Research Paper

Gender differences on Self-esteem, Locus of Control and Resilience among young adolescents

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Abstract
Present study aimed to observe the gender differences on self-esteem, locus of control and resilience among young adolescents. A cross-sectional survey design was adopted with the help of 250 sample units. Data were randomly collected from young adolescent students of Hooghly and Kolkata Districts of West Bengal. Three different instruments were used to measure these different aspects. Findings yielded that higher level of internal locus of control found in male students (P>0.01), male adolescents were more resilient than female adolescents and females found with lower level of self-esteem than male adolescents (p>0.01). Positive correlation found between self-esteem and resilience, negative correlation of locus of control with self-esteem and resilience found in the study. Study further suggested that locus of control and resilience of young adolescents are the significant predictor of their self-esteem.
Keywords- Self-Esteem, Resilience, Locus of control, Personality

I.   Introduction

The three main terminologies associated with this research article, are the basic mental capabilities of a person as Self-esteem, Locus of control and resilience. Self-esteem as personal value of own, deals with our appearance, monitors our actions and constructs our belief system. It also considered as a life skill (UNICEF, 2008) and one of the main indicator of self-awareness (Dishon, N. et al., 2017). Nowadays teachers, parents and counsellors give more emphasis on skill like self-esteem because many of them now believe that through the proper development self-esteem, it can be possible to achieve personal and professional goals easier than before.

The term 'Locus of Control' first coined by Julian B. Rotter as an aspect of personality psychology in 1954. It describes as the degree to which people believe that they have control over the outcome of events in their lives. Rotter explained locus of control on the basis of two aspects as internal and external locus of control. To measure these aspects within people further in 1966, he developed an instrument (29 itemed) named internal-external locus of control scale. Promoting self-esteem can create more control within ourselves and able to control our outcomes, which might also refer as Internal Locus of Control (Zaidi & Mohsin, 2013). Internal locus of control associated with positive thinking and help-seeking, as well as lower levels of stress in general (Gray-Stanley and Muramatsu, 2011; Gianakos, 2002; Gore et al., 2016). People with external locus of control believe that success or failure whatever it happening to them that was not in their control and researches showed that those peoples with external locus of control may feel relaxed and lead a pleasant and peaceful life (Hattie, Marsh, Neill & Richards, 1997; Hans, 2000).

Self-esteem as more self-control allows us to think and observe things different to others, feel of pride and development of positive inner self (Silvia & O'Brien, 2004). It makes people to construct plans for their life, so that they can draw and design their lifestyles on their own rules. Self-esteem the term first defined by Morris Rosenberg in the period of mid-1960. He explained self-esteem based on two aspects of self-esteem, i.e. positive self-esteem (high self-esteem) and negative self-esteem (low self-esteem). There were so many factors that determined our self-esteem, including how satisfied we are with our relationships with others and how we judge own performance and appearance (Tafarodi & Swann, 1995).

Resilience or psychological resilience is the mental, emotional, psychological ability that helps a person to cope with crisis or critical situations and it has been identified as key factor that can determine success

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or failure (Artuch,2014). It is assumed that resilience is an internal capability to tackle and overcome with unfamiliar experiences and support individual to grow strengthened or transformed (Minello & Scherer, 2014; Yunes & Szymanski, 2001). Resilience can be recognized as the bunch of psychological and social processes that allow the development of a healthy and positive life, even in an unhealthy environment (Pesce et al., 2004).

Meaning derived from the major terms suggested us that these psychological aspects are correlated with each other, the more we go into deep of the research, the more we will try to explore the connection between self-esteem, resilience and locus of control. Present study intended to discover the sex differences on self-esteem, resilience and locus of control with in a limited sample area and also tried to figure out the connection between those psychological aspects.

