

# Effect of Sex, Locale and Education on Adjustment, Selfesteem and Depression

## Abstract

A person who have high self-esteem he have better chance to success in life & a person with low self-esteem feels unworthy in capable and in competent. So to manage all these things parents, teachers, principle & administrators and our society con play a vital role in students life. Locale in main factor to adjustment rural students feels many delimitations in their educational resources. It also found that rural student were having low adjustment in comparison to urban students according to class no significant was found among high school, intermediate & graduate students adjustment means scores school teachers & principals can provide extra facilities to girls like common room reading section setting area in class room etc and they can also promote to ask question with out hesitation.

**Keywords:** Effect of sex locale and education on adjustment is a behavioral process by which person maintains, students of life demands. Self - esteem is comprises the attitudes and feeling and depression is different as there a wide verity of symptoms.

## Introduction

In Indian society maximum population is living in rural areas. Rural parents generally try to best education for boys and for girls education they are not serious and in urban areas situation is also not very good for this point of view. They have a pre assumption about girls that she will go to another house after get marriage so they have no heed of good education. Finally girls have trying to make adjustment at every stage of life. So researcher feels that sex, locale and education affect adjustment, self-esteem and depression of students. Students who get not better chance for his /her education and want to do something in his /her life they will maladjusted and got depressed.

Depression is prolonged and persistent mood which can color and interfere with many aspects of one's life. It is characterized by feelings of worthlessness, excessive guilt, loneliness, sadness, hopelessness, self-doubt and guilt. Suicidal thoughts may also be present. Normal everyday depression can last for a few minutes to a few days. We've all felt these periods of being "down" or "sad". These feelings are a normal part of being human. On the other hand, depression that becomes intense and lasts for extended periods of time is beyond the everyday sort. For this more severe depression you need to consider getting help. Finally in researcher's mind some questions were appears e.g. (i) What do they feel about themselves? (ii) How do they adjust with environment? (iii) How do they react towards themselves and other realizing their limitations? (iv) How do they express their feelings? There is a need to conduct researches in this area intensively, precisely and scientifically, taking as many variables as possible, to understand the problems in depth and to have a composite view of the problem and to find out their remedies. Therefore, the researcher had decided to probe into the present problem.

## Statement of the Problem

"Effect to Sex, Locale and Education on Adjustment, Self Esteem and Depression"

## Objectives of the Study

The main objectives of the present study are as follows:

1. To see the effect of sex on Adjustment.
2. To see the effect of locale on Adjustment.
3. To study the effect of education on Adjustment.
4. To study the effect of sex on Self-esteem.
5. To find out the effect of local on self-esteem.
6. To study the effect of Education on self-esteem.



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7. To see the effect of sex on Depression.
8. To study the effect of Locale on Depression.
9. To find out the effect of Education on Depression.

**Review of Literature**

Every piece of ongoing research needs to be connected with the work already done to attain an overall relevance and purpose. A literature review is designed to identify related research, to set the current research work within a conceptual and theoretical context. So reviewing the related literature becomes one of the most indispensable parts of the research work. It is link between studies already done and the proposed research. It works as a light house not only with regard to the quantum of work done in the field but also enables us to perceive the gaps and lacunas in the field of research concerned.

Review of related literature makes sure that the researcher is not repeating the work that someone has already done. Sometimes, when the proposed research has already been done, then it provide the researcher an potion to modify the work by adding the new perspective altering some of the methods of research, to make the research more valuable. The other research reports may also be relevant from the point of view of the research as they provide some clues to the puzzle by suggesting hypothesis, which may be the subject matter of research under study. It also helps in highlighting difference in opinions, contradictory findings and different explanations given for their conclusions and differences by different authors. It a broader context Hart (1998) lists the following purposes of a review:

1. Distinguishing what has been done from what needs to be done;
2. Discovering important variables relevant to the topic;
3. Synthesizing and gaining a new perspective;
4. Identifying relationships between ideas and practice;
5. Establishing the context of the topic or problem;
6. Rationalizing the significance of the problem;
7. Enhancing and acquiring the subject vocabulary;
8. Understanding the structure of the subject;
9. Relating ideas and theory to applications;
10. Identifying methodologies and techniques that have been used;

To quote Best (2008) "Practically all human knowledge can be found in books and libraries , unlike other animals that must start a new with each generation, man builds upon the accumulated and recorded new knowledge of the past. His content adding to the vast store of knowledge makes possible progress in all areas of human endeavors".

