

# Self-Esteem, Academic Achievement and Psychological Well-Being of Adolescents Students of Single Parents of Gurugram City

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## Abstract

Self-Esteem is the axis on which personality of a person revolves, Self-Esteem means confidence in your own worth or abilities. it may be defined, as how people evaluate themselves, it reflects the relationship between our success and our aspiration, Self-Esteem is influenced by belief about competence, The concept of Self-Esteem involves three main levels high Self-Esteem , average Self-Esteem & low Self-Esteem .

The great Greek philosopher, Plato has given the term "Academic Achievement", which means attainment level, at which a student functions in his or her school task through a regular curriculum in a fixed place to which he named as the academy.

Psychological Well-being is a dynamic state, in which the individual is able to develop their potential role, productivity and creativity, building strong and positive relationship with others and contribution to the community

**Keywords:** Self-Esteem, Academic Achievement, Psychological Well-Being, Single Parents.

## Introduction

Adolescence is transitional stage of 'stress and storm' an adolescent undergoing changes within himself/ herself , faces a tough time in adjustment, category to demands & expectations of parents at home and teachers in the external world it's a period of rapid change physical, physiological, psychological, and social. In adolescence Self-Esteem plays very important role

Self-Esteem means confidence in your own worth or abilities, it's an individual's feeling that S/he is competent, important, loved by others who is valued & appreciated. Coppersmith highlighted important links between the behaviour and attitude of parents and the Self-Esteem of their children. One of his key finding was a positive relationship between Self-Esteem of mothers and their children. Parents who face life challenges honestly and openly and who attempt to cope with difficulties instead of avoiding them thereby expose their children to a pro-Self-Esteem problem solving strategy very early. That who avoids dealing with difficulties reveals a very different route for handling the challenges and problems in life.

The great Greek philosopher, Plato has given the term "Academic Achievement", which means attainment level, at which a student functions in his or her school task through a regular curriculum in a fixed place to which he named as the academy". Indicates how much knowledge and skills an individual has obtained in various school subjects. Academic Achievement is defined by Crow and Crow (1969)<sup>[1]</sup> as the extent to which a learner is profiting from instruction in a given area of learning or in other words, achievement is reflected by the extent to which skill and knowledge has been imparted to him.

An Academic Achievement is influenced by Self-Esteem, Psychological Well-Being, social adjustment and total behaviour of the child. Academic Achievement is reflected in grades or numbers these grades and numbers becomes the basis of admission, promotion and selection in a particular subject or a school

Psychological Well-being is a dynamic state, in which the individual is able to develop their potential role, productivity and creativity,

building strong and positive relationship with others and contribution to the community.

Psychological Well-Being means contentment, satisfaction with all elements of life, self-actualisation 'a feeling of having achieved something with one's life' it consists of autonomy, environmental mastery, personal growth, personal relationship, purpose in life, & self acceptance

"the mother becomes closer and more responsive to the children than what she had been when her husband was around , It has been proven that "fathers provide both economic and social capital to children that affect school- related behaviour & Academic Achievement, career development, peer relationships, Self-Esteem, and adult outcomes such as achievement, & strength of social networks, The effects on children, who are living in fatherless homes, the levels of Self-Esteem & security in children with absent fathers. Identify a correlation between the two variables of absent fathers and Self-Esteem of children would be important in understanding key links to health of children".<sup>[2]</sup>

**Statement of problem**

Self-Esteem, academic achievement and psychological well-being of adolescents students of single parents of Gurugram city.

**Objective**

To study the effect of Self-Esteem, Psychological Well-Being and income on Academic Achievement of adolescent students of single parents.

**Hypothesis**

There is no significant effect of Self-Esteem, Psychological Well-Being and income on Academic Achievement of adolescent students of single parents.

**Method**

In the present study the descriptive survey method is used.

