

A Study of Optimism of Adolescents in relation to their Self Esteem and Life Satisfaction

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Abstract: Optimism involves a power to resist all difficulties in order to maintain the life in an effective way in spite of all of its obstacles. Optimists are the masters of their own fate. They believe that good things will happen to them and that they can make good things happen. Adolescents live in a society which has become multi complex thus making the role of adolescents very diffuse and confusing. An adolescent struggle with the developmental tasks of establishing an identity, accepting changes in physical characteristics, learning skills for a healthy life style and separating from family. They have got exuberant energy to pursue their needs but perhaps not the proper way to channelize it. So, adolescents engage in activities that pose real threat to their optimistic attitude. Self esteem is a favorable opinion of oneself. Developing good self esteem evolves encouraging a positive attitude towards oneself and the world around and appreciates one's worth. Self esteem is an intrinsic and universal part of human experience and it is a key concept for explaining the inherent secrets of human behavior as a cure for social and individual problems. Life satisfaction refers to a cognitive, judgmental process. Satisfaction is a state of mind that is an evaluative appraisal of something. The study targeted the adolescence period which is considered as a crucial period in an individual life. In this advancement optimism plays an important role in the progress of life. There are various personal and social outcomes of optimistic approach ,which may include more achievement in any task and goal, higher level of life satisfaction , better health , feeling of control over life and easier to make decisions. Life satisfaction can be viewed as an important psychological strength that helps to facilitate adaptive development.

Keywords: Adolescence, Self-esteem, Life satisfaction, Resilience

Introduction:

Optimism is indeed a mental state in which one perceives circumstances and occurrences as being preferable. Adolescents acquire certain abilities during adolescence that they'll require in order to earn a living, raise a family, maintain a loop of supportive friends, and face all of life's challenges. During this time, they will face increasing expectations for students, switching social relationships with family and peers, and both mental and physical associated changes with maturation.

At present, adolescents live in a society which has become multi complex. They have got exuberant energy to pursue their needs but perhaps not the proper way to channelize it. Developing an individual's self esteem especially in the adolescence stage would be beneficial for both the individual and society as whole. Life satisfaction can be viewed as an important psychological strength that helps to facilitate adaptive development. Whereas adult life satisfaction has been studied extensively, the life satisfaction of children and adolescents has only received attention more recently.

Life satisfaction is considered to be the cognitive or judgmental component of subjective well being. Optimism is an outlook of life in such a way that one maintains a view of the world as a positive place. Teachers, administrators and parents are commonly concerned about adolescents' self esteem.

Review of Literature: The basis for all work can be found in the relevant literature. The methodical identification, location, and analyses of papers providing information relevant to the study subject constitute the review of literature.

Joshi and Tomar (2010) investigated the differences in emotion maturity, depression, and coping mechanisms between adolescents who were optimistic and pessimistic. 144 teenagers from Dehradun's K. V. Schools provided the data, which was collected using a quota random sampling technique. In comparison to high-level optimistic women, high-level optimistic men were shown to have much lower levels of life stress.

The optimism, health practises, and locus of control of athletes and non-athletes were compared in a study by Mohan et al. (2013).

The findings showed a substantial difference in optimism and locus of control between athletes and non-athletes. Sportspeople scored much better on optimism than non-sportspeople, according to research. The relationship between college students' positivity, pessimistic, academic stress, social protection, and self-esteem was examined by Fernandez-Gonzalez et al. in 2015. The pupil stress inventory's stress indicators, in addition to their frequency and satisfaction, are all indicated by optimism and satisfaction with extrinsic social support.

Yousaf (2015) investigated the connections between social anxiety, parenting style, and self-esteem in 100 female students aged 15 to 18. For data collection, Rosenberg's self-esteem measure, parental authority questionnaire, and social interaction anxiety scale were used. The findings showed a bad association between self-esteem and social anxiety. According to a review of the research, teenagers who exhibited high levels of optimism exhibited low levels of sadness, less anger, and a more favourable response to stress.

A literature review showed that adolescents with high levels of optimism had lower levels of depression, less anger, and a more positive reaction to stress. Some researchers discovered that social support factors were related to self-esteem levels; others discovered that urban students had higher self-esteem than rural students.

Objective of the study:

- To study optimism, self –esteem, resilience and life satisfaction of adolescents.
- To study optimism, self esteem and life satisfaction of adolescents in relation to their gender, locale and stream of study.
- To study the difference between optimism of adolescents having high and low self esteem
- To explore the relationship among optimism, self-esteem and life satisfaction of adolescents.