Significance of the study

This particular study focused on adolescent group and tried to investigate the relations and variations of Locus of control, Resilience and Self-esteem respected to gender differences among young adolescents. Almost everyone knows the sensitivity of the adolescent stage and it is assumed that adolescent period is that time when most adolescents make vulnerable mistakes because they get influenced very easily by others which may lead them in the wrong direction and puts them at greater risks (Savi et. al., 2015). Development high level or positive self-esteem among teens are very important because it allows them to explore different new things, not to take vulnerable but healthy risks and solve problems by their own. Self-esteem and resilience are inter correlated with each other in the sense that if a person solve his or her problem easily then he or she can able to cope with difficult situations easily. An adolescent who is resilient is likely to enter adulthood with a good chance of coping well— even if he or she has experienced difficult circumstances in life. On the other hand, people who attribute their success or failure to themselves is believed that they internal locus of control and they become more successful in life than externals. So, these psychological aspects have a liner connection among each other and this current study trying to prove that.

Objectives

According to the purpose of the study, following objectives are stated as follows-
1.   To investigate the present status of Locus of control, self-esteem and resilience among young adolescents.
2.   To find out the gender differences on Locus of control, self-esteem and resilience among young adolescents.
3.   To understand the existing relationship between Locus of control, self-esteem and resilience among young adolescents.

Hypotheses

Following hypotheses were framed on the basis of stated objectives, as follows-
$H_0$1 There is no significant mean difference between male and female adolescents respected to their locus of control score.
$H_0$2 There is no significant mean difference between male and female adolescents respected to their resilience score.
$H_0$3 There is no significant mean difference between male and female adolescents respected to their self-esteem score.
$H_0$4 There exists no significant relationship among locus of control, resilience and self-esteem of young adolescents.
$H_0$5 Locus of control and Resilience of young adolescents have no significant variation on their self-esteem.

II.   Methodology

The entire study is based on cross-sectional survey design with the help of 250 sample units. Data were randomly collected from young adolescent students of Hooghly and Kolkata Districts of West Bengal. Researchers went door-to-door and collected information from coaching centres also about the closure of schools due to the COVID-19 Pandemic. Gender was the main independent variable of the study as the study tried to investigate the gender differences on dependent variables. Self-esteem, resilience and locus of control were considered as dependent variables of the study. Three major questionnaires were used to collect data along with a basic information schedule. 29 itemed the Internal-External Locus of control scale developed by Rotter in 1966 was used to measure locus of control. 10 itemed Self-esteem scale invented by Morris Rosenberg was used to measure self-esteem and 6 itemed Brief resilience Scale (BRS) developed by Smith et al., 2008 was used to measure resilience level of participants.

III. Results

After collection of 250 raw data, these were tabulated in a excel spreadsheet and to reduce the chances of error, the IBM SPSS statistical software was used for further analysis process.

Table 1: Mean score distribution of Self-esteem, Locus of control and Resilience in order to gender.

	Gender	
	Male (n=124)	**Female (n=126)**
Self-Esteem	**29.06**	**24.81**
Resilience	**21.02**	**16.84**
Locus of Control	**14.27**	**15.60**

124 male and 126 female adolescents were participated in this study. Male students found with better Self-esteem and resilience score than their other counterparts. Overall, Female students showed more external locus of control than male students and obviously male students showed better internal locus of control than female students.

