



A Comparative Study Of Self Esteem And Psychological Well Being Among Male And Female

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ABSTRACT

This study examines gender difference in self-esteem and psychological wellbeing among sample of 50 participants, with 25 males and 25 females. sample has taken from people of age between 18- 30 years. Data was collected using psychological wellbeing scale (Ryff's Psychological Well-Being Scale) and self-esteem scale (The State Self-Esteem Scale developed by Heatherton and Polivy in 1991.) Statistical analysis was done through SPSS, descriptive statistics and independent sample t-test was applied for evaluation of results. Descriptive statistics are presented to analyse the mean stress levels, standard deviations, and statistical significance between the two gender groups. The results reveal that for psychological well-being, females had a mean score of 87.56 (SD = 14.26), while males had a mean score of 88.20 (SD = 11.27). The t-test for equality of means revealed no significant difference in psychological well-being scores between genders, ($t(48) = -0.176$), ($p = .861$), with a mean difference of -0.64 (95% CI: -7.95 to 6.67). Therefore, we fail to reject the null hypothesis, indicating no significant gender difference in psychological well-being. For self-esteem, females ($n = 25$) had a mean score of 69.60 (SD = 11.13), and males ($n = 25$) had a mean score of 71.64 (SD = 13.84). The t-test for equality of means indicated no significant difference in self-esteem scores between genders, ($t(48) = -0.574$), ($p = .568$), with a mean difference of -2.04 (95% CI: -9.18 to 5.10). Thus, we fail to reject the null hypothesis, indicating no significant gender difference in self-esteem. These results suggest that gender does not significantly impact self-esteem or psychological well-being in this sample.

Keywords: *self-esteem, Psychological wellbeing, Male, Female*

INTRODUCTION

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence. Self-esteem is confidence in one's own worth or abilities. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it." Self-esteem is an attractive psychological construct because it predicts certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behaviour. Self-esteem can apply to a specific attribute or globally. Psychologists usually regard self-esteem as an enduring personality characteristic, though normal, short-term variations also exist. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect, and self-integration. Self-esteem refers to a person's overall sense of his or her value or worth.

Recently, several studies have shown that subjective well-being significantly correlates with high self-esteem, and that self-esteem shares significant variance in both mental well-being and happiness (Zimmerman, 2000). 7 According to research, concern regarding body image is a source of mental distress for many women and is strongly associated with self-esteem. The lower the feelings of self-worth, the greater the body dissatisfaction. However, findings suggest that self-compassion can help overcome some of the negative emotions (Stapleton, Crichton, Carter, & Pidgeon, 2017). Studies have provided evidence that across cohorts, samples, and measures, men tend to have higher self-esteem than women and that both men and women show age-related increases in self-esteem from late adolescence to middle adulthood.

Psychological well-being is a core feature of mental health, and may be defined as including hedonic (enjoyment, pleasure) and eudaimonic (meaning, fulfilment) happiness, as well as resilience (coping, emotion regulation, healthy problem solving). Psychological wellbeing is defined as one's level of psychological happiness/health, encompassing life satisfaction, and feelings of accomplishment. 14 Psychological well-being refers to inter- and intraindividual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. Subjective well-being reflects dimensions of affect judgments of life satisfaction. The phrase "psychological well-being" is used to describe an individual's emotional health and overall functioning. Health and Well-Being describes psychological well-being as "the combination of feeling good and functioning effectively." Researchers also have found that the absence of distress doesn't necessarily indicate a person has high psychological well-being. High psychological well-being is about feeling happy and doing well. People with high psychological well-being report feeling capable, happy, well-supported, and satisfied with life.

