

Study on self-esteem and communication skills among young adults.

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Abstract: Self-esteem refers to individual's sense of his or her value or worth or the extent to which a person values, approves of appreciation, prizes or like him or herself (Blascovich and Thomaka, 1991). According to APA, communication skill is an intervention that teaches individuals to express themselves clearly and emphatic way, using such techniques as feedback and modeling, in group, family or work context. The Aim of the research was to investigate the effect of self-esteem on communication skills among young adults. Methods: A quantitative study was conducted on around 120 sample out of which 60 were male and 60 were female, from different parts of kerala via online communication. All samples belong to youth aults of the age group 18-30. In that the test was done followed by Rosenberg's self-esteem scale (Dr. Rosenberg, 1960) with 33 items and The communication skills questionnaire (s. Karunanidhi, 1996) with 10 items. Independent sample t test and product moment correlation were used for data analysis. Results say that there is no significant difference between self esteem among young adults across their gender. And also there is no significant difference between communication skill among young adults across their gender. There is a significant relationship between self-esteem and communication skill among young adults.

Key Words: self esteem, communication skill.

1. INTRODUCTION:

In psychology, the term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. It involves a variety of beliefs about yourself, such as the appraisal of your own appearance, beliefs, emotions, and behaviors. Self-esteem can play a significant role in your motivation and success throughout your life. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success. Communication allows people to understand what others say, sign, or write and for them to understand your responses. For most of us, the purpose of verbal communication is to get your message across to others clearly and unambiguously. It is a process that can be fraught with error and with messages often being misinterpreted.

Low self esteem negatively affects communication as it increases fear of interaction with others (McCroskey, Richmond, Daly, & Falcione, 1977). Also, self esteem affects self confidence, necessary for effective communication important in your social life and career.

1.1. Definition of the key terms:

Self esteem : self esteem is an individual's subjective evaluation of their own worth or the extent to which a person values, approves of appreciation, prizes or like him or herself (Blascovich and Thomaka, 1991).

Communication skills : Communication is simply the act of transferring information from one place, person or group to another.

2. LITERATURE REVIEW:

Ikachoi D et al (2015) conducted a study on self esteem as mediator between social media and communication skill, a case study of undergraduate students at St. Augustine University of tanzania, mwanzacampus. Conclusion of the research was social media is an critical tool in enabling users to establish the maintain useful bonds that can be used to improve communication skills beside the normal interpersonal communication. However, if used inappropriately it can also destroy the self esteem and communication skill of users. Social class is also an aspect that can influence self esteem and communication skills of individuals

Ibtisyam K (2015) conducted a study on relationship between self esteem and communication skill among students at faculty and management University sainsislam Malaysia. The researches found that there is negative correlation between self esteem and communication skill.

Gurdogan EP et al(2016) conducted a study on comparison of self esteem and communication skills at the first year and senior year nursing students. result shows that the students consider themselves to have good communication skills. More than half have high self esteem. A positive correlation is evident between the perception of communication skills and self esteem.

2.1. Rationale:

After reviewing the literature, the researcher found that there are no studies that test the effects of self esteem on communication skills among youth. So the researcher is trying to conduct a study on this topic.

3. METHOD:

The research study was quantitative in nature and correlational study was used to determine if there exists a relationship between self-esteem and communication skill and the research also adopted a between group research design to assess the difference in self-esteem and communication skill among young adults. **Problem:**

Is there any significant difference in the level of self-esteem and communication skills among young adults across their gender?

3.1.Objectives:

1. To study self-esteem and communication skills among young adults based on gender.
2. To study correlation between self-esteem and communication skills among young adults

3.2. Variables:

Independent variable: gender

Dependent variable: self-esteem, communication skill

3.3. Hypothesis:

On the basis of above objectives the following hypothesis are formulated and are to be tested on a sample of 120 youths.

- There will be no significant difference in the level of self esteem among young adults based on gender.
- There will be no significant difference in the level of communication skill among young adults based on gender.
- There will be no significant relationship between self-esteem and communication skills among young adults.

