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A Cross Sectional Survey on Self-Esteem, Anxiety and Perceived Stress among adolescent Girls in the School of Bardoli

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ABSTACT

Background: The term adolescence comes from the Latin word meaning" to grow to maturity". Adolescence is defined by WHO as the age group of 10-19 years. In India, adolescents (10- 19years) constitute 21 percent of the population, comprising one fifth of the total population. Adolescence is the transitional period that occurs after childhood and before adulthood which requires special attention and protection. In this period adolescents experience rapid growth and development, physical and mental maturation, along with movement toward socio- economic independence and development of identity. Many of them may face problems with self-esteem, anxiety and stress due to various reasons arising from academic pressure, peer relationships, family environment, and socio-economic factors[1,2].

Statement: A Study to identify self-esteem, anxiety and perceived stress faced by adolescent girls in selected School of Bardoli.

Objective:

1. To identify Self Esteem, Anxiety and Stress faced by adolescent girls.
2. To find out the correlation between self- esteem, anxiety and stress among adolescent girls.
3. To find out the association between psychosocial problems with their selected demographic variable.

Methodology: A Quantitative approach and descriptive survey design was adopted to conduct the study. A total number of 350 adolescent girls were selected by using convenient sampling techniques. Data were collected by using standardized tools which were Rosenberg Self Esteem Scale, Social Physique Anxiety Scale and Perceived Stress Scale and it was self-reported.

Result: Finding of the study indicated that Level of self-esteem was poor among 2 (0.6%) adolescent girls, 308 (88%) girls had moderate Self-esteem and 40 (11.4%) girls had good Self-esteem. 127 (36.3%) girls experienced Mild level of Anxiety, 194 (55.4%) girls reported Moderate level of Anxiety and 29 (8.3%) Girls experienced severe level of Anxiety. Stress level was mild among 37(10.6%) girls, moderate level of stress was found among 313 (89.4%). A correlation between self- esteem and anxiety was negative and statistically not significant. Whereas self-esteem and stress showed negative correlation which was statistically significant. Anxiety and stress showed positive correlation which was statistically significant. Significant association was found between Level of Self Esteem and Standard in which studied, Family income/Month. Significant association was found between Level of Anxiety and Number of Meal Per Day, Standard in which studied and Family income/ Month and Significant association was found between Level of Stress and area of residence.

Conclusion: The study concluded that the majority of adolescent girls reported moderate levels of self-esteem, anxiety and stress. Psychological health of adolescents needs attention and adequate intervention to improve their self-esteem and reduce stress and anxiety is warranted.

Keywords: Self Esteem, Anxiety, stress, adolescents and obesity.

INTRODUCTION:

The term adolescence comes from the Latin word meaning" to grow to maturity". Adolescence is defined by WHO as the age group of 10-19 years. In India, adolescents (10- 19years) constitute 21.4 percent of the population, comprising one fifth of the total population. Adolescence is the transitional period that occurs after childhood and before adulthood which requires special attention and protection. In this period of rapid growth and development adolescents experience physical and mental maturation, along with movement toward socio-economic independence and development of identity[1,2].

Adolescent's psychosocial disorders exhibit an iceberg phenomenon and are one of the hidden health problems in the population. Adolescents suffer from psychosocial problems at one or the other time during their development.

NEED FOR THE STUDY:

Adolescence is a critical developmental stage marked by rapid physical, emotional, and social changes. During this period, body image becomes highly significant, especially for girls, who often face increased societal pressure to conform to idealized standards of beauty. Rising rates of overweight and obesity among adolescent girls have become a major public health concern, not only due to physical health consequences but also because of their profound impact on mental and emotional well-being.

Obesity in adolescence is frequently associated with body dissatisfaction, low self- esteem, social isolation, and heightened susceptibility to anxiety and stress. Negative peer interactions, bullying, social media influence, and cultural expectations intensify these psychological burdens. Despite this, mental health issues linked to obesity remain under- recognized and inadequately addressed in many communities.

adolescents with an excessive level of stress may be more likely to become overweight or obese through various stress-related physiological alterations, including an increase in cortisol secretion; the modification of obesogenic behaviors, including the physical activity level and dietary habits. Overall prevalence of psychosocial problems was found to be 33.03%. Prevalence of psychosocial problems in male and females was 34.11% and 31.03% respectively. A study was conducted by Mandaknalli, R., et.,al,(2021), in Kalaburagi, India, who found that psychological problems are fairly common in the adolescent age group. Adolescents having mental health problems and disorders, need to have access to timely, integrated, multi-disciplinary mental health services to ensure effective assessment, treatment, and support. In a study done by Mangal A, et.al (2020) Who found that common mental disorders (CMDs) such as anxiety, depression, and psychosocial distress were indeed very common among adolescent school-going girls in an urban area. 48.78% adolescent girls screened positive for CMDs which is alarming in Gujarat.

