

Impact of Educational Intervention Programme on Self Esteem of Rural Adolescent Girls of Ludhiana District of Punjab

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Abstract

The study was conducted on self-esteem of rural adolescent girls of five villages namely Hassanpur, Gahaur, Bahanur, Mansuran and Mohie of district Ludhiana. The girl students enrolled in 10th, 11th and 12th classes in each of the five government senior secondary schools were selected for the study. The total sample comprised of 153 girl students. The pre test was done on rural adolescent girls to know about their level of self esteem and it was found that the girl showed medium level of self esteem. Hence, need based intervention was imparted to enhance their self esteem. Post intervention results indicated that Intervention helped in improving their self esteem as all the girls fell in the higher category in the following aspects like getting things they desired, confident about decision making, having more of success than failure, acceptance by people and successful at handling social interactions etc. The girls were helped to be confident and have a good personality with number of attempts and various methods.

Introduction:

Adolescence is a concept encompassing physical and emotional stages of transition from childhood to adulthood. With the dramatic physical changes and development, adolescents worldwide find themselves in a situation characterized by an uncertain status and events might affect their concept of their own. (Shipra e.tal 2008) Self-esteem has been described as the judgments that we make about our own worth and the feeling associated with those judgments. It has been ranked as among the most important aspects of self-development since evaluation of our own competencies affect emotional experiences, future behaviour and long term psychological adjustment. Girl child in India and that also in rural areas is still looked at as a burden. Born in an unwelcoming environment, treated as unwanted child, girls' face many problems in life like- undernourishment, inadequate health care, lack of access to education and not much exposure for better opportunities etc. With changing times, gender perceptions are a societal construct, which are dependent upon socio-cultural practices in which the children, adult and youth grow up (NIHFW, 2005).

In India, the status of girl child reflects serious gender based difference, inequalities and discrimination. Preference for son in the society and discrimination against girl child are interlinked. Gender based [discrimination](#) against female children is pervasive across the world. It is seen in all the strata of society and manifests in various forms. A girl's discrimination begins even before birth; a girl faces deprivation throughout her life. Preference for sons is obvious from the brutal traditions that are prevalent in India. Sex segregated norms are practiced among all sections, irrespective of class caste, class and ethnic communities, and this is common in rural as well as urban areas. In rural areas, there is marginalization of girl child's work and feminization of her labor. Girls are confined in homes to do household work and are trained for future married life and child rearing. They spend most of time in performing household chores, helping in farm work, looking after siblings etc.

In the rural community across Punjab, the modes of agricultural production have certainly changed but this has not resulted in significant changes at the cultural level. The position of the girl child cannot be looked at in isolation. Her status is a product of the general

societal attitudes towards women at large. Women face higher risks of malnutrition, disease, disability, retardation of growth and development. They have no access of control over resources. Their work is invisible and hence undervalued. All their disabilities are powerfully reinforced through our culture, media, education and socialization process. The society in Punjab today with its rigid social structure is Patriarchal, where the social system controls women in such a way that she has no other choice but to surrender her to patriarchal values. Just for the sake of survival she has to sacrifice willingly or willingly her legitimate rights. Her voice is not heard; it is suppressed at home and community. If she pulls up enough courage to speak out, she is not considered normal women. Instead she is regarded as a male character and her moral life is suspected too.

Healthy family relationships, parental involvement and sound peer relationships are significant contributors to development of positive body image, achieving social maturity, emotional balance and eventually developing a high self-esteem in adolescent girls (Lenn & Green, 2000).

Control over resources and ideology are so inseparable and integratedly linked together that the loss of control over them leads to spiral with more and more powerless and helplessness within an individual and so within a group of individuals. In this manner the resources such as capacity to make individual decisions and opportunities to take part in community life for women in general and rural women in particular are limited. Being citizens of independent country social change is very necessary which can empower the females. In this direction the project AICRP (Home Science) child development component on 'Empowerment of rural adolescent girls for quality of life' is deemed to be appropriate with a holistic picture of girl child around the country.

Several studies have been conducted in India on adolescents. But there is rarely any study specifically focusing on the enhancing level of self esteem among rural adolescent girls. Therefore, the purpose of this study was to find out the levels of self-esteem of rural adolescent girls in their rural setting. This study also endeavors to find the effect of various socio-economic factors on the levels of self esteem scores, so rural adolescent girl could meet contemporary challenges of adolescent year without depending on others.

Methodology

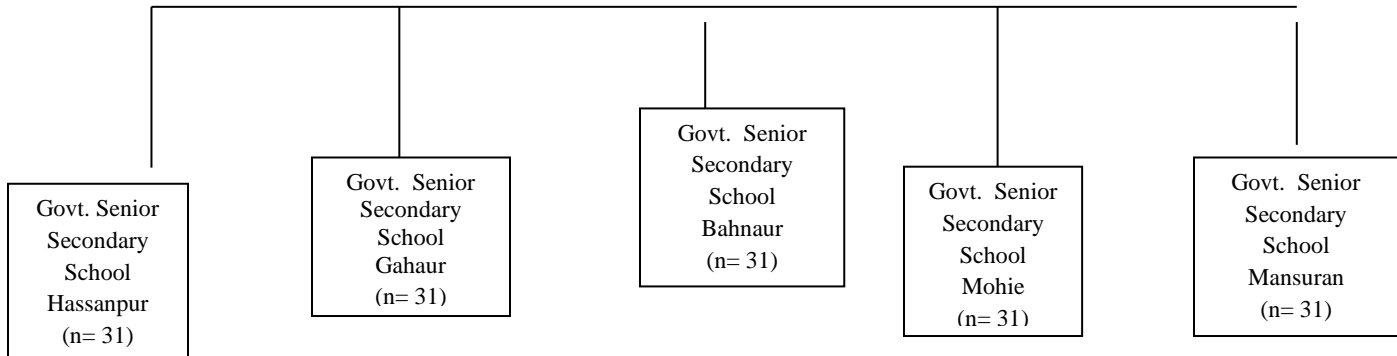
The study was conducted on the self-esteem of rural adolescent girls. Five villages namely: Hassanpur Gahaur Bahanur Mansuran and Mohie in district Ludhiana, Punjab state were selected purposively. The girl students enrolled in 10th, 11th and 12th classes in each school were included in the sample of the study. The total sample comprised 153 girl students. The girls were selected from government schools located within the villages and permission was taken from the principals of the schools for conducting the study. The self-esteem tool was used for the collection of the data. The preliminary survey proforma was used to procure the general information of – name, age, caste, family type, family size, ordinal position, caste, education and occupation of parents, income, etc. A self-structured self-esteem scale was utilized for the data collection and to know the level of self-esteem of girls.