Theories about psychological wellbeing generally focus on understanding the structure of psychological wellbeing or the dynamics (i.e. the causes and consequences of PWB). The breakdown of psychological wellbeing into hedonic and eudaimonic components and Carol Ryff's model are widely accepted theories of the structure of PWB. PWB are concerned it's important to recognise that, to some extent, PWB is relatively stable and will have been influenced by both previous experience (including, for example, early upbringing) and underlying personality. Stressful experiences can predispose people to subsequent mood and anxiety disorders (Gladstone, Parker and Mitchell, 2004); but, on the other hand exposure to extremely traumatic events can help to build resilience and actually protect PWB. For example, children exposed to moderately stressful events seem better able to cope with subsequent stressors (Khobasa & Maddi, 1999).

Anwar, et, al, 2024 conducted a study to find out the predictive role of spiritual intelligence for psychological wellbeing in university students and also to assess gender differences. For that reason, data of $N=250$ ($M_{age}=21.8$; $SD=1.9$) students of undergraduate programs was taken from different universities of Pakistan. Due to COVID-19 pandemic, data was collected online (google form) by using purposive sampling technique and sample was comprised of 77 men and 173 women. Spiritual Intelligence (King, 2008) and Ryff's 42-item Psychological Wellbeing Scale (Ryff, 1989, Muzzafar & Rana, 2019) were utilized for measuring variables of the study. Results were analyzed via SPSS (version 21), Hierarchical Regression and t-Test were carried out. The study results revealed that spiritual intelligence is a significant positive predictor of psychological wellbeing. It was also found that male students have high level of spiritual intelligence and psychological wellbeing in comparison to female students. Results of this study provide an implication for instructors as well as educationists to design activities which provide facilitation in increasing spiritual intelligence of students.

Kapadia, et, al, 2024 conducted a study to examined the fitness and health-focused media trend of "fitspiration" and its effects on the state self-esteem of young adult males and females. The study is one of the first to examine fitspiration in an Indian context and amongst an Asian population and contributes to the growing literature concerning media trends, body image, and self-esteem in women and men. The sample consisted of 61 undergraduate and postgraduate students aged 18–25 years, recruited through convenience sampling. A pretest post-test control group design was used and data was collected using a personal

demographic sheet and state self-esteem scale (SSES). Pretest group equivalence was statistically ascertained and then pre-post comparison analysis was done for male and female participants separately. Contrary to expectations, findings revealed that fitness caused a significant increase in the social state self-esteem of females. The findings have been discussed based on the Self-Discrepancy Theory. The study contributes to the limited literature on media trends in an Asian setting and has valuable implications for the fields of social, health, and sports psychology, as well as advertising.

Ashish, A. N. 2022 conducted a study the purpose of this study is to find if gender has any influence on Self-Esteem of current participants of Fit India Movement organised by Department of Physical Education from Savitribai Phule Pune University. This study was carried out on 15 male and 15 female students (n=30) age between 20-30 years. Data was collected by using Rosenberg Self-Esteem 4point Likert scale in form of Google form. Analysis of data was Quantitative, Independent sample t test was computed to compare Self-Esteem between both the genders. Findings show that there is no significant difference of Self-Esteem among male and female students ($P=0.109$). Therefore, conclusion states that gender has no influence on Self-Esteem on students of Fit India Movement organised by Savitribai Phule Pune University.

Strategies for enhancing psychological well-being may include self-care practices, seeking support from others, engaging in activities that promote personal growth, and maintaining a balanced lifestyle. If you are experiencing persistent difficulties with your psychological well-being, it may be helpful to seek support from a mental health professional.

MATERIALS AND METHODS

Operational Definitions

- Self Esteem- It is confidence in one's own worth or abilities. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.
- Psychological Wellbeing- It is defined as one's level of psychological happiness/health, encompassing life satisfaction, and feelings of accomplishment

Objective of the study

To find out the gender difference in self-esteem and psychological well-being.

Hypothesis of the study

1. There will be a significant gender difference in self esteem
2. There will be a significant gender difference in psychological wellbeing.

Selection of sample

The sample size will consist of 50 participants who will be selected on the basis of Purposive sampling. Participants will be aged between 18 to 30 years adults, 25 male and 25 female.

