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TITLE

CORRELATION OF SELF ESTEEM WITH EXAM ANXIETY IN ADOLESCENTS.

A STUDY FROM PCMC PUNE, MAHARASHTRA

PART OF MULTICENTRIC YOUTH SURVEY BY AACCI (ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA)

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Abstract

Background

Examination anxiety is a major cause of stress in adolescents and can lead to poor performance despite adequate preparation. AACCI has been conducting Life Skills Education Programs in schools to develop Self-awareness and Self-esteem.

Aims

This study evaluated the relationship between Self-esteem and Exam Anxiety in School children.

Methods

School chosen - rapport with author 2.

Sample: 416 students (10-17 years males 53.4%, females 46.6%),
 from Upper SEC in PCMC, Pune sch-1 (223) sch-2 (193).

Tool

1) The Rosenberg Self-esteem Scale (RSES) *range 10-40. Normal range 25 - 35. Low self-esteem <25*

2) FTAS (Friedman Bendas-Jacob Test Anxiety Scale) with subfactors Social Derogation (SD) Cognitive Obstruction (CO) tenseness (T). (Range 0-23.)

Ethical clearance: AACCI IEC

Consent: Permission from the principal and parents, and consent/assent from children.

Statistical analysis: GNU PSPP (ver. 1.4.1)

Results

Mean scores

RS Self-esteem scores (RSES): 28.8 ± 4.2 (normal level)

FTAS total (TFTAS) 8.2 ± 5.22/ SD 3.7 ± 2.6/ CO 1.9 ± 2.0/ T 2.5 ± 1.87

1)

Table 1 – co-relation between RSES, total FTAS and subfactor scores N=416			
Variables	Correlation coefficient		
	Sch-1 (n=223)	Sch-2 (n=193)	All students (n=416)
RSES and total FTAS	-.57*	-.52*	-.55*
RSES and SD	-.46*	-.34*	-.41*
RSES and CO	-.54*	-.55*	-.55*
RSES and T	-.42*	-.33*	-.38*
* p<.001			

2) Highest negative correlation RSES & and total FTAS scores -female middle adolescents r (85) =.67, p<.001

3) Simple regression between RSES and FTAS scores significant. R^2 = .30, f (1,414) = 180.11, p<.001.

Interpretations

1) Moderate negative correlation - self-esteem scores and both TFTAS and subfactor scores

2) Higher self-esteem associated with lower exam anxiety most significant in mid Adolescence girls.

Conclusions

1) Good Self-esteem can help helps adolescents to face exam anxiety.

2) Enhancing self–esteem improve their coping skills in all domains.