Graduates' Self-Esteem and their Field of Studies

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Abstract:

Self-esteem is a significant component in clinical, developmental, personality, and social psychology. Its role in psychological functioning has been studied for nearly a century. The concept of self-esteem has evolved. Produced a study literature with such breadth and depth that keeping up with it is challenging. It's impossible to put everything into words. Young graduates numbering 100 participated in this study while responding to self-esteem scale items. results suggest that self-esteemdoes not vary according to the field of study that they pursue. Implications are drawn for practice.

Key words: Self-esteem, Management Education, Graduates, depression

Introduction

Among all the facets of human personality, there is no other concept that is so much of cardinal concern to all associated with helping professions than self-esteem. Self-esteem as a personality construct is known to have myriad cause of effect relationships. Socialization is one of the major causes of self-esteem. The agents of socialization right from childhood would influence a person's self-esteem either in the positive or negative. The consequences are many. For instance, self-esteem improves confidence among individuals. It helps in developing positive world view which includes interpersonal relations, group living, trusting others, high self-esteem individuals known for higher performances and higher achievements in various fields of careers.

An essential component of happiness is self-esteem. An employee who has a high sense of self-worth may trust his or her reasoning and judgment and is more likely to make wise decisions. In turn, this promotes the development of stronger professional and interpersonal bonds and, as a result, a pleasant working environment.

Success in life and high self-esteem go hand in hand. If you don't think you can do something or if you think that other people are holding you back, then you won't be able to succeed at anything. The truth is that the secret to success is building a solid, healthy sense of self.

Review of Literature

Some important studies related to self-esteem are reviewed and presented in the following

sections.

Children and young adults with VI showed this impression of self-esteem, according to Augestad found Social support, companionship, mobility freedom, and parenting and teaching methods all seemed to play a role in assisting children with VI to improve their sense of self and self-worth. We therefore need more information and high-quality, further longitudinal and randomized research on how to provide kids and young people with VI with opportunity for effective development and good self-evaluation.

Ahmed M. Abdel-Khalek (2014) holds the opinion that a social desirability scale should be used in conjunction with the self-esteem questionnaire in order to create a statistical formula that adds the social desirability scale's score to the self-esteem measure in order to suppress the participant's attempts to gain the favor of others.

Although it is well established that low self-esteem and depression are linked, Orth U. Robins (2013) notes that the appropriateness of the relationship has been the subject of ongoing discussion. We outline many theories about the connection between vanity and hopelessness and evaluate recent research that contrast the viability of these competing theories. Overall, the available evidence provides strong support for the vulnerability model, weaker support for the scar model, and limited support for chance debts like the diathesis-pressure model.

After much disagreement, according to Robins and Trzesniewski(2005), there is a growing understanding of how vanity changes through time. Typically, vanity is quite extreme in childhood, reduces during adolescence (particularly for girls), rises gradually during maturity, and then declines dramatically as people get older. Despite the huge age gaps, people tend to maintain their ranking in relation to one another: People who have very high levels of vanity at one point in time likely to still have exceptionally high levels of vanity years later.

According to the findings, Carol Challenger believes that self-esteem is not well operationalized and that its use in literature is inconsistent and poorly defined. Self-esteem still lacks a broadly agreed definition and conceptualization, hence many evaluation tools with different aims and definitions are used. Researchers have persisted in evaluating self-esteem despite the fact that it is a poorly defined and quantified concept in order to draw causal inferences about evaluation and intervention strategies.

Jennifer and Loraine made a statement that the statistics suggest that CBT may be an effective

treatment for raising academic and general self-esteem when compared to wait-list controls. However, given the paucity of research in this area and the need for greater study into CBT's long-term effects, more research is required.

Lauren stated that acne can have a significant impact on a teen's quality of life, self-esteem, and mood. An higher frequency of anxiety, depression, and suicidal ideation has been linked to acne. When treating acne sufferers, the presence of these and other co-morbid psychiatric illnesses should betaken into account. Patients at risk for the negative psychological impacts of acne may benefit from a strong physician-patient connection and careful history taking.

According to Denis Lawrence, extensive observations and interviews also took place during this time. For those campers whose ability to participate actively in camp activities and relationships was no longer restricted, the vanity stage advanced in every environment. Additionally, the level of frenzy increased on each campus among those who anticipated experiencing a loss of affect in their future social interactions at home and at school.

In their structural equation modeling study, Katherine and Jeremy discovered that social tension was considerably more likely to be recorded in those with low body image, ego, and emotional quotient. The results showed that social stress was higher among overweight and obese individuals with low body-esteem, emotional intelligence, and vanity than in others. Our findings highlight the roles of vanity, body image, and emotional intelligence as contributing factors for reducing social tension.