Instruments of the study

1. Ryff's Psychological Well-Being Scale Developed by psychologist Carol D. Ryff, the 18-item Psychological Wellbeing (PWB) Scale measures six aspects of wellbeing and happiness. Research using the 18-item PWB Scale has shown that experiences of daily discrimination are associated with worse wellbeing.
2. The State Self-Esteem Scale developed by Heatherton and Polivy in 1991. A 20-item scale that measures a participant's self-esteem at a given point in time. The 20 items are subdivided into 3 components of self-esteem: (1) performance self-esteem, social self-esteem, and appearance self-esteem

Procedure of data collection

The participants will inform about the purpose of the research beforehand and their consent will also be obtained. Proper instructions provided to them and told them that results will be utilized for only educational and research purpose. The psychological tools necessary for the research will be sent to them via Google forms. Research will be done fairly. Anonymity and confidentiality of results at each step will be assured to them.

Statistical analysis

For the analysis of the data, the usage of a t-Test will be done. A test is a statistical test that compares the means of the two samples. It is used in hypothesis testing, with a null hypothesis that the difference in group means is zero and an alternate hypothesis that the difference in group means is different from zero. Descriptive statistics (mean and standard deviation) of the data will be calculated.

RESULT AND DISCUSSION

After the collection of responses, the responses were divided into the gender groups compared and then a t-test was conducted.

Table 1: show the Mean, SD, and 't' value of self esteem in male and female.

Gender	N	Mean	SD	t	df	p
Male	25	71.64	13.835	-0.574	48	0.568
Female	25	69.60	11.128			

The table 1 shows the mean, standard deviation, and sample size for each gender group (male and female). The mean and SD of males (M= 71.64, SD=13.835) was not significantly different from the mean and SD of females (M= 69.60, SD= 11.128) with a mean difference of -2.04. The t- value is -0.574 with df 48 and p value is 0.568 which states that there is no significant difference was found between males and females in the domain of self-esteem ($p > 0.05$). Null hypothesis is accepted.

So, the hypothesis:1 that there is significant difference between male and female on self-esteem was rejected.

Table 2: show the Mean, SD, and 't' value of psychological well-being and gender.

Gender	N	Mean	SD	t	df	p
Male	25	88.2	11.269	-0.176	48	0.861
Female	25	87.56	14.263			

Observation of the table2: independent samples t-test results show that the mean scores for the two gender groups. The mean and SD value of males (M= 88.20, SD=11.269) was not significantly different from the mean and SD of females (M= 87.56, SD= 14.263) with a mean difference of -0.64. The t- value is -0.176 with df 48 and p value is 0.861 which states that there is no significant difference was found between males and females in the domain of psychological wellbeing ($p > 0.05$). Null hypothesis is accepted.

So, the hypothesis:2 that there is significant difference between male and female on psychological well-being was rejected.

Some studies indicate that there is no significant gender difference were found on sense of psychological wellbeing. For instance, Roothman, Kirsten and Wissing 2003 conduct a study, the aim of this study was to determine whether men and women differ with regard to aspects of psychological well-being. For the purposes of this study, a meta-analysis was performed on data from a trans-university project, involving a multicultural availability sample of 378. Men scored higher on physical self-concept, automatic thoughts (positive), constructive thinking, cognitive flexibility, total self-concept, and fortitude. Women scored higher on the expression of affect, somatic symptoms, and religious well-being. No significant gender differences were found on sense of coherence, satisfaction with life, affect balance, emotional intelligence, self-efficacy, and the social components of self-concept and of fortitude. The results are in line with gender stereotypes and traditional socialisation practices and possibly reflect the impact of longstanding social inequity between men and women.

CONCLUSION

In conclusion, this study was aimed to observe the difference between psychological well-being and self-esteem among males and females. The findings of this current study highlights that there was no significance gender difference in psychological well-being and self-esteem. However, both studies indicated that the observed differences in mean scores between males and females were not statistically significant.

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Conflict of Interest

The author declared no conflict of interest.

