INFLUENCE OF EDUCATION AND MARITAL STATUS ON SELF-ESTEEM OF WORKING AND NON-WORKING WOMEN

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INTRODUCTION

Self-esteem refers to global self-evaluations. Investigators have not always made clear distinctions between self-esteem and self-concept, sometimes using the terms interchangeably or not precisely defining them.. (John, 2007). "Self-esteem," in common usage, is defined as a high opinion of oneself and respect for oneself. (Annie Reich 1960). Self-Esteem is one of the oldest concepts in psychology, first appeared as a coinage of American psychologist and philosopher William James in 1980. It involves one's mental perception of one's qualities, not of one's physical features. Torres *et al.,* (1995) found that self-esteem was significantly correlated with mental health and safety aspects among older adolescent in Spain, which "confirms the findings of numerous previous studies that positive self-esteem has enormous influence on mental health.

RELATED REVIEW

King *et al.,* (1999) indicated that students with a higher score on self-esteem were more likely to have a good relationship with their parents, to be well adjusted and successful at school and to feel happy and healthy. In turn, happy young people were said to have higher self-esteem. Overall, boys tended to be happier than girls and were less subject to other stressors.

Boyd and Hrycaiko (1997) found that self-esteem is age-dependent and impacted over time by social interaction and personal experiences. Self-esteem impacts specific factors such as physical self-efficacy, self-confidence, anxiety, and perceived control in both male and female athletes of all ages and across

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different sports. This Study of pre-adolescent and adolescent females revealed that the pre-adolescent low self-esteem and low physical self-concept groups derived the greatest benefit from the physical activity intervention.

Palmer (1995) conducted the study to find the effects of an eight-week walking program on self-esteem in women at Northeast Louisiana University. This study showed improvement in self-esteem following the implementation of a fitness program. The study hypothesized that walking will improve scores on depression, self-esteem, and physical fitness. The results put forth that pregnant women's increase in self-esteem could have been due to factors such as acquiring a new skill, engaging in social interaction, and having accomplished a difficult task. Additionally, significant improvements in self-esteem were more pronounced when individuals initially have very low self-esteem. Another important results was the finding that physiological improvement is not necessary for psychological improvement

Manis, (1992) found that. employed have higher self-esteem than unemployed women. Life satisfaction showed essentially the same pattern of relationships to work status. Work status was not, however, significantly related to self-esteem or life satisfaction among women 35-44. Reasons considered for this behavior were family-state and type of job.

OBJECTIVES OF STUDY

1. To study the impact of education on self-esteem among women.
2. To evaluate self-esteem as per marital status of women.
3. To assess various dimensions of self-esteem among working and non-working women.

JUSTIFICATION AND METHODOLOGY

The focus of this study is on of self-esteem and the process of evaluating the self-negatively or positively. Studies examining self-efficacy is the level and strength of an woman's belief that she can successfully perform a given activity, have been examined given the similarity of this construct to self-esteem .This paper is an attempt of understanding and underlying structure of the self-concept which can contribute to the process of mediating change in self-esteem and improving psychological health. 100 respondents were selected for the study, which included 50 working women out of which 25 were from rural area and 25 from urban area and 50 non-working women's in which 25 were from rural area and 25 from urban area. Samples were selected. The present study was investigated through multi-stage sampling technique. The tools used to facilitate collection of data include questionnaire and "Self-Esteem Scale for Women" (SESW) constructed by Kapadia and Verma (2000). It comprised 41 items under the responses of Most Often (MO), Sometimes (S) and Rarely (R). MO was scored as 3, while S was scored as 2 and (R) was scored as 1, in case of

positive items. Whereas, in case of negative items, (MO) was scored as 1, while (S) was scored as 2, and (R) was scored as 3.. The data was analyzed through statistical software namely SPSS computing percentage, chi-square value, levels of significance and degrees of freedom. The levels of significance were obtained at the p-values of < 0.01, < 0.05 and >0.05. The p-values of <0.01 was regarded as highly significant. The p-value of <0.05 was considered at significant and p-value of >0.05 was calculated as insignificant. The total score of the scale regarding 'Self-Esteem for Women" was divided into 3 categories i.e., Low, Medium and High. Low level of self-esteem comprised the scores upto 62 (50 per cent). Medium level of self-esteem comprised the scores upto 63 –87 (50-70per cent) and high level of self-esteem comprised the scores upto 80 (>70 per cent). The Scale of "Self-Esteem for Women" was divided into 5 categories i.e.,

(a) Self-Esteem in Personal Life comprised 15 items and levels of low, medium and high. Low level of self-esteem comprised the scores upto 22 (50%) medium level of self-esteem comprised the scores 23-31 (50-70%) and high level of self-esteem comprised the scores more than 31 (>70%).