Finally the review of related literature involves writing the foundation of ideas into a section for the joint benefit of the readers and the researchers. It provides a summary of the thinking and research necessary for them to understand the study. It is presumed that the survey of the related studies will make the present investigation more direct and to the point. Though it may not be necessary as well as possible to dive a detail review, still an attempt has been make to provide a precise and comprehensive account of the results of the studies,

directly or indirectly related to the research work under investigation..

**Hypothesis of the Study**

To study the objectives of the research the following hypothesis have been made:

1. The sex will affect Adjustment.
2. The Locale will affect Adjustment.
3. The Education will affect Adjustment.
4. The sex will affect Self-Esteem.
5. The local will affect Self-Esteem.
6. The Education will affect Self-esteem.
7. The sex will affect level of depression.
8. The locale will affect level of Depression.
9. The Education will affect level of Depression.
10. The sex will affect Adjustment.

**Selection and Description of the Tools**

To carry out any of the type of research investigations, data must be gathered to test the hypotheses. Various methods and procedure have been developed to aid in the acquisition of data. These tools employ distinctive ways of describing and quantifying the data. Each is particularly appropriate for certain sources of data, yielding information of the king and in the form that can be most effectively used. The selection of a tool depends upon several criteria, which are illustrated in fig. 3.2

In any scientific study the selection of the tools and techniques largely depend upon the nature of the problem under study and king of the data necessary. Keeping in view the nature of the problem, measures of Job Satisfaction, teaching effectiveness and Emotional Intelligence were required for the investigation of the problem. To fulfill the above-mentioned purpose the investigator personally surveys the related literature and then took the decision to select the test the present investigation. The tools used to get various measures in the study were selected on the basis of following criteria.

1. Suitability for the tools in Indian Conditions for secondary school teachers.
2. Time needed for the Tools.
3. Availability and cost of the Tools.
4. Reliability and validity of the Tools.

**Definition of the Terms**

Operational definitions of the terms are presented below:

**Sex**

In present study the term 'Sex' will used for Male of Female.

**Locale**

In present study the term 'locale' will used as a living area of student i.e. Rural or Urban.

**Education**

In present study the term 'Education' will used as a level of education of students i.e. High School, Intermediate or Graduate level students.

**Adjustment**

Adjustment is a continual process by which a person varies has behavior to produce a more harmonious relationship between him self and its environment.

**Self-Esteem**

Self-esteem is often conceptualized as a protective psychological resource that enables people to adapt and recover from stressful events. (Greenberg et al., 1992)

Self-esteem means the value ascribed by the individual to himself and the quality of the way he views himself.

### **Depression**

Depression is the ego's emotional expression of helplessness and powerlessness. It is the result of the gap between great longing to be valued and loved to strong, assured and imagined that these goals are unattainable.

### **Delimitations of the Study**

The study will be confined to only Agra division's three districts Agra, Mathura and Firozabad only.

In present study will confine to study the Adjustment, Self-esteem and depression of students.

In present study Sex, Locale and Education will take only as independent variables.

### **Methodology**

In order to study the effect of sex, local and education on adjustment, self-esteem and depression a sample of 360 units (120 of high school, 120 intermediate and 120 graduate) were selected. Further the students are studying in school/colleges were administered the following tools:

1. For measuring adjustment or various sex, locale and education Mohsin-Shamshad hindi adaptation of Bell-Adjustment inventory consisting 135 items was taken.
2. For measuring self-esteem inventory constructed by M.S. Prasad and G.P. Thakur was used. It has two parts consisting 30 items each having seven levels of responses.
3. For measuring depression inventory constructed by Shamim Karim and Rama Tiwari was taken. It consists 96 questions having 5 levels of responses.

### **Statistical Treatment of the Data**

Descriptive statistics was used to explain adjustment, self-esteem and depression of students of different levels. Analysis of variance, followed by t-test was used to study main and interaction effects of sex, locale and education on adjustment, self-esteem and depression of students.

The t-test was applied to test significance of mean difference between groups of students in their adjustment, self-esteem and depression.

### **Justification of the Study**

In India society maximum population is living in rural areas. Rural parents generally try to best education for boys and for girls education they are not serious and in urban areas situation is also not very good for this point of view. They have a pre-assumption about girls that she will go to another house after get marriage so they have no need of good education. Finally girls have trying to make adjustment at every stage of life. So researcher feels that sex, locale and education affect adjustment, self-esteem and depression of students. Students who get not better chance for his/her educations and want to do something in his/her life they will maladjusted and got depressed.