**Population**

**Table 1:Effect of Self-Esteem, Psychological Well-Being and Income on Academic Achievement of Adolescent Students of Single Parents**

Model Summary <sup>b</sup>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
	0.24387	.059	.032*	1.13708
a. Predictors: (Constant), Interpersonal Relations, Income, General, Satisfaction, Cognitive, Sociability, Social, Mental Health, Efficiency				
b. Dependent Variable: Academic Achievement				

ANOVA <sup>b</sup>					
Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	25.100	9	2.789	2.157	.025*
Residual	396.933	307	1.293		
Total	422.033	316			
a. Predictors: (Constant), Interpersonal Relations, Income, General, Satisfaction, Cognitive, Sociability, Social, Mental Health, Efficiency					
b. Dependent Variable: Academic Achievement					

The population of present study consists of Xthclassadolescent students of single parents studying in 125 private English medium schools of Gurugram City.

**Sample**

The sample is taken by using **Random Sampling** technique in which the adolescents of single parents are taken from 29 private English medium schools, From both co-ed and single sex schools and the total number of students is 317 out of which 149 are boys & 157 are girls and in single sex schools the No. Of boys is 6 & No. Of girls is 5

**Tools**

1. Self-Esteem inventory by Sudha kumari Sharma & Md. Sarwar Hossain (2015)
2. Psychological Well-Being scale by D.S Sisodia & Pooja Chaudhary (2013)
3. The Academic Achievement is known by obtaining the marks of final board examination of adolescent students of single parents of Xth class.

**Statistics**

Regression Analysis of Self-Esteem, academic achievement and psychological well-being of adolescents students of single parents of Gurugram city.

**Hypothesis 1**

There exist significant effect of psychological well-being dimension Efficiency on Academic Achievement in adolescent students of single parents There exist no significant effect of Income, self-esteem dimensionsGeneral, Social, Cognitive and psychological well-being dimensions Satisfaction, Sociability, Mental Health and Interpersonal Relationson Academic Achievement in adolescent students of single parents

Coefficients <sup>a</sup>									
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
	B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
1	8.156	.872		9.358	.000	6.441	9.872		
Income	.000	.000	-.040	-.725	.469	.000	.000	.981	1.019
General	.003	.014	.015	.252	.801	-.024	.031	.809	1.236
Social	-.009	.013	-.038	-.653	.514	-.034	.017	.917	1.090
Cognitive	.018	.016	.072	1.147	.252	-.013	.050	.769	1.301
Satisfaction	.010	.014	.047	.762	.447	-.016	.037	.822	1.216
Efficiency	.049	.017	.193	2.843	.005*	.015	.083	.663	1.507
Sociability	-.026	.015	-.114	-1.776	.077	-.055	.003	.739	1.353
Mental Health	-.017	.014	-.079	-1.204	.229	-.044	.011	.712	1.405
Interpersonal Relations	-.027	.014	-.127	-1.868	.063	-.055	.001	.659	1.518

a. Dependent Variable: Academic Achievement

Table 1 Multiple regression analysis is conducted to examine the relationship between Academic Achievement and the potential predictors Interpersonal Relations, Income, General, Satisfaction, Cognitive, Sociability, Social, Mental Health, Efficiency. The multiple regression model with predictors (Interpersonal Relations, Income, General, Satisfaction, Cognitive, Sociability, Social, Mental Health, Efficiency) produced  $R^2 = 0.032$ ,  $F = 2.157$ ,  $p < .05$  which can be observed from tables model summary and ANOVA. Hence we may conclude that the 3.2% variability was observed in dependent variable due to predictors.