(b) Self-Esteem in Family Relations comprised 7 items and levels of low, medium and high. Low level of self-esteem comprised the scores upto 10 (50%), medium level of self-esteem comprised the scores upto 11-14 (50-70%) and high level of self-esteem comprises the scores upto 15 and more than(> 70%)

(c) Self-Esteem in Social Relations comprised 11 items and levels of low, medium and high. Low level of self-esteem comprised the scores upto 16 (50%), medium level of self-esteem comprised the scores upto 17-23 (50-70%) and high level of self-esteem comprised the scores upto 24 and more (>70%).

(d) Self-Esteem in Career comprised 8 items and levels of low, medium and high. Low level of self-esteem comprised the scores upto 12 (50%), medium level of self-esteem comprised the scores upto 13-16 (50-70%)and high level of self-esteem comprises the scores upto 17 and more (>70%).

Table 3
Self-Esteem among Women as per their Activity

(n=100)

Variable	Activity						
	Working		Non-working			Total	
	N	Per cent	N	Per cent	N	Per cent	c^2-value
Self–Esteem in Personal Life							
Low	1	16.67	5	83.33	6	100.00	3.371_2^*
Medium	41	50.62	40	49.38	81	100.00	
High	8	61.54	5	38.46	13	100.00	
Total	50	50.00	50	50.00	100	100.00	
Self-Esteem in Family Relations							
Low	2	100.00	-	-	2	100.00	2.376_2^{**}
Medium	27	46.55	31	53.45	58	100.00	

High	21	52.50	19	47.50	40	100.00	
Total	50	50.00	50	50.00	100	100.00	
Self-Esteem in Social Relations							
Low	7	63.64	4	36.36	11	100.00	1.373_2***
Medium	31	46.27	36	53.73	67	100.00	
High	12	54.55	10	45.45	22	100.00	
Total	50	50.00	50	50.00	100	100.00	
Self-Esteem in Career							
Low	6	42.86	8	57.14	14	100.00	0.381_2***
Medium	22	52.38	20	47.62	42	100.00	
High	22	50.00	22	50.00	44	100.00	
Total	50	50.00	50	51.00	100	100.00	
Over all Self-Esteem							
Low	-	-	-	-	-	-	2.250_1*
Medium	37	46.25	43	53.75	80	100.00	
High	13	65.00	7	35.00	20	100.00	
Total	50	50.00	50	50.00	100	100.00	

Row percentage
* $p - value < 0.01$,(highly significant)
** $p - value £ 0.05$, (significant)
*** $p - value > 0.05$, (insignificant)
Degree of freedom (d.f) in subscripts of c^2–value.

Age was divided into 3 categories, i.e., low, middle and high. Low age group comprised the women respondents who were upto age of 18-20 years. Middle age comprised the women respondents who were upto age of 20-30 years. High age comprised the women respondents where were above 30years. Family income was divided into 3 categories i.e., Low, Average and High. Low Family Income means when a family earns Rs 3000 per month, Average Family Income means when a family earns Rs 3000-7000 per month, and High Family Income when comprises a family earns of Rs 7000 per month.

RESULTS AND DISCUSSIONS

Table 1 shows that majority of illiterate women i.e., 50.00 per cent have low self-esteem in personal life .The medium level of self-esteem in personal life of women is found highly among 62.96 per cent of higher educational status. The high level of self-esteem in personal life of women is found by 61.54 per cent at higher educational status. Such differences between self-esteem in personal life and educational status is found significant (p-value < 0.05) with the c^2 value of 7.66 with the 6 degree of freedom. Fontane, (1996) found that individuals high in self-efficacy, the belief that they can be successful at an activity and in self-esteem, a perception of positive self-regard are more likely to engage and adhere to an exercise program. Equal percentage of women i.e., 50.00 per cent have low level of self-esteem in family relation at graduate and higher educational levels respectively. The medium level of self-esteem in family relations is found among majority of women i.e, 63.79 per cent at higher educational status. The

Table 1
Self-Esteem among Women as per their Educational Status

(n=100)