Hypothesis of the Study:

- There will be no significant difference in optimism , self esteem and life satisfaction of adolescents in relation to their gender
- There will be no significant difference between in optimism, self esteem and life satisfaction of adolescents in relation to their stream of study
- There will be no significant difference between optimism of adolescents having high and low self esteem.

Method: Descriptive survey method was employed in order to study optimism of adolescents in relation to their self-esteem and life satisfaction.

Sample: Study was on the school students studying in 10+1 and 10+2 classes, a representative sample of 200 students was taken from the schools.

Analysis and Interpretation of Data:

Analysis of data refers to the breaking up of the whole data into constituent parts.

Description of variables: Optimism, Self Esteem and Life satisfaction among adolescents

Data collected, quantified, processed and presented in the form of frequency tables pertaining to different variables such as optimism, self esteem, resilience and life satisfaction.

Frequency distribution of Optimism of Scores among Adolescents:

To know the optimism of the adolescents, frequency distribution along with descriptive statistics is derived as given in table 1.

Table 1**Frequency Distribution of optimism scores among adolescents (N = 200)**

| Class Interval | F | ef | % age |
|-----------------------|----------|-----------|--------------|
| 34-38 | 62 | 200 | 10.57 |
| 29-33 | 180 | 510 | 25.50 |

| | | | |
|--|-----|-----|-------|
| 24-28 | 162 | 280 | 24.50 |
| 19-23 | 110 | 105 | 15 |
| 14-18 | 25 | 30 | 3.45 |
| 9-13 | 3 | 3 | 0.5 |
| <p>Mean = 25.23; Median = 28 Mode = 28.5 SD = 4.55; Max = 35 Min = 7 Range= 24; Skewness = -0.42 Kurtosis= -0.43</p> | | | |

It is clear from the tables 1 that mean scores on optimism –pessimism attitude scale among adolescents come out to be 25.23. The median, mode and standard deviation value are 24 and 4.55 respectively. Range comes out to be 28 (35- 7). Skewness value of the normal distribution is -0.44. The mass of the distribution is concentrated on the right of the figure. The distribution is left skewed.

Frequency Distribution of Self-esteem Scores among Adolescents

Frequency distribution of self esteem scores among adolescents has shown in table – 2

| Class Interval | F | Cf | % age |
|----------------|-----|-----|-------|
| 80-89 | 15 | 200 | 2.5 |
| 70-79 | 42 | 550 | 6.5 |
| 60-69 | 110 | 450 | 24.8 |
| 50-59 | 30 | 140 | 12 |
| 40-49 | 28 | 85 | 10.5 |
| 30-39 | 15 | 24 | 2.65 |
| 20-29 | 5 | 8 | 0.88 |
| 10-19 | 4 | 4 | 0.55 |

| | | |
|--------------|------------------|----------------|
| Mean = 54.32 | Median = 52 | Mode : 55.7 |
| SD = 11.40 | Max = 80 | Min = 11 |
| Range = 74 | Skewness = -0.12 | Kurtosis: 0.42 |

It is clear from the table 2 that mean score on self esteem scale among adolescents comes out to be 54.32 . The median, mode and standard deviation values are 52, 55.7 and 11.40 respectively. Range comes out to be 74. Skewness value of normal distribution is -0.12. The mass of the distribution is concentrated on the right of the figure. The distribution is left skewed.

Frequency Distribution of life-Satisfaction Scores among Adolescents : Frequency distribution of life satisfaction scores among adolescents has shown in the table.

Frequency Distribution of life-Satisfaction Scores among Adolescents

| Class Interval | F | Cf | Percentage |
|----------------|------------------|------------------|------------|
| 151-165 | 96 | 200 | 16 |
| 136-150 | 71 | 105 | 10.50 |
| 121-135 | 31 | 35 | 5.10 |
| 106-120 | 3 | 4 | 0.5 |
| 91-105 | 1 | 1 | 0.15 |
| Mean 165.02 | Median = 170 | Mode = 172.4 | |
| SD = 21.01 | Max = 222 | Min = 90 | |
| Range = 130 | Skewness = -0.28 | Kurtosis = -0.45 | |

The mean scores of life satisfaction scale among adolescents come out to be 165.02. Range comes out to be 130. The median, mode and standard deviation values are 170, 172.4, and 21.01 respectively. Skewness values of the normal distribution are -0.28. The mass of the distribution

is concentrated on the right of the figure. The kurtosis value indicates that the distribution has lighter tails and a flatter peak than the normal distribution.