3.4. Research Design:

Research Sample:

Purposive sampling method was used for this study. The study was comprised of 120 young adults at age range from 18 to 30 out of which 60 were male and 60 were female. The sample belongs to different gender, religious family type, area of residence.

3.5. Sampling Criteria:

Inclusion criteria:

- Only those who are willing to participate via online means of communication.
- Young adults who belong to the age group 18-30.

Exclusion criteria:

- Those who haven't given consent for participation.
- Those who have mental retardation and physical disability.

Tools:

The following tools were administered to each participant in order to collect the required information.

- 1.The communication skills questionnaire (S. Karunanidhi, 1996)
2. Rosenberg's self-esteem scale (Dr. Rosenberg, 1960)

Procedure:

The purpose of the study was explained to the participants via online and their willingness to participate in the study was ascertained. The first step being that a rapport was established by participants and researcher through social media, after this each participants were individually educated about the purpose of study, also they were informed about the confidentiality of their response. Finally, communication skills questionnaire (S. Karunanidhi, 1996) of 32 items and Rosenberg's self-esteem scale (Dr. Rosenberg, 1960) of 10 items were given to the sample through online

with proper instructions one after the other. The scoring of the assessment were done and interpreted according to the manual. The participants were not asked to disclose any of their personal information.

4. ANALYSIS:

The collected data were analysed using following statistical test:

- Mean, standard deviation
- Independent sample t-test
- Pearson's product moment correlation.

Ethical issues:

- Informed consent of each and every participant was acquired.
- Confidentiality of the response were maintained.
- The data collected will be solely used for research purpose.

5. RESULT:

Data Analysis and Interpretation:

The aim of the study was to find the relationship between self-esteem and communication skills among young adults. The study consisted of 120 youths out of which 60 were male and 60 were female. For this purpose of study the investigator formulated 3 hypotheses and the results are shown below:

Table1: Significant difference in the level of self-esteem and communication skill among young adults across their gender.

Gender.		N.	Mean.	Std. deviation.	t.	Sig
Communication skill	Male.	60.	87.9167.	16.58802.	-1.612.	.110
	Female.	60.	92.3667.	13.48567.		
	Total.	120				
Self-esteem.	Male.	60.	17.0667.	3.90943.	-1.659.	.100
	Female.	60.	18.2500.	3.90404		
	Total.	120				

Table 1 shows that significant value of communication skill among youth across gender is .110 which is not significant at the 0.05 level of significance. So the null hypothesis 2 is accepted therefore there is no significant difference in the level of communication skill among young adults across gender. The significant value of self-esteem among young adults across gender is .100 which is not significant at the 0.05 level of significance. So the null hypothesis 1 is accepted thus there is no significant difference in the level of self-esteem among young adults across gender.

Men have mean value of 87.9167 in the communication skills whereas the females have the mean value of 92.3667. Females have higher level of communication skill compared to males. In the case of self-esteem, the males have the mean value of 17.0667 whereas females have the mean value of 18.2500. Females have higher level of self-esteem than males.

Table 2: correlation coefficient of communication skill and self-esteem

		Communication skill.	Self-esteem
Communication skill.	Pearson correlation.	1	.234
	Sig (2- tailed)		.010
	N.	120	120
Self-esteem	Pearson correlation.	.234.	1
	Sig (2-tailed).	.010	
	N.	120.	120

Table 2 shows that the significant value of communication skill and self-esteem is .010 which is significant at the 0.05 level of significance. Therefore the null hypothesis 3 is accepted so there is a significant relationship between self-esteem and communication skills among young adults across their gender.

6. Major Findings:

- There is no significant difference in the level of communication skill among young adults across their gender.
- There is no significant difference in the level of self-esteem among young adults across their gender.
- There is a significant relationship between self-esteem and communication skills among young adults across their gender.
- Female have higher level of communication skills than male
- Female have higher level of self-esteem than male.

7. Limitations:

- Sample was small.
- Data collection was done via online because of which the results of the study cannot be generalized.

8. Implications:

As indicated, males have low level of self-esteem and communication skills compared to females. So we can develop some interventions planned for improving their communication skills and self esteem.

9. Scope for further study:

- Further study can be done on a larger population.
- Qualitative research method can be done for improving the quality of the paper.

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