

Effectiveness of Assertiveness Training on Self-Esteem Among Adolescents in a Selected School, Kannur District, Kerala

Aranya V

College of Nursing, Kannur Medical College, Anjarakandy, Kerala, India

Abstract

Background: Adolescence is a transitional phase often associated with low self-esteem, which can affect mental health and social adjustment. Assertiveness training is a behavioral intervention shown to enhance self-esteem and interpersonal skills.

Objectives: To assess self-esteem among adolescents, evaluate the effectiveness of assertiveness training on self-esteem, and determine the association between self-esteem and selected socio-demographic variables.

Methods: A quantitative evaluative approach with a one-group pre-test post-test design was used. Sixty adolescents aged 13–15 years were selected by purposive sampling from Anjarakandy Higher Secondary School, Kannur District. Rosenberg Self-Esteem Scale was used to measure self-esteem. Participants received a structured assertiveness training program comprising five sessions over 15 days. Data were analyzed using descriptive and inferential statistics.

Results: In the pre-test, 80% of participants had low self-esteem and 20% had average self-esteem. After training, 98.3% reported high self-esteem, and 1.7% had average self-esteem. The mean self-esteem score increased from 10.55 to 29.45. The paired t test value (33.853) was significant at $p < 0.05$. Pre-test self-esteem was significantly associated with age, religion, residential area, and mother's occupation.

Conclusion: Assertiveness training is an effective, cost-efficient, and non-invasive intervention to improve self-esteem among adolescents. It can be integrated into school health programs and community health nursing practice.

Keywords: Assertiveness training, Self-esteem, Adolescents, Nursing intervention

Introduction

Adolescence is a critical developmental period characterized by rapid physical, emotional, and social changes. Low self-esteem during this stage can contribute to risk-taking behaviors, poor academic performance, and psychosocial issues (1,2). Assertiveness training, a behavioral skill that enhances communication and confidence, has been linked to improvements in self-esteem and social functioning (3).

This study aimed to evaluate the effectiveness of assertiveness training in enhancing self-esteem among adolescents in Kannur District, Kerala.

Methodology

- **Design:** Pre-experimental, one-group pre-test post-test design.
- **Setting:** Anjarakandy Higher Secondary School, Kannur District.
- **Participants:** 60 adolescents (39 from 8th standard, 21 from 9th standard), aged 13–15 years, selected through purposive sampling.
- **Tool:** Rosenberg Self-Esteem Scale (1965). Reliability coefficient: $r = 0.95$.
- **Intervention:** Structured assertiveness training program (five sessions over 15 days, 60–90 minutes each). Topics included assertive rights, self-appreciation, responding to compliments/criticism, mirror talking, and storytelling.
- **Data collection:** Pre-test conducted on Day 1, training sessions over 15 days, post-test on Day 17.
- **Analysis:** Descriptive statistics (frequency, percentage, mean, SD) and inferential statistics (paired t test, chi-square test).

Results

- **Pre-test self-esteem:** 48 students (80%) low, 12 students (20%) average, 0 high.
- **Post-test self-esteem:** 59 students (98.3%) high, 1 student (1.7%) average, 0 low.
- **Mean scores:** Pre-test mean = 10.55, Post-test mean = 29.45.
- **Statistical test:** Paired $t = 33.853$, significant at $p < 0.05$.
- **Associations:** Significant relationship between self-esteem and age ($\chi^2 = 16.062$), religion ($\chi^2 = 8.471$), residential area ($\chi^2 = 7.065$), and mother's occupation ($\chi^2 = 13.859$). No association with gender, type of family, siblings, or father's education/occupation.

Discussion

The study revealed that assertiveness training significantly improved adolescents' self-esteem. These findings are consistent with earlier research demonstrating the effectiveness of behavioral interventions in enhancing confidence and adaptive social functioning (4–6). Given the cost-effectiveness and simplicity of the intervention, assertiveness training can be a valuable addition to school health programs and community health nursing practice.

Conclusion

Assertiveness training is effective in enhancing self-esteem among adolescents. Incorporating structured assertiveness programs in schools can improve adolescent mental health, interpersonal relationships, and coping skills.

Implications

- **Nursing practice:** Nurses can deliver assertiveness training in schools and communities.
- **Education:** Nursing curricula should integrate assertiveness and self-esteem interventions.
- **Research:** Further experimental studies with larger samples and control groups are recommended.

References

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