Variables	Illiterate		High School		Graduate		Higher Education		Total		X^2-value
	N	Per cent	N	Per cent	N	Per cent	N	Per cent	N	Per cent	
Self-Esteem in Personal Life											
Low	3	50.00	-	-	1	16.67	2	33.33	6	100.00	7.66^{**}_{6}
Medium	15	18.52	8	9.88	7	8.64	51	62.96	81	100.00	
High	1	7.69	1	7.69	3	23.08	8	61.54	13	100.00	
Total	19	19.00	9	9.00	11	11.00	61	61.00	100	100.00	
Self-Esteem in Family Relations											
Low	-	-	-	-	1	50.00	1	50.00	2	100.00	5.22^{**}_{6}
Medium	11	18.97	6	10.34	4	6.90	37	63.79	58	100.00	
High	8	20.00	3	7.50	6	15.00	23	57.50	40	100.00	
Total	19	19.00	9	9.00	11	11.00	61	61.00	100	100.00	
Self-Esteem in Social Relations											
Low	1	9.09	-	-	1	9.09	9	81.82	11	100.00	4.12^{**}_{6}
Medium	14	20.90	7	10.45	6	8.96	40	54.70	67	100.00	
High	4	10.18	2	9.09	4	18.18	12	54.55	22	100.00	
Total	19	19.00	9	9.00	11	11.00	61	61.00	100	100.00	

Contd....

Variables	Education Status										
	Illiterate		High School		Graduate		Higher Education		Total		X^2-value
	N	Per cent	N	Per cent	N	Per cent	N	Per cent	N	Per cent	
Self-Esteem in Career											
Low	4	28.57	1	7.14	-	-	9	64.29	14	100.00	5.413^{***}_{6}
Medium	9	21.43	2	4.76	6	14.29	25	59.52	42	100.00	
High	6	13.64	6	13.64	5	11.36	27	61.36	44	100.00	
Total	19	19.00	11	11.00	11	11.00	61	61.00	100	100.00	
Over all Self-Esteem											
Low	-	-	-	-	-	-	-	-	-	-	3.808^{*}_{3}
Medium	17	21.25	8	10.00	10	12.50	45	56.25	80	100.00	
High	2	10.00	1	5.00	1	5.00	16	80.00	20	100.00	
Total	19	19.00	9	9.00	11	11.00	61	61.00	100	100.00	

Row percentage
* $p - value < 0.01$, (highly significant)
** $p - value \leq 0.05$, (significant)
*** $p - value > 0.05$, (insignificant)
**** Degree of freedom (d.f) in subscripts of $\chi^2 - value$.

Table 2
Self-Esteem among Women as per their Marital Status

(n=100)

Variables	Unmarried N	Per cent	Married N	Per cent	Separated N	Per cent	Divorced N	Per cent	Widow N	Per cent	Total N	Per cent	X^2-value
Self-Esteem in Personal Life													
Low	2	33.33	2	33.33	1	16.67	1	16.67	-	-	6	100.00	3.38^{**}_{8}
Medium	26	32.10	37	45.68	5	6.17	11	13.58	2	2.47	81	100.00	
High	3	23.08	5	38.46	1	7.69	3	23.08	1	7.69	13	100.00	
Total	31	31.00	44	44.00	7	7.00	15	15.00	3	3.00	100	100.00	
Self-Esteem in Family Relations													
Low	1	50.00	1	50.00	-	-	-	-	-	-	2	100.00	9.381^{**}_{6}
Medium	21	36.21	25	43.10	6	10.34	5	8.62	1	1.72	58	100.00	
High	9	22.50	18	45.00	1	2.50	10	25.00	2	5.00	40	100.00	
Total	31	31.00	44	44.00	7	7.00	15	15.00	3	3.00	100	100.00	
Self-Esteem in Social Relations													
Low	4	36.36	5	45.45	-	-	2	18.18	-	-	41	100.00	5.821^{**}_{8}
Medium	18	26.87	29	43.28	7	10.45	11	16.42	2	2.99	67	100.00	

Contd....

Variables	Unmarried		Married		Separated		Divorced		Widow		Total		X^2-value
	N	Per cent	N	Per cent	N	Per cent	N	Per cent	N	Per cent	N	Per cent	
High	9	40.91	10	45.45	-	-	2	9.09	1	4.55	22	100.00	
Total	31	31.00	44	44.00	7	7.00	15	15.00	3	3.00	100	100.00	
Self-Esteem in Career													
Low	2	14.29	8	57.14	2	14.29	2	14.29	-	-	14	100.00	5.51^{*}_{6}
Medium	16	38.10	17	40.10	2	4.76	5	11.90	2	4.76	42	100.00	
High	13	29.55	19	43.18	3	6.82	6	18.18	1	2.27	44	100.00	
Total	31	31.00	44	44.00	7	7.00	15	15.00	3	3.00	100	100.00	
Over all Self-Esteem													
Low	-	-	-	-	-	-	-	-	-	-	-	-	6.86^{**}_{4}
Medium	22	27.50	38	47.50	7	8.75	10	12.50	3	3.75	80	100.00	
High	9	45.00	6	30.00	-	-	5	25.00	-	-	20	100.00	
Total	31	31.00	44	44.00	7	7.00	15	15.00	3	3.00	100	100.00	