Figure 1: Mean score distribution of Self-esteem, Locus of control and Resilience in order to gender.
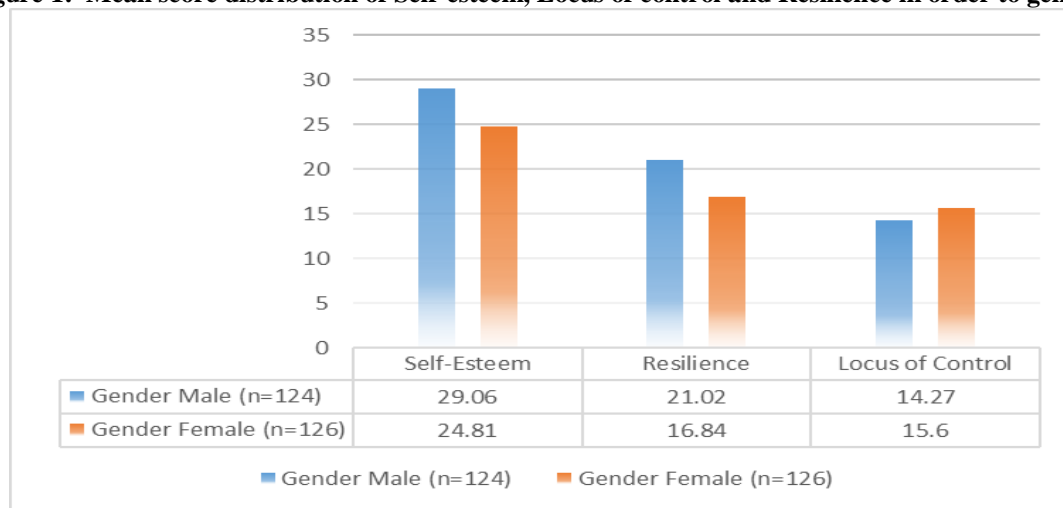
Hypotheses Testing

$H_0 1$ There is no significant mean difference between male and female adolescents respected to their locus of control score.

$H_0 2$ There is no significant mean difference between male and female adolescents respected to their resilience score.

$H_0 3$ There is no significant mean difference between male and female adolescents respected to their self-esteem score.

Table 2: Showing the Independent Sample T-Test based on $H_0 1$, $H_0 2$ and $H_0 3$.

Independent sample T-Test								
Dependent Variable	**Gender category**	**N**	**SD**	**t**	**df**	**MD**	**Std. error**	**Remark**
Locus of Control	Male	124	2.135	5.289	248	1.321	0.250	**S* P<0.01**
	Female	126	1.803					
Resilience	Male	124	3.320	11.265	248	4.175	0.371	**S* P<0.01**
	Female	126	2.486					

Self-esteem	Male	124	2.586	11.516	248	4.247	0.369	S* P<0.01
	Female	126	3.207					

*Significant

It can be observed from the table 2 that computed t-value of locus of control is $t_{250}= 5.289$. Mean score of male participants is lower than the mean scores female participants regarding to locus of control and the found difference between mean is statistically significant at 0.01 level (p<0.01). Therefore, the aforesaid H_01 is cannot be retained and found differences cannot be attributed to any chance factor.

Computed t-value of resilience is $t_{250}= 11.265$. Mean score of males is higher than mean scores of females regarding to resilience and the found difference between mean is statistically significant at 0.01 level (p<0.01). Therefore, the aforesaid H_02 is cannot be retained and found differences cannot be attributed to any chance factor.

Computed t-value of self-esteem is $t_{250}= 11.516$. Mean score of males is higher than mean scores of females regarding to self-esteem and the found difference between mean is statistically significant at 0.01 level (p<0.01). Therefore, the aforesaid H_03 also is cannot be retained and found differences cannot be attributed to any chance factor.

H_04 There exists no significant relationship among locus of control, resilience and self-esteem of young adolescents.

Table 3: Showing Pearson Correlation based on H_04.

		Correlations		
		Self-esteem Score	Locus of control Score	Resilience Score
Pearson Correlation	Self-esteem Score	1.000	-.185	.386
	Locus of control Score	-.185	1.000	-.125
	Resilience Score	.386	-.125	1.000
Sig. (1-tailed)	Self-esteem Score	.	.002	.000
	Locus of control Score	.002	.	.024
	Resilience Score	.000	.024	.
N	Self-esteem Score	250	250	250
	Locus of control Score	250	250	250
	Resilience Score	250	250	250

Table 3 showed that Locus of control is negatively correlated with self-esteem and resilience of young adolescents. That means self-esteem and resilience should increase with decrease of locus of control score. It indicates that internal locus of control helps in development of positive self-esteem and resilience. Self-esteem and resilience have a positive but weak correlation. Correlation between self-esteem and locus of control is statistically significant at 0.01 level (p<0.01), correlation between self-esteem and resilience is also statistically significant at 0.01 level (p<0.01) and correlation between resilience and locus of control is statistically significant at 0.05 level (p<0.05). Therefore, the aforesaid null hypothesis is rejected and there exists significant relationship among locus of control, resilience and self-esteem of young adolescents.