Comparison of teenagers' optimism, self-esteem, and self-satisfaction scores according to gender, location, and field of study

Comparison of optimism scores among adolescents in relation to their gender

The mean score on optimism among male and female adolescents along with standard deviation and t- value is given in the table.

Table 4.4

| Gender | N | Mean | SD | t- value |
|--------|-----|-------|------|----------|
| Male | 100 | 25.42 | 4.55 | 3.42 |
| Female | 100 | 27.04 | 4.80 | |

It is clear from the table that mean score of optimism of male adolescents is 25.42 (SD 4.55) are compared to mean score of optimism of female adolescents which is 28.04 (SD 4.80). The t- value testing the significance of mean difference of optimism of male and female adolescents is 3.42 which is significant at 0.01 level. Female adolescents have higher optimism than male adolescents.

A comparison of adolescents' optimism scores in relation to their locale

The mean scores of optimism of rural and urban adolescents along with SD and t value is given in the table.

Table 4.5

| Gender | N | Mean | SD | t- value |
|--------|-----|-------|------|----------|
| Rural | 100 | 26.20 | 4.70 | 0.02 |
| Urban | 100 | 26.01 | 5.65 | |

It has been shown that adolescents in rural areas score on average 26.20 with SD, while adolescents in urban areas score 26.01 with SD 5.65. The t-value, which measures the significance of the mean difference in optimism between teenagers from rural and urban areas, is 0.02, which is not significant at 0.05 levels. Research demonstrated that there is little difference in optimism across adolescents in rural and urban areas.

Comparison of adolescents' life satisfaction ratings according to their field of study

Adolescent's life satisfaction scores were calculated stream-by-stream. The mean and standard deviation of the life satisfaction scale scores are shown in table 4.6.

The score of on life satisfaction were composed stream wise Mean and SD of scores on life satisfaction scale are presented in the table 4.6.

Mean and SD of scores on life satisfaction of adolescents on the bases of their stream of Study

| Variable | Stream | N | Mean | SD |
|--------------------------|-----------------|------------|---------------|--------------|
| Life Satisfaction | Arts | 200 | 172.08 | 23.85 |
| | Science | 200 | 180.33 | 20.97 |
| | Commerce | 200 | 172.56 | 23.38 |

The mean score of life satisfaction of adolescents belonging to arts stream is 172.08 with the SD 23.85 and the science stream is 180.33 with SD 20.97 while that of commerce group is 172.56 with SD 23.28.

Findings: The majority of adolescents perform better than the average on an optimism scale. More than half of adolescents achieve self-esteem levels that are close to the mean. The findings showed a sizable gender difference in teenagers' optimism. The study identified no regional differences in adolescents' optimism. Substantial disparities in teenage optimism were

discovered. Self stream does not significantly differ from one another. The self-esteem of adolescents in rural and urban areas is similar. The results of the study showed a significant stream difference in adolescents' self-esteem. There was a noticeable difference between the teenagers with high and poor self-esteem in terms of their optimism. Adolescents with strong self-esteem displayed more optimism than those with poor self-esteem.

Conclusion: As far as the current study is concerned, it can be asserted that the findings may help improve the academic performance of teenagers. It is possible to acquire optimism. A positive explanatory approach is a crucial protective element in navigating challenging life situations. With the right instruction and assistance, it can be improved. It is advised that different training programmes, seminars or workshops should be offered in schools to boost the optimism of students which in turn will enhance their life satisfaction. As per the results of the study optimism is significantly related to self esteem and life satisfaction of the adolescents. Optimism is an important factor in coping with difficult life events. The act of expecting positive outcomes and being hopeful can boost a person's immune system, protect against perceived stress and help people cope with setbacks. Learning optimism and information on this area can help students to be a successful citizen and perform their social roles perfectly due to their abilities to deal with problems and capacities of seeking social support at the right time and right place.

Educational Implications: As per the result of the study, optimism is significantly related to self esteem, and life satisfaction of the adolescents. Optimism is an important factor coping with difficult life events. Optimism can have deep effects on a person's health. The act of expecting positive outcomes and being hopeful can boost a person's immune system , protect against perceived stress ad help people cope with setbacks.

Learning optimism and information on this area can help students to be a successful citizen and perform their social roles perfectly due to their abilities to deal with problems and capacities to seeking social support at the right time and right place.

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