Row percentage

$*$ p – value < 0.01, (highly significant)

$**$ p – value ≤ 0.05, (significant)

Degree of freedom (d.f) in subscripts of χ^2 – value.

high level of self-esteem in family relations of women is found by 57.50 per cent women at higher educational status. Such differences between self-esteem in family relations and educational status is found significant (p-value < 0.05) with the c^2 value of 5.22 at the 6 degree of freedom. Illiterate women have high level of self-esteem in family relations and women at high school education have medium level of self-esteem in family relations. It is observed that women at graduate level of educational status have low level of self-esteem in family relation. The women at higher educational status have medium level of self-esteem in family relations. A number of previous studies have suggested that the perception of barriers to leisure, or constants on leisure is related to self-esteem Searie and Jackson (1985) found that increase in education and income were related to reduced perceived barriers to recreation participation. Godbey (1985) suggested that people from low or middle-low self-esteem groups may be less likely to be aware of public leisure services, thus eliminating the possibility of participation in some leisure activities.

It is also found from table 1 that majority of women i.e., 81.82 per cent have low self-esteem in social relations at higher educational status. The medium level of self-esteem in social relations of women is found by 59.70 per cent at higher educational status. The high level of self-esteem in social relations of women is found 54.55 per cent at higher educational status. Such differences between self-esteem in social relations and educational status is found significant (p-value < 0.05) with the c^2 value of 4.12 at the 6 degree of freedom. Majority of women i.e., 64.29 per cent have low level of self-esteem in career, at higher education level .The high level of self-esteem in career of women is found highly among women i.e., 61.36 per cent at higher educational status. Such differences between self-esteem in career and educational status is found insignificant (p-value > 0.05) with the c^2 value of 5.41 at the 6 degree of freedom. Thus, illiterate women have low level of self-esteem in career. Whileas, women at high school level of educational status have high level of self-esteem in career. It is observed that women at graduate level of educational status have medium level of self-esteem in career. Moreover, the women at higher educational status have low level of self-esteem in career.

Table also shows that majority of women i.e., 56.25 per cent have medium level of over all self-esteem at higher of educational status. The high level of over all self-esteem of women is found highly among women by 80.00 per cent. Such differences between overall self-esteem and educational status is found high significant (p-value< 0.01) with the c^2 value of 3.80 at 3 degree of freedom.

Self-Esteem among Women as per their Marital Status

Table 2 shows that majority of married women i.e., 33.33 per cent have low self-esteem in personal life. The medium level of self-esteem in personal life of married women is found highly among 45.68 per cent. The high level of self-esteem in personal life of married women is found by 38.46 per cent .Such

differences between self-esteem in personal life and marital status is found significant (p-value< 0.05) with the c^2 value of 3.38 with the 8 degree of freedom. Un-married women have low level of self-esteem in personal life. Whileas, married women have medium level of self-esteem in personal life. It is also observed that seperated women have low level of self-esteem personal life. The medium level of self-esteem in family relations is found among majority of married women 43.10 per cent at married level of marital status. The high level of self-esteem in family relations of women is found by 45.00 per cent married women.Such differences between self-esteem in family relations and marital status is found significant (p-value < 0.05) with the c^2 value of 9.38 at the 8 degree of freedom. Un-married women have low level of self-esteem in family relations. Separated women have medium level of self-esteem in family relations.

Table 2 also shows that majority of married women i.e. 45.45 per cent have low self-esteem in social relations. The medium level of self-esteem in social relations found among 43.28 per cent married women. The high level of self-esteem in social relations of married women is found by 45.45 per cent. Such differences between self-esteem in social relations and martial status is found significant (p-value < 0.05) with the c^2 value of 5.82 at the 8 degree of freedom In studying the effect of fatherly affirmation on psychosexual characteristics of male University students, Naus and Theis (1994, 1995) collected evidence that fatherly affirmation had an affect on self-esteem in women but not on their fear of intimacy. The study used expanded and improved measures on a larger sample of female university students to determine the relationship between fatherly affirmation and women's self-esteem, fear of intimacy, comfort with womanhood and construction of sexuality i.e., feelings of comfort and success in sexual relationships.