Depression is prolonged and persistent mood which can colour and interfere with many aspects of one's life. It is characterized by feelings of worthlessness, excessive guilt, loneliness, sadness, hopelessness, self-doubt and guilt. Suicidal thoughts may also be present. Normal everyday depression can last for a few minutes to a few days. We've all felt these periods of being "down" or "sad". These feelings are a normal part of being human. On the other hand, depression that becomes intense and lasts for extended periods of time is beyond the everyday sort. For this more severe depression you need to consider getting help. Finally in researcher's mind some questions were appeared e.g. (i) What do they feel about themselves? (ii) How do they adjust with environment? (iii) How do they react towards themselves and others realizing their limitations? (iv) How do they express their feelings? There is a need to conduct researches in this area intensively, precisely and scientifically, taking as many variables as possible, to understand the problems in depth and to have a composite view of the problems and to find out their remedies. Therefore, the researcher has decided to probe into the present problem.

### **Conclusion**

1. Male and female students were found differ in their adjustment male students were high adjusted in comparison to female student.
2. Rural students were found low adjusted in comparison to urban students.
3. No significant difference was found among High school, Intermediate and Graduate student adjustment mean scores.
4. Male and female student were almost same in their personally-perceived-self-esteem. Rural students were shown high personally-perceived-self in comparison to urban students but difference between both groups was found not significant.
5. Intermediate students were shown low esteem and graduate students were superior in self-esteem.
6. Male students were having high depression in comparison to females but difference of means was found not significant.
7. Rural students were having high depression in comparison to urban students. Hence that local has a significant effect on depression.
8. Education has no significant effect on depression.
9. After the analysis of results it can be say that only sex wise adjustment is affected by locale and education.
10. Sex  $\times$  Locale interaction is dependent of education in personally-perceived-self-esteem.

### **Educational Implications of the Study**

In institute life students are faces three type of adjustment i.e. social adjustment, emotional adjustment and educational adjustment. Girls are faces more problems in their adjustment in comparison to boys. Boys can go any where easily and talk to anyone easily but in case of girls they feel hesitation. It found from the study that Male and female students were found differ in their adjustment male students were high adjusted in comparison to

female students. High adjustment students get high achievements in their life and they got good marks in examinations and they also have high aspirations. It can be said that adjustment helps to develop self-esteem of students.

Self-esteem is something that must come from inside your own heart. Self-esteem doesn't come from someone giving you a trophy or telling you you're great. Self-esteem is about believing in your heart that you are able to make choices you are proud of, and that even when you make a mistake, you are still worth loving. When you don't have strong self-esteem, you could say you have low esteem, or low self-esteem.

A person who have high self-esteem he have better chance to success in life and A person with low self-esteem feels unworthy, incapable, and incompetent. In fact, because the person with low self-esteem feels so poorly about him or herself, these feeling may actually cause the person's continued low self-esteem. So to manage all these things parents, teacher, principals, administrators and our society can play a vital role in students' life.

Locale is main factor to adjustment rural students feels many delimitation in their educational resources. It also found that rural students were having low adjustment in comparison to urban students. According to class no significant difference was found among High school, Intermediate and Graduate student adjustment mean scores. School teachers and principals can provide extra facilities to girls like common room, reading section; setting area in classroom etc. and they can also promote to ask question without hesitation.

#### **Suggestion for Further Researches**

Research in any field is a continuous process and no research in it self is considered complete. Every research is based upon previous studies and lays down the foundation for a new study. The present study also was delimited in terms of a number of variables, to explore effect of sex, locale and education on adjustment, self-esteem and depression. Hence some suggestion are being made for further research:

1. Investigation covering other aspects, which were not included in the present study, may be fruitful.
2. The same study can be carried out to get better and more authentic results on a larger group.
3. This study can be conducted on C.B.S.E./U.P. Board children, I.S.C.E./Other state Board children at District/State level.
4. The study could be extended to other parts of country and different grades of educational institutions i.e. the primary, senior secondary or even at the collage level.
5. It is desirable for exploring the effect of sex, locale and education with psychological variable to compare different school systems such as government and private, Navodya & Central, and Public & Private on the phenomenon studied in this investigation.
6. In order to improve the school organizational climate, there is a need to change its socio-

psychological dynamics, which calls for further research.

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