

Effectiveness of Assertiveness Training Programme on Improving Self- Esteem Among Early Adolescents

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ABSTRACT

The Study was conducted to evaluate the effectiveness of assertiveness training programme on improving self-esteem among early adolescents. Pre experimental one group pre-test, post-test design was utilized to perform the study with simple random sampling technique. Data were collected from the early adolescents between the age group of 11 to 13 years who fulfilled the inclusion criteria through Rosenberg self esteem Scale. The findings revealed that the paired 't' test value for Self -esteem score was 28.09 which was significant at $p \leq 0.05$ and was highly significant at $p \leq 0.01$, $p \leq 0.001$. It showed that assertiveness training programme was effective on improving self- esteem among the early adolescents.

Keywords: Effectiveness,Assertiveness training programme,Self- esteem, Early Adolescents

INTRODUCTION

Globally more young people than ever before of the 7.2 billion people worldwide, over 3 billion are younger than 25 years, making up 42 percentage of the world population. Around 1.2 billion of these young people are adolescents aged between 10 and 19 years, this indicates that roughly one in every six persons is an adolescent.

The major factors that affect self - esteem of adolescents were depression, social support, body image, problematic behavior, school adjustment, and family harmony, which explained 54.7 percentage of self-esteem, so their assertive behaviour and self esteem should be shaped.⁽⁹⁾

Many studies found that one-third to one-half of adolescents struggles with low Self-

esteem, particularly in early adolescence. The results of low self-esteem may be temporary, but in serious cases lead to various problems including anxiety, depression, anorexia nervosa, delinquency, self-inflicted injuries, fear and even suicide. Self-esteem is connected with school performance and delinquency. Adolescents with low self-esteem are almost to do poorly in school.⁽⁸⁾

The Investigator personally felt that, while working in the clinical area many adolescent boys having problems in self-esteem. For this reason, student researcher conducts this study among early adolescents and implement assertiveness training programme for improving knowledge regarding self-esteem and assertive behaviour to improve their self-esteem.^(5,8)

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STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of assertiveness training programme on improving self-esteem among early adolescents in selected schools at Kanyakumari district.

OBJECTIVES

- To assess the pre and post- test level of self-esteem among early adolescents.
- To evaluate the effectiveness of assertiveness training programme on self- esteem among early adolescents .
- To find the association between the pre- test level of self-esteem among early adolescents and selected socio demographic variables.

HYPOTHESES

- **H1:** There will be a significant difference between the pre-test and post- test level of self-esteem among early adolescents in selected schools at Kanyakumari district.
- **H2:** There will be a significant association between the pre- test level of self- esteem among early adolescents in selected schools at Kanyakumari district with their selected socio demographic variables.

RESEARCH METHODOLOGY

The researcher utilized quantitative research approach with Pre experimental one group pre- test, post-test design. Simple random sampling technique was adopted for the study. The study was conducted at a School in Kanyakumari District for early adolescents between the age group of 11-13 years. Totally 60 early adolescents were selected for this study.

The tool used in this study was Rosenberg self-esteem rating scale. The tool consists of 10 item questionnaires. Scores are calculated by summing the scores for the given items. The scores of the each respondent over the scales are then evaluated as per the severity rating index:

<i>Level of self- esteem</i>	<i>Scores</i>
Low	0-14
Average	15-25
High self- esteem	26-30

PROCEDURES FOR DATA COLLECTION

Before conducting the study, a brief self introduction and explanation regarding the nature and purpose of the intervention was given to the students. Written and verbal consent was obtained from the parents of all the Samples. 10 samples were selected per week. Pre- test was conducted by using Rosenberg self esteem scale to assess the level of improving self- esteem among early adolescents on day1. Assertiveness training given with 8 components (like situation, respecting others, self appreciation, appreciation of others, mirror talking, mirror acting exercise, self enhancement exercise, and storytelling) was given from on the day of pre- test to till the day of post- test. The session lasts for 1 hour 30 minutes daily in the morning for each individual 15minutes once a day for six consecutive days. Post- test level of self- esteem was assessed on seventh day by using the same scale.

Interventions for assertiveness training

- Day 1: Situation and respecting others
- Day 2: Self appreciation and appreciation of others
- Day 3: Mirror talking and mirror acting exercise
- Day4 : Self enhancement
- Day 5: Story telling

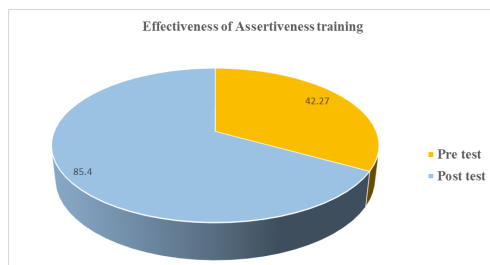
DISCUSSION

The study was undertaken to evaluate the effectiveness of assertiveness training programme on improving self- esteem among early adolescents in selected schools at Kanyakumari district. A total number of 60 early adolescents who were undergoing assertiveness training programme selected for the study. The level of self- esteem was

RESULT

Table 1: Assess the effectiveness of assertiveness training programme on improving self- esteem among the early adolescents in pre-test and post- test using Paired 't' Test

Test	Mean	SD	Mean Difference	Paired 't' Test	df	Level of significance
Pre- test	12.68	3.01	12.94	30.42	59	.000 High significance
Post- test	5.62	1.96				



observed by using Rosenberg self- esteem scale. The pre- test, the mean level of Self- esteem score was 12.68 with standard deviation 3.01. The post- test, the mean level of Self- esteem score was 25.62 with standard deviation 1.96. The estimated paired 't' test value was 20.42*** which was highly significant at $p \leq 0.01$, $p \leq 0.001$.

CONCLUSION

The study concluded that assertiveness training programme improve the level of self- esteem among early adolescents. Therefore the investigator felt that the assertiveness training programme for early adolescents is was effective in improving the level of self- esteem.

Conflict Interest: Nil

Source of Fund: Self

Ethical Clearance: The proposed study was conducted after the approval of the ethical committee of Christian College of Nursing, neyyoor. Formal permission was obtained from St. Paula montal CBSE school, kanyakumari. Written consent was obtained from each participant and their parents before starting the data collection. Assurance was given to the study participants regarding the confidentiality of the data collection.

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