H_05 Locus of control and Resilience of young adolescents are not significant predictor of their self-esteem.

Table 4: Showing Linear regression based on H_05.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change
1	.409[a]	.168	.161	3.302	.168	24.851

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	23.517	1.999		11.766	.000

Locus of control Score	-.240	.101	-.138	-2.364	.019
Resilience Score	.369	.059	.368	6.293	.000

Table 4 showed that the computed r value is 0.409 and r^2 value is 0.168. Adjusted R square value 0.161 indicates that 16.1% of variance in self-esteem can be explained by one's Locus of control and resilience. Significance p values showed that the role of locus of control on self-esteem is statistically significant at 0.05 level and role of resilience on self-esteem is statistically significant at 0.01 level. Hence, the null is rejected, Locus of control and Resilience of young adolescents are the significant predictors of their self-esteem.

IV.   DISCUSSION OF FINDINGS

Findings emerged from the study helps in understanding more about the locus of control, self-esteem, resilience and their various dimensions and aspects. The current study tried to investigate the gender differences on Self-esteem, Locus of Control and Resilience among young adolescents. Results yielded that male participants showed better self-esteem that their other counterparts and the founded differences in statistically significant (p>0.01). Female adolescents appeared with greater score on locus of control than male adolescents in present research scenario. According to Rotter (1966), the less score indicates more internal locus of control and greater score indicates external locus of control. Here, results showed that higher level of internal locus of control found in male students (Haveroth et al., 2019) and female students have more external locus of control (Wehmeyer, 1993; Parsons & Schneider, 1974; Schultz & Schultz, 2005). Findings revealed through the study showed male adolescents were more resilient than female adolescents and the found difference was statistically significant (p>0.01). It had similarities with other research studies that male had greater resilience ability than females (Erdogan et al, 2014; Bahadir, 2009; Sürücü & Bacanlı, 2010) but a research conducted by Önder and Gülay (2008) showed females had high resilience than males. In some others studies, it was found that gender have no variation with resilience (Sezgin, 2005; Aktay, 2010; Özcan, 2005). Another finding emerged through the study revealed that males have grater self-esteem than female adolescents and found difference is statistically significant at 0.01 level (Bleidorn et al, 2016). Some research studies also show opposite to current finding.

Now if we try to find a connection between those three terms, Pearson correlation revealed that Locus of control is negatively correlated with self-esteem and resilience of young adolescents. That means self-esteem and resilience should increase with decrease of locus of control score. It indicates that internal locus of control helps in development of positive self-esteem and resilience. Self-esteem and resilience have a positive but weak correlation. Correlation between self-esteem and locus of control is statistically significant at 0.01 level (p<0.01), correlation between self-esteem and resilience is also statistically significant at 0.01 level (p<0.01) and correlation between resilience and locus of control is statistically significant at 0.05 level (p<0.05). Calculated Adjusted R square value 0.161 indicates that 16.1% of variance in self-esteem can be explained by one's Locus of control and resilience. Significance p values showed that the role of locus of control on self-esteem is statistically significant at 0.05 level and role of resilience on self-esteem is statistically significant at 0.01 level. Hence, Locus of control and Resilience of young adolescents are the significant predictors of their self-esteem. Although the purpose for which the study was carried out was quite successful, some areas of more aspects remained to be explored in further studies.

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