



CORRELATION BETWEEN SELF ESTEEM AND SOCIAL ADJUSTMENT OF B.ED., STUDENTS - A GENDER WISE ANALYSIS

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Abstract:

This present study reveals that the relevance of self-esteem and social adjustment of B.Ed., students in relation to background variable gender. The investigator used Self-esteem scale and Social Adjustment Scale prepared and validated by R.A. Singh & S. K. Saxena (1998) for assessing self-esteem and social adjustment of 289 B.Ed., students. Simple random sampling method was adopted for obtaining the data and also framed the suitable hypotheses. The results showed that the self-esteem and social adjustment of B.Ed., students were correlated with reference to Gender.

Key Words: Self-Esteem, Social Adjustment.

Introduction:

Self Esteem consists of two words 'self' and 'Esteem', Self is the core of personality, otherwise called the ego. It is the sum total of the personal awareness of the person himself. The interests and values with which he identifies himself along with his social perceptions are central to the self of the person. Esteem is defined as appreciation; worth estimates of value. Thus, self-esteem is the package of belief that you carry around in your head, that you have accepted to be the trust about yourself, whether it is or not. Self-esteem is appreciated one's own worth and importance and being accountable for oneself and to act responsibility towards others. A confidence and satisfaction in oneself, is an absolute necessity. If you feel basically good about yourself, your probability has high self-esteem. It has long been thought that individuals with low self-esteem have strong negative views.

Adjustment mechanisms are almost used by all people. They are constructs, which are inferred from the behavior of the individual. They have protective orientation. All mechanisms are used to protect or enhance the person's Self-esteem against dangers. Hence for an effective teaching-learning process it is better to have high self-esteem and good adjustment. A teacher with High Self-esteem motivates and influences the students positively.

Significant of the Study:

Self-esteem is the evaluative attitude towards oneself and as such we can assess their evaluative attitude by measuring self-esteem. Self-esteem as an important non-cognitive factor that affects human behavior has been widely recognized today. Studies are extensively undertaken in different parts of the world in order to find the extent of relation between various aspects of one's behavior and the phenomenological world of one's own self-perception. Many researchers have come out with conclusive proof to show that a person's customary self-evaluation plays a critical role in determining his performance level.

The social adjustment in which an individual was born and brought up has a profound influence on his development and behavior attitudes of had development and behavior. Attitudes of his fellow being, codes and regulations set by the society and opportunities given to exercise freedom of thought and action interest in the development to social situations, adjusting to new friends, new social situations, adjusting to new social norms and un familiar surroundings. Social Adjustment implies active interaction with or participation in the environmental changes and influences. A good adjustment aims at long term satisfaction instead of satisfying immediate intense need.

Objectives of the Study:

- To find out the level of self-esteem of B.Ed students.
- To find out the level of social adjustment of B.Ed students.
- To find whether there is any significant relationship between self-esteem and social adjustment of B.Ed students.
- To find out whether there is any significant relationship between Self-esteem and Social Adjustment of B.Ed., students with respect to gender.

Hypothesis of the Study:

- The level of self-esteem of B. Ed students is average.
- The level of social adjustment of B. Ed students is average.
- There is no significant difference between Self Esteem and Social Adjustment of B. Ed students.
- There is no significant relationship between Self Esteem and Social Adjustment of B.Ed., students with respect to gender.

Methodology:

The researcher has used the survey method for obtaining the data.

Sample for the Study:

The investigator has randomly selected 289 B.Ed. students from Tenkasi district in Tamilnadu, those who are studying B.Ed., colleges affiliated to Tamilnadu Teachers Education University, Chennai.

Tools Used:

The investigator used the Standardized tool of Self-esteem scale and Social adjustment scale prepared and validated by R.A. Singh & S. K. Saxena (1998) for the collection of data.

Statistical Techniques Used:

Percentage analysis and correlation analysis were used for analysis of the data.

Table 1: Level of Self-Esteem of B.Ed., Students

Variable	Categories	Low		Average		High	
		Sex	Male	30	30.6	42	42.9
	Female	61	32.1	80	42.1	49	25.8

It is inferred from the table, the B.Ed., students have moderate level on their self-esteem.

Table 2: Level of Social Adjustment of B.Ed., Students

Variable	Categories	Low		Average		High	
		Sex	Male	26	26.5	47	48.0
	Female	57	30.0	83	43.7	50	26.3

It is inferred from the table, the B.Ed., students have moderate level on their social adjustment.

Null Hypothesis:

There is no significant relationship between Self-esteem and Social Adjustment of B.Ed., students.

Table 3: Relationship between Self Esteem and Social Adjustment of B.Ed., Students

Variables	$\sum x$	$\sum x^2$	$\sum y$	$\sum y^2$	$\sum xy$	Calculated Value of 'γ'	Table Value of 'γ'	Remarks at 5% Level
Self Esteem vs Social Adjustment	11319.75	11300	587500	587500	568029.3	0.195	0.113	S

It is inferred from the table, there is a significant relationship between Self-esteem and Social Adjustment of B.Ed students.

Null hypothesis

There is no significant relationship between Self-esteem and Social Adjustment of B.Ed., students with respect to gender.

Table 4: Relationship between Self Esteem and Social Adjustment of B.Ed., Students With Respect to Gender

Gender	N	df	Calculated Correlation Value	Table Value at 5% Level	Remarks
Male	98	96	0.384	0.138	S
Female	191	189	0.436		

It is inferred from the table, there is a significant relationship between Self Esteem and Social Adjustment of B.Ed., students with respect to gender.

Findings:

- The level of self-esteem of B.Ed students are moderate.
- The level of social adjustment of B.Ed students are moderate.
- There is significant relationship between self-esteem and Social Adjustment of B.Ed students.
- There is a significant relationship between Self-esteem and Social Adjustment of B.Ed., students with respect to gender.

Interpretations:

The level of social adjustment of B.Ed., students is moderate and the level of self-esteem is also found to be moderate. As B.Ed., students hail from different socioeconomic and educational backgrounds, they may be given orientation with regard to the importance of self-motivation through in formal addresses, guest lectures, seminars and workshops. Eminent personalities who have achieved great heights and status in the society through self-motivation can be narrated to the teacher trainees.

There is a significant relationship between Self Esteem and Social Adjustment of B.Ed students. This may be due to fact that, self-esteem is one of the main personality traits. High self-esteem does lead to improvements in a person's social relationships particularly social adjustment.

Conclusion:

This paper explained about the relationship between self-esteem and social adjustment of B.Ed., students with reference to gender. The investigator used standardized tool to collect the data and 289 B.Ed students were taken as sample. The result showed that the B.Ed students have moderate level of self-esteem and social adjustment. The investigator found that the B.Ed students' self-esteem correlated with their social adjustment. Regarding gender, there is a significant relationship between Self Esteem and Social Adjustment of B.Ed., students. Female students are better than male B.Ed students in their self-esteem and social adjustment.

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