Tatiana and Paul (2007) discovered in their research that people with high levels of vanity tend to pay more attention to the satisfaction of success than to the consequences of failure, while lows show the opposite effects. College students were placed into four groups, with each receiving either success or failure treatments, depending on their level of vanity.

Mecca et al(1989). discovered that the racial differences within the mean ranks were statistically significant. There was a statistically significant relationship between mean vanity rankings and sex, age, race, religion, number of siblings, smoking, and role within the immediate family. Between mean vanity rating with parental marital status and with rating among siblings, there was no statistically significant difference.

According to Rubinstein, lowering vanity enhances mental health and results in appropriate

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behavioral changes in individuals. In this bankruptcy, I want to take a close look at those fundamental presuppositions, mostly from the perspectives of social and scientific psychology. Although there is a tone of research to back up such assertions, the case for each isn't necessarily as solid as it might initially seem.

According to Leary (1999), the version suggests two beautiful passions—harmonious and obsessive—that call for advantageous and significantly less adaptive consequences, respectively. Given their use of unusually adaptive self-regulatory techniques, we expected that people who are surprisingly excessive in one particular form of vanity could experience higher levels of harmonious passion. On the other side, people with surprising low levels of implicit vanity could experience higher levels of obsessive passion due to their ego fragility and defensiveness.

Deng And Zhang (2011) stated that Self-record measures of mindfulness, shallowness, have an effect on and intellectual health. Correlation consequences indicated that mindfulness become related to shallowness, have an effect on, and intellectual health and shallowness become related to have an effect on and intellectual health. Analysis the usage of Structural Equation Modeling (SEM) confirmed that shallowness absolutely mediated the connection among mindfulness and high quality have an effect on and intellectual health.

In order to understand the relationship between vanity and creativity as well as the factors influencing it, Sherina et al.(2008) undertook a study. 24 retrievable literatures, with 3956 participants, were used in the current investigation. The results of the meta-evaluation showed that vanity had been greatly aided by the anticipated genuine rating correlations with regard to inventiveness. But it regarded the approach as creative.

Scott and John say Although the idea of vanity plays a crucial role in contemporary vulnerability models of depression, empirical research has found that the average level of vanity isn't a reliable predictor of the disorder's start. We suggest a multifaceted interpretation of vanity in depression to address this disparity. According to psychodynamic, cognitive, and social-environmental theories, predisposed vanity has a far more complex nature than is initially apparent.

According to a study by Trzesniewski et al(2003)., stability determined character qualities. Both studies provided evidence in support of a sound developmental approach: Self-esteem balance changed from being low during childhood to being high during youth and young adulthood to declining during midlife and vintage age. This style was typically duplicated across gender, ethnicity, shallowness scale, nationality, and age changes within the validity of shallowness

measurements.

Orth et.al (2013) discovered that shallowness increases from childhood to middle adulthood, peaks at about age, and then declines rapidly until old life. In addition, there are no cohort changes within the shallowness trajectory from youth to old age. Second, shallowness is a quality that is clearly stable but never immutable.

According to a study by Webber et al.(2008), children treated for amblyopia showed lower levels of self-belief in social approval when compared to age-appropriate controls. A reduction in those ratings used to be associated with a history of patching therapy, but not any longer with a history of strabismus or spectacle use.

In summary, research reveals that people with greater levels of self-esteem have more psychological resources and, as a result, feel less self-conscious than people with lower levels of self-esteem. Higher self-esteem results in more favorable traits in a wider range of areas.

People who have a high sense of self-worth typically perform better academically and professionally, have better interpersonal relationships, and exhibit less antisocial behavior. And these advantages last throughout adulthood, old age, and adolescence. For instance, a recent meta-analysis discovered that those with higher socioeconomic position typically reported higher levels of self-esteem, especially throughout young adulthood when people choose whether or not to attend college (Twenge and Campbell, 2002).

The Present Study

Self-esteem is the strong relation to happiness. In self-esteem we have low self-esteem and high self -esteem. In low self-esteem is about behavior and delinquency it has no effects. And high self-esteem is about cheating and bulling are found (Rosenberg, 1968).

