women of three generation .The graph shows that daughters i.e. age group of 15-16 years had high level of self-esteem and it slightly declined in the age of 17-18 years. In the age of 19-20 years the self-esteem had fall in moderate level. Among the mothers i.e. age group of 35-45 years had low self-esteem. It increased in the age group of 45-55 years and it came to moderate level. In the age group of 55-65 years, the grandmothers, had high level of self-esteem. In the age group of 65-75 years it becomes again at moderate level and at the age of 75 years above it was again at low level.

This shows that the daughters had high level of self-esteem as compare to mothers i.e. increasing age had psychological effects on women . Mothers in the age group of 55-65 had moderate level of self-esteem and at the age group 65-75 had high level of self-esteem and it becomes low level at the age of 75 years above to increase the age of women had decreased their self-esteem but after the middle age of women the self-esteem increased, indicating middle age women had low level of self-esteem.

Table 8: Correlation between the Self Esteem and Desire with Demographic Factors

	Age Group	Qualification	Occupation	Self-esteem
Age Group	1			
Qualification	-.660(**)	1		
Occupation	-.556(**)	.341(**)	1	
Self Esteem	-.080	.002	.102	1

** Correlation is significant at the 0.01 level.

* Correlation is significant at the 0.05 level.

Table 8 reveals the correlation of age, education, occupation with self-esteem. Age group is negatively significantly correlated with qualification and occupation ($p < 0.001$). Occupation was negatively significantly correlated with age and positively significantly with qualification ($p < 0.001$). Self-esteem of women had negatively correlated with age and positively correlated with qualification, type of family, occupation and family members.

DISCUSSION

Present study reveals that daughters had higher level of self-esteem followed by grandmothers and least was among the mothers. The result of present study also shows the decline in self-esteem as the age of the women increased as similar results reported by Zimmerman et.al. (1997). Another study conducted by yasemin and Orth (2011) results suggest that normative increase in sense of mastery accounts for a large proportion of the norm increase in self-esteem. These findings different than those reported in the present study.

In present study no significant relationship was observed between Self-esteem and background variables. Significant differences are also found among women in joint, nuclear and extended families, concerning their self-esteem in family relations, career life, and overall self-esteem. Family income has also shown significant association with women's self-esteem in family relations. Nagar et.al. (2008) also found in his study that majority of the girls had averages scores of self esteem with an average of 83.56. Self esteem scores found to be positively correlated with the educational status of the girls. The analysis also revealed that the family type of girls affected the scores of self-esteem. Another study by Jan and Ashraf(2008) also found highly significant relation of family type with self-esteem in personal life of women. Significant differences are also found among women in joint, nuclear and extended families, concerning their self-esteem in family relation, career life and overall self-esteem. Family income has also shown significant association with women's self-esteem in family relation.

CONCLUSION

Self-esteem is an essential contribution to the life process and is indispensable to normal and healthy self-development, and has a value for survival (James 1983). Self-esteem promotion can benefit from lifestyle-oriented activities. Results of the present study reveal that daughters had higher level of self-esteem followed by grandmothers and least was among the mothers. It was observed that self-esteem decline with progression of age. No significant relationship was observed between Self-esteem and self-related variables.

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