

BSS B.Ed. Training College

NAAC Accredited B++ Grade with CGPA of 2.85 (Recognized by NCTE and affiliated to the University of Calicut)
Alathur, Palakkad- 678541 Kerala

ALATHUR, PALAKKAD(Dt)-678541



Name..... ROHINI-PS

Reg. No..... BAAWTCM009

Optional Subject..... COMMERCE

Certified that this is the bonafide record of

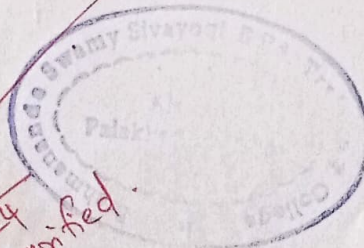
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SEMESTER I

TASK AND ASSIGNMENT

EDU 02 DEVELOPMENT OF THE LEARNER

1. Identifying problem behaviour in children of elementary/secondary classes and preparing a case study report.
2. Administer any one standardised psychological tool to primary/secondary school students to identify individual differences among learners.
3. Conducting survey regarding incidence of drug menace, sexual abuse, cybercrimes and other social problems among school children and making action plan for remediation

EDU02 - DEVELOPMENT OF THE LEARNER

Task 2: Administer anyone standardised psychological tool to primary or secondary school students to identify individual differences among learners - SELF ESTEEM

Submitted To
Jini Teacher

Submitted by
ROHINI - P.S
Roll No: 9
COMMERCE

As a part of B.Ed programme, we are suggested to organize a standardised Psychological tool among secondary school students and identify differences. In such a way that Rosenberg self-esteem scale was chosen and administered among the children.

SELF - ESTEEM

Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves, which can feel difficult to change. Self-esteem is confidence in one's own worth or abilities. It is an attractive psychological construct because it predicts certain outcomes such as academic achievement, happiness, satisfaction in relationships and criminal behaviour.

Smith and Mackie (2007) defined it by saying 'the self concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it. Psychologist usually regard self-esteem as an enduring personality characteristic, though normal short-term variations also exist. Self-worth, self-respect, and self-integrity is also regarded as self-esteem.

Self-esteem is your subjective sense of overall personal worth or value. It describes your level of confidence in your abilities and attributes. Having healthy self-esteem can influence your motivation, your mental well-being and overall quality of life.

Key elements of self-esteem include:

- Self-confidence
- Feelings of security
- Identity
- Sense of belonging
- Feeling of competence.

IMPORTANCE OF SELF-ESTEEM

Self-esteem impacts decision making process, relationships, emotional health and overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.

Characteristics of healthy self-esteem are:

- 1) A firm understanding of one's skills
- 2) The ability to maintain healthy relationships with others as a result of having a healthy relationship with oneself.

ROSENBERG SELF-ESTEEM SCALE

The Rosenberg Self-esteem Scale (RSES) developed by the Sociologist Morris Rosenberg is a self-esteem measure widely used in Social Science research. It uses a scale of 0-30 where a score less than 15 may indicate a problematic low self-esteem.

The RSES is designed similar to the social survey questionnaires. It is a ten item Likert type scale with items answered on a four-point scale from strongly agree to strongly disagree. Five positive five negative worded ones. The original sample for which the scale was developed consisted of 5024 high school juniors and from 10 randomly selected schools in New York state. RSES is considered a reliable and valid quantitative tool for self-esteem assessment.

A four point Likert type scale points corresponding to strongly agree, agree, disagree and strongly disagree

Scoring of Item

To score the items, the 10 item scale categorised into both positive and negative feeling about the self-esteem.

Items

1 I feel that I am a person of worth, at least on an equal plane with others

2 I feel that I have a number of good qualities

3 All in all I am inclined to feel that I am a failure

4 I am able to do things as well as most other people.

5 I feel that I do ~~not~~ have much to be proud of

6 I take a positive attitude towards myself.

7 On the whole I am satisfied with myself

8 I wish I could have more respect for myself

9 I certainly feel useless at times.

10 At times, I am not good at all

ANALYSIS AND INTERPRETATION

Sl.No	Names	Score	Self-esteem
1	Akshay	21	Satisfied
2	Adhil . S	25	Satisfied
3	Sajad . S	22	Satisfied
4	Abhinav . R	18	Satisfied
5	Dharsana . M	13	Disatisfied
6	Avas . A	21	Satisfied
7	Shamud shan	22	Satisfied
8	Anshifamol . U	21	Satisfied
9	Avanthika	15	Satisfied
10	Aadhish . S	21	Satisfied
11	Hrba . H	18	Satisfied
12	Shifana . S	21	Satisfied
13	Vismitha . V	23	Satisfied
14	Akshaya . S	23	Satisfied
15	Anurama . S	23	Satisfied
16	Anusree . M	22	Satisfied

CONCLUSION

Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves, which can feel difficult to change. Become more aware of negative thoughts, challenge negative thinking patterns, use positive self-talk, practicing self-compassion etc are the ways to strengthen one's self-esteem. A teacher plays an effective role by strengthening student's self-esteem. Through an effective communication with students they can help to boost self confidence and self-esteem in students.