It is also found from table 2 that majority of married women i.e. 57.14 per cent have low self-esteem in career. The medium level of self-esteem in career of married women is found highly among women by 40.18 per cent Such differences between self-esteem in career and martial status is found high significant (p-value < 0.05) with the c^2 value of 5.51 at the 6 degree freedom. In line with other research, notably that of fields (1983), Foresman (1989), Owen (1983), Secunda (1992) and Sharpe (1994), it was found that the more affirmed women feel higher self-esteem. Naus and Theis (1994, 1995) obtained similar results for men.. Majority of married women i.e. 47.50 per cent have medium level of over all self-esteem. The high level of overall self-esteem is found among un-married women by 45.00. Such differences between over all self-esteem and martial status is found significant (p-value < 0.05) with the c^2 value of 6.86 at the 4 degree of freedom. Thus,un-married women have high level of overall self-esteem, while married women have medium level of overall self-esteem. It is also observed that seperated women have medium level of overall self-esteem. This outcome fits with the conclusions of Secunda's (1992) interviews with women. This was not the case in the earlier Naus and Theis (1994) study on men.

Self-Esteem among Women as per their Status

Table 3 shows that majority of non-working women i.e. 83.33 per cent have low self-esteem in personal life .The medium level of self-esteem in personal life of working women is found by 50.62 per cent. The high level of self-esteem in personal life of women is found by 61.54 per cent working women.. Such differences between self-esteem and personal life is found high significant (p-value >0.05) with the c^2 value of 3.37 at the 2 degree of freedom. Thus, working women have high level of self-esteem in personal life. Whileas, non-working women have low level of self-esteem in personal life. The medium level of self-esteem in family relations is found among majority of non-working women by 53.45 per cent. The high level of self-esteem in family relations of working women is found by 52.50 per cent .Such differences between self-esteem and in family relations and status is found significant (p-value < 0.05) with the c^2 value of 2.37 at the 2 degree of freedom. Working women have low level of self-esteem in family relations, whereas, non-working women have medium level of self-esteem in family relations.

It is also found from table 3 that majority of working women i.e. 63.64 per cent have low self-esteem in social relations. The medium level of self-esteem in social relations of non-working women is found by 53.73 per cent. The high level of self-esteem in social relations is found by 54.55 per cent of working level of women. Such differences between self-esteem in social relations and status is found in significant (p-value < 0.05) with the c^2 value of 1.37 at the 2 degree of freedom. Thus, working women have low level of self-esteem in social relations. Whileas, non-working women have medium level of self-esteem in social relations. Majority of non-working women i.e. 57.14 per cent have low self-esteem in career. The medium level of self-esteem in career is found among 52.38 per cent of working women. Such differences between self-esteem in career and their status is found in significant (p-value < 0.05) with the c^2 value of 0.38 at the 2 degree of freedom. It is observed that working women have medium level of self-esteem in career, whereas non-working women have low level of self-esteem in career. Table 3 also shows that majority of non-working women i.e. 53.75 per cent have medium level of overall self-esteem. The high level of overall self-esteem is found among women 65.00 per cent of working women. Such differences between overall self-esteem and status is found high significant (p-value< 0.05) with the c^2 value of 2.25 at the 1 degree of freedom.

CONCLUSION

For women with good basic self-esteem, normal "ups and down" may lead to temporary fluctuations in how they feel about themselves, but only to a limited extent. In contrast, for women with poor basic self-esteem, these "ups and downs" may make all the difference in their world. Illiterate women have medium level overall self-esteem.. Whereas, women with higher educational status have high level of overall of self-esteem. Illiterate women have low level of self-esteem

in personal life. Whileas, women at high school and higher education level have medium level of self-esteem in personal life. Illiterate women have high level of self-esteem in family relation, whereas,women at high school and higher educational level of educational status have medium level of self-esteem in family relations. Whileas, women at graduate level have low level of self-esteem in family relations. Women at illiterate and women with high school level of educational status have medium level of self-esteem in social relations. Thus, women at graduate level of educational status have high level of self-esteem in social relation. Women with higher education level have low level of self-esteem in social relations. Illiterate women and women with higher education level have low level of self-esteem in career. Whileas, women at high school level of educational status have high level of self-esteem in career. Un-married women have high level of overall self-esteem. Whileas, married women have medium level of overall self-esteem. It is also observed that separated women have medium level of overall self-esteem .Un-married women and separated women have low level of self-esteem in personal life. Whileas, married women have medium level of self-esteem in personal life. Thus, seperated women also have medium level of self-esteem in social relations. Working women have high level of overall self-esteem: whereas, non-working women have medium level of overall self-Working women have low level of self-esteem in family relations, whereas, non-working women have medium level of self-esteem in family relations. Similarly, non-working women have low level of self-esteem in social relations, whereas, non-working women have medium level of self-esteem in social relations.

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