PROBLEM STATEMENT:

"A Cross Sectional Survey on Self-esteem, Anxiety and Perceived Stress among adolescent Girls in selected School of Bardoli."

OBJECTIVE:

1. To identify the Self Esteem, Anxiety and Stress faced by adolescent Girls.
2. To Find out the correlation between Self Esteem, Anxiety and Stress among adolescent girls.
3. To find out the association between Self Esteem, Anxiety and Stress with their selected demographic variable.

METHODOLOGY:

This cross-sectional survey employed a quantitative approach to assess the self-esteem, Anxiety and stress among adolescents girls in selected school of Bardoli.By using the Raosoft sample size calculator, 350 adolescents girls were selected through non probability purposive sampling technique. Inclusion criteria were girls of age between 13 to 18 years who understood English and Gujarati while mentally challenged girls were excluded. Data was collected involving Socio-demographic data and standardized Rosenberg Self-esteem scale, Social Physique Anxiety Scale and for stress Perceived Stress Scale. Assent was signed by adolescents girls before data collection. Data were collected by self-reporting techniques.

RESULT:

In this study sociodemographic variables of the adolescents girls revealed that majority 179 (51%) of them were 15-16 years of age, 333(99.2%) girls belonged to Hindu religion, 203 (58%) were living in joint families, majority 222 (63.4%) were vegetarian, 201 (57.4%) of them had two meals per day, 114 (32.6%) were studying in 9th standard, 220 (62.9%) of them were staying in rural area and 103 (19.2%) girls reported that their family income was Rs. 10,000 to 25,000/ month.

Table 1: Findings related to self-esteem, Anxiety and perceived stress among Adolescents Girls.

Psychosocial Problems	Mean	Median	Mode	SD	Range
Self Esteem	17.99	18	19	2.50	8-20
Anxiety	31.18	31	33	7.41	12-54
Perceived Stress	18.08	18	17	3.82	8-31

As evident from table no. 1, the mean score of self-esteem was 17.99 with a median of 18, standard deviation of 2.50. The mean score of Anxiety was higher than self-esteem that is 31.18 with a median of 31, standard deviation of 7.41. The mean score of perceived Stress was 18.8 with the median of 18 and standard deviation of 3.82.

Table 2: Findings related to level of Self- esteem, Anxiety and Stress.

Psychosocial Problems	Frequency (f)	Percentage (%)
1. Level of Self Esteem		
a) Poor (1-10)	2	0.6
b) Moderate (11-20)	308	88
c) Good (21-30)	40	11.4

2. Level of Anxiety		
a) Mild (12-28)	127	36.3
b) Moderate (29-44)	194	55.4
c) Severe (45-60)	29	8.3
3. Level of Stress		
a) Mild (1-13)	37	10.6
b) Moderate (14-26)	313	89.4
c) High Perceived (27-40)	0	0

It is evident from table no.2 that all 3 areas of psychosocial problems were present among adolescent girls studied and it varied from poor to good levels. However, the majority of the adolescents experienced a moderate level of self-esteem was 308 (88%), anxiety 194(55.4%) and perceived stress 313 (89.4%).

Table 3: Findings related to correlation between self-esteem, anxiety and stress among Adolescents Girls.

Score	Correlation Coefficient	
	r value	p value
Self Esteem and Anxiety	−0.034	0.521 Not significant
Self-esteem and Stress	-0.221	0.001 Significant
Anxiety and Stress	0.161	0.003 Significant

Pearson correlation coefficients among self-esteem, anxiety, and perceived stress revealed negative correlation between self-esteem and anxiety which was statistically non- significant, ($r = –.034$, $p = 0.521$).

A significant negative correlation between self-esteem and perceived stress, ($r = – 0.221$, $p< .001$), indicating that higher levels of self-esteem were associated with lower levels of perceived stress.

A significant positive correlation was also found between anxiety and perceived stress, ($r =0.16$, $p =0.003$) suggesting that higher anxiety levels were related to higher perceived stress.