As can be seen in the table of coefficients, the Efficiency had significant positive regression weight, indicating respondents with higher scores on this variable was expected to have higher Academic Achievement, after controlling for the other variables in the model it indicates there is significant impact of

Efficiency on Academic Achievement in adolescent students of single parents the reason behind this may be that the adolescents of single parents they think decision taking is easy for them, are creative and positive in life and are good in holding daily responsibilities. This denotes that the single father and mother took pains in their rearing as a result their Psychological Well-Being in the area Efficiency is high thus resulting in high achievement

Areas namely Income, General, Social, Cognitive, Satisfaction, Sociability, Mental Health and Interpersonal Relations and their values are 0.469, 0.801, 0.514, 0.252, 0.447, 0.077, 0.063, 0.229 which are found greater than p value ( $p > .05$ ) no significant impact is seen in adolescent students of single parents

The Residual analysis from histogram and P-P plot shows that the residuals are Normally distributed with Mean 0.000 and constant variance.

**Fig-1 Histogram**

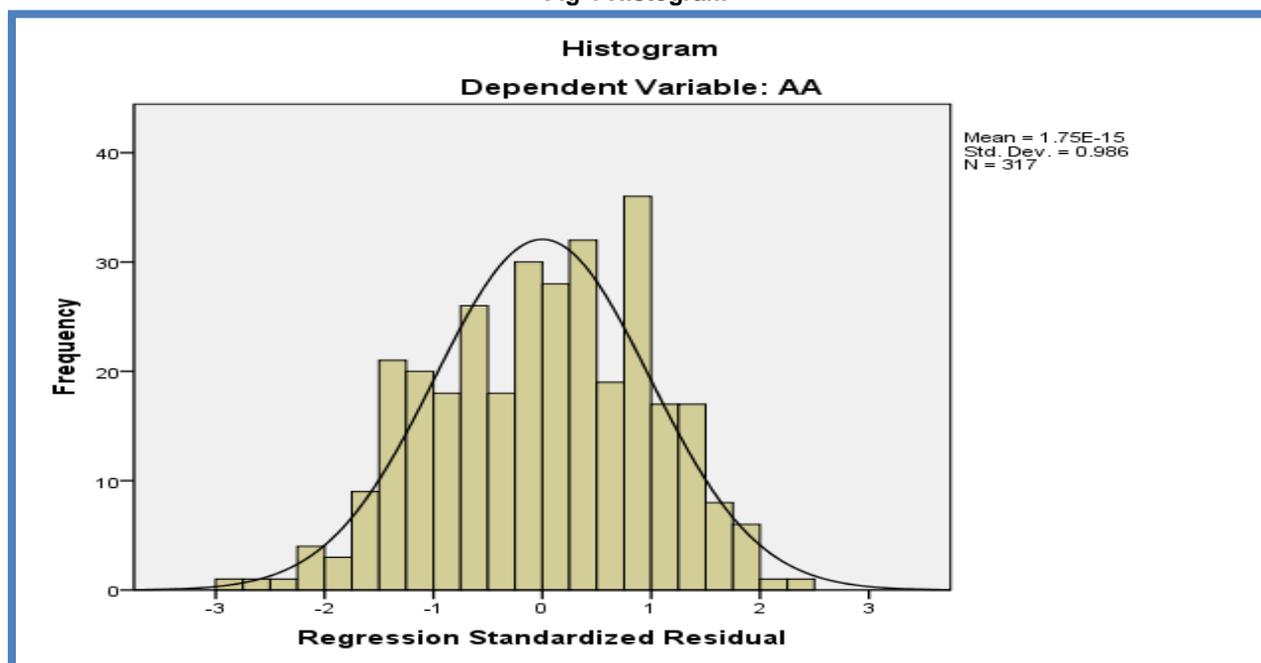
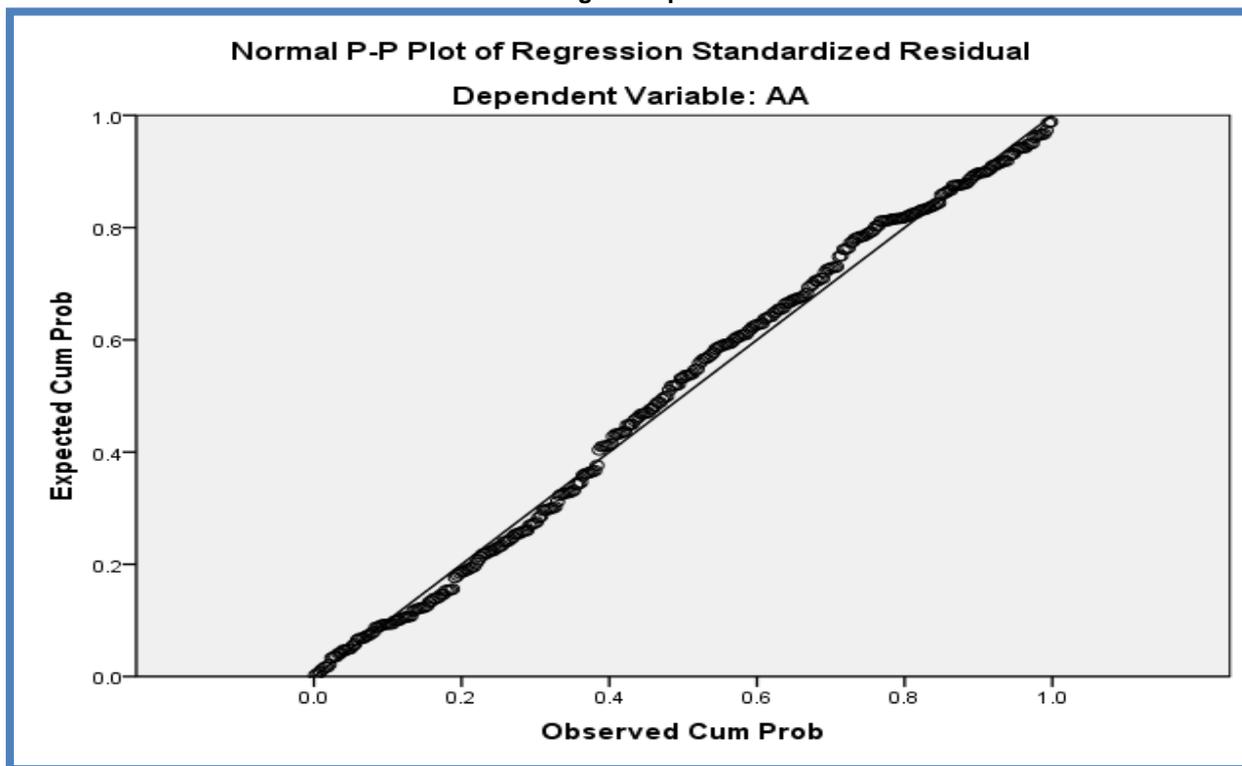


Fig-2 P-P plot



**Findings**

The result of regression reveals that there is significant influence of Efficiency on Academic Achievement and indicating positive regression weight, indicating respondents with higher scores on their variable was expected to have higher Academic Achievement. Whereas no significant impact of Self-Esteem, income and other dimensions of Psychological Well-Being Satisfaction, sociability, Mental health and Interpersonal relations was seen on Academic Achievement.

**Implication**

Results depicts significant influence of dimension Efficiency of Psychological Well-Being of adolescent students of single parents on Academic Achievement, there is a need to develop cheerful and creative environment at home, efforts from mother side in keeping healthy relations with children will be useful. As a result mothers will know about the problems of their children this will create confidence in them and this will lead to positivity and develop the efficiency psychological well-being in adolescent.

**References**

1. Crow, L.D., & Crow. (1969) <sup>[1]</sup>. *Adolescent development and adjustment. McGraw Hill book company, United States, 45-49*
2. Kaila, H.L. (2003) <sup>[2]</sup>. *Parenting Function, Icon Publication, 200-208, New Delhi*

Add atleast 4 more references in your paper.