self-esteem among management students is of greater importance since these students man positions in their future that demand greater responsibility and accountability in their work places.Inself- esteem, it was separated between the self-confidence and self-depreciation factors, and it is defined as a sense of personal worth or value, and it will be considered between high self-esteem and low self-esteem. It has generated a body of research literature of such magnitude

and depth that it is difficult to summarize. When it comes to the formation of self-esteem, it involves long processes. It is correlated with the development of self-image and self- conscience, and its evolution in time also includes periods of downfall, especially during transitional periods. The formation of shallownes simples an extended process. It is correlated with the formation of self-photo and self-conscience. Its evolution in time involves additionally downfall durations mainly in the course of transition durations from one degree to another, from one fame to another, e.g., in adolescence (because of the psychosomatic changes), or grand age, because of the alternate in fame, retirement and the alternate in duties and responsibilities. While shallowness seems to say no in the course of adolescence, it will increase in the course of youngeradulthood. Nevertheless, in this study, it is assumed that graduates pursing various fields of education might influence their self-esteem. Therefore, first it measures self-esteem suing standardized scale, followed by computing means and standard deviations in their self-esteem according to the fields of study that they pursued. Finally, to know the significance of variation in their mean scores, f-value was computed.

Objectives and Hypothesis of study

 i. To assess graduates perceptions about self-esteem.
 ii. To analyse variations in the self-esteem among graduates according to their field of study.

It is hypothesized that "graduates do not vary in their self-esteem according to their field of study".

Research methodology

The Study Area is greater Hyderabad and the data was collected fromstudents living in this city pursuing graduate studies in management education. A descriptive research design was adopted to describe the self-esteem scenarios of graduations pursuing various fields of study. Using non probability sampling method, the Sample Size of 100Respondentswere chosen conveniently.

Data Collection Tool: The Rosenberg self-esteem scale (RSES), developed by Morris Rosenberg, is a self- esteem measure used in social-science research. It measures self-esteem on a scale of 0-4. In a similar way to the social-survey questionnaire, the RSES measures a student's opinion of their own self-worth by measuring both positive and negative feelings about themselves. Google Forms was used to float the questionnaire which included questions relating to the personal characteristics and self-esteem scale. The reliability coiffing of the scale was 0.76

indicating it was reliable for future analysis. The Data was Analysis using mean scores, SD scores and ANOVA for estimating variations in the mean scores according to the field of study pursued by the graduates.

Results and Discussion

The main objective of this study is to assess the self-esteem of the graduates pursuing studies in various fields. Further, it also explores the variations in self-esteem of these individuals according to their field of study.

TABLE 1 : GRADUTES BY THEIR FIELD OF STUDY

Sno	Field of Study	N	Percentage
1	Accounting & Finance	22	22.00
2	Sales & Marketing	16	16.00
3	Date Science & Analytics	5	5.00
4	Human Resources Management	13	13.00
5	Engineering	44	44.00
6	Total	100	100.00

It is clear from the table that nearly half of the students studying in Engineering (44%), followed by nearly one fourth Students in Accounting and Finance students (22%), students in sales and marketing (16%), students in Human Resources Management (13%) and students in Date science & Analytics (5%).

Self Esteem By Field Of Study

it is the extent to which an individual perceived that he or she has self-worth. The fore, data were collected and analyzed according to the field of study that graduates are pursuing. Thus, mean scores, SDs and f-value was computed and the results are presented in the following table.

TABLE 1 :SELF ESTEEM BY FIELD OF STUDY

Sno	Field of Study	N	Mean	Std. Dev.
1	Accounting & Finance	22	2.33	0.49
2	Sales & Marketing	16	2.39	0.55

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3	Date Science & Analytics	5	2.07	0.48
4	Human Resources Management	13	2.63	0.54
5	Engineering	44	2.33	0.61
	Total	100		

f-value=1.155 df=4,95, P=0.336

It is clearly seen from the table that all the graduates pursuing various fields of study did not obtain expected mean scores of 3.0. This means that the graduates have less self-esteem than expected. Further, among the graduates, those who studied Human Resources Management scored (mean=2.63) little more than the others like Students in Accounting and Finance students, students in sales and marketing, students in Date science & Analytics, students in Human Resources Management, and students in Engineering. The f-value computed for examining the mean variations, suggest that there is no significant mean variation among the graduates in their self-esteem. This means that graduates do not vary in their self-esteem according to the field of study that they pursue. Thus, the null hypothesis stands rejected. In other words, self-esteem is not influenced by the field of study that graduates pursue in their life, but influenced by many other socialization experiences reinforced by positive relationships, rewards and achievements in general.

Conclusion/Findings

To conclude, investigate comes about appear advantageous results of positive self-esteem, which is seen to be related with mental well- being and bliss, alteration, victory, scholarly accomplishments and fulfillment. It addresses the dynamic nature of vanity and bodily beauty, and concludes that enhancing bodily beauty via modifications with inside the face and particularly the smile, will cause advancedvanity. This study did not garner support to the hypothesis that self-esteem among the graduates is influenced by the field of study. This means that self-esteem comes from the persona experiences in various walks of life and not necessarily influenced by the stipe of studies that graduates pick up in their careers.

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