Association revealed Self-esteem showed significant association with standard in which they were studying and family income per month. 9th standard students and higher income group (Rs. 25,000 – Rs. 50,000) had better self-esteem as compared to others ($x^2 = P$
< 0.05).

Anxiety was significantly associated with the number of meals per day they had, standard in which they were studying and family income per month. 9th standard students, who are having 2 meals per day and with higher income had significant anxiety levels as compared to others ($x^2 = P < 0.05$).

Perceived stress showed significant association with area of residence, Rural adolescents had higher stress level as compared to Urban adolescents ($x^2 = P < 0.05$).

DISCUSSION:

In this study socio demographic variables of the adolescent girls revealed that majority 179 (51%) of them were 15-16 years of age, 333(99.2%) girls were belonging to Hindu religion, 203 (58%) were living in joint families, majority 222 (63.4%) were vegetarian, 201 (57.4%) of them had two meals per day, 114 (32.6%) were studied in 9th standard, 220 (62.9%) of them were staying in rural area and 103 (19.2%) girls having family income of Rs. 10,000 to 25,000/ month.

Similar finding were reported by Basheerahamed J, et.,al (2024), who reported that majority of adolescents were having age of 16 years (54.6%), (84.4%) practiced Hinduism lived with their parents (82.4%) who belonged to rural area (58.3%) in Vijaypur, Karnataka.

The mean score of self-esteem was 17.99 with a median of 18, standard deviation of 2.50. The mean score of Anxiety was 31.18 with a median of 31, standard deviation of 7.41. The mean score of perceived stress was 18.8 with the median of 18 and standard deviation of 3.82.

The present study showed that the majority of the adolescent girls experienced a moderate level of self-esteem was 308 (88%), anxiety 194 (55.4%) and perceived stress 313 (89.4%).

In a study done by Raddy b, et.al (2019), they reported a moderate level of self- esteem (88%) among adolescents in Pune, Maharashtra [9].

The significant negative correlation between self-esteem and perceived stress ($r = -0.221$, $p < .001$) indicates that higher self-esteem is associated with lower perceived stress in this sample. The above finding was supported by Piekarska, J. e.,al (2020) who also reported negative correlation in Poland[10]. The positive correlation found between anxiety and perceived stress ($r = 0.16$, $p = .003$) indicates that higher anxiety is related to higher perceived stress in this group. Which was supported by a study done by Wiklund, M., et,.al (2012), reported positive correlation anxiety and stress ($r = 0.17$) in Swedon[11]. The negative correlation between self- esteem and anxiety ($r = –0.03$, $p = 0.521$) in this sample, supported by Seema, G. B., at., al, (2017) in their study r value ($r=-0.03$) in Banglore[12].

Association revealed Self-esteem showed significant association with standard in which they were studying and family income per month. 9th standard students and higher income group (Rs. 25,000 – Rs. 50,000) had better self-esteem as compared to others ($x^2 = P < 0.05$). Anxiety was significantly associated with the number of meals per day they had, standard in which they are studying and family income per month. 9th standard students, who are having 2 meals per day and with higher income had significant anxiety level as compared to others ($x^2 = P < 0.05$). Perceived stress showed significant association with area of residence, Rural adolescents had higher stress level as compared to Urban adolescents ($x^2 = P < 0.05$).

CONCLUSION:

The study concluded that the majority of adolescents shared a moderate level of self-esteem, experienced moderate levels. of anxiety and stress. There is an urgent need to educate adolescent girls to improve their knowledge and healthy practices and reduce stress and anxiety.

LIMITATIONS

- This study is limited to adolescent girls within a selected school of Bardoli, Surat, Gujarat. Therefore, the findings may not be generalizable to other adolescent girls.
- The study included a specific sample size of 350 adolescent girls who were selected using purposive sampling technique, hence sampling bias may exist.

- Self- esteem, Anxiety and stress was assessed using self-reporting techniques which may have personal bias.

RECOMMENDATIONS

- The study can be repeated on the large-scale sample to validate and for better generalization of the findings.
- Ongoing research and policy implementation counselling should be integrated into schools to reduce anxiety and stress.

NURSING IMPLICATIONS

1. Adult health nurses should organize awareness programs to facilitate adequate information and encourage adolescents.
2. In Schools, the nurse should provide information and education regarding psychological problems to teachers, family members