Tools/ Scales used: The self-esteem tool was utilized for the data collection. The tool was categorized as:

Category	Score
Low	1-42
Medium	43-106
High	> 107

Selection: The sample for the present study constituted rural adolescent school-going girls. The principals of government high schools in above said villages were contacted and briefed about the objectives of data collection and intervention program. The girl students enrolled in 10th and 11th and 12th classes in each school were included in the sample of the study. The total sample comprised 153 girl students as shown in fig.

Rural Adolescent School Girls



The girl students were pretested for their self esteem and after 6 months post testing I was done. Six month period was given for intervention inputs such as lectures, demonstrations, group discussion to the girls to improve upon their self esteem and be confident in their decisions. Simultaneously post test 2, 3, 4 were done with six month intervention period in each post test.

Results and Discussion:

Self -Esteem of respondents of village Hassanpur:

N= 153, n= 31

Self -Esteem	Pre test	Post test-1	Post test-2	Post test-3	Post test-4
	n	n	n	n	n
	%	%	%	%	%
Low(10-20)	-	-	-	-	-
Medium (21-56)	20	19	18	14	6
	64.52	61.29	58.06	45.16	19.35

High (31 and above)	11	12	13	17	25
	35.48	38.71	41.94	54.84	80.60

Table explains that the self- esteem of the respondents of village Hassanpur. Self – esteem was measured as being self confident, socializing with other people, positive view of life. It was observed that with successive post testing the respondents shifted from medium to high category. At post test IV nearly 81% of the respondents from pretest to posttest IV fell in high category. The girls were helped to be confident and have a good personality with number of attempts and various methods.

Self -Esteem of respondents of village Gahaur:

N= 153, n= 31

Self -Esteem	Pre test	Post test-1	Post test-2	Post test-3	Post test-4
	n	n	n	n	n
	%	%	%	%	%
Low(10-20)	-	-	-	-	-
Medium (21-56)	22	20	18	14	6
	71	65	58	45	19
High (31 and above)	9	11	13	17	25
	29	35	42	55	81

Table describes the self- esteem of respondents of village Bhanaur. Almost similar results were observed as for village Hassanpur. Respondents shifted from medium to high level from pretest to posttest IV. At The end of posttest IV 81% of the respondents fell in high category. Sixteen respondents from pretest to posttest IV fell in high category.

Self -Esteem of respondents of village Bahanur:

N= 153, n= 31

Self -Esteem	Pre test	Post test-1	Post test-2	Post test-3	Post test-4
	n	n	n	n	n
	%	%	%	%	%
Low(10-20)	-	-	-	-	-
Medium (21-56)	21	18	16	14	1
	68	58	52	45	3
High (31 and above)	10	13	15	17	30
	32	42	48	55	97

Table elaborates on the self-esteem of respondents of village Gahaur. It was observed that during pretest 68% of the respondents fell in medium category and 32% in high category, posttest 1 58% fell in medium category. During posttest 3, 45 fell in medium category and 55% fell in high category whereas during posttest IV 3% fell in medium category and 97% fell in high category.

Self -Esteem of respondents of village Mohie:

N= 153, n= 31

Self -Esteem	Pre test	Post test-1	Post test-2	Post test-3	Post test-4
	n	n	n	n	n
	%	%	%	%	%
Low(10-20)	-	-	-	-	-
Medium (21-56)	21	18	16	14	1
	68	58	52	45	3.22
High (31 and above)	10	13	15	17	30
	32	42	48	55	96

Table depicts that the status of self- esteem of respondents of village Mohie. Almost similar status as for Gahaur was observed in village Mohie. At the end of posttest 4.96 % of respondents fell in high category. The status of self-esteem of the respondents improved as a result of interventions provided to the respondents.

Conclusion:

Thus the study reflects rural adolescent girls to know about their level of self esteem and it was found that the girl showed medium level of self esteem. Hence, need based intervention was imparted to enhance their self esteem. Post intervention results indicated that Intervention helped in improving their self esteem as all the girls fell in the higher category in the following aspects like getting things they desired, confident about decision making, having more of success than failure, acceptance by people and successful at handling social interactions etc. The girls

were helped to be confident and have a good personality with number of attempts and various methods. It also highlights the factors that affect self-esteem during adolescent years. Gender perceptions are built during childhood and adolescence depending mainly on prevailing socio-cultural practices, which leads to lower self esteem among rural adolescent girls and they become used to the neglect and tolerate discrimination and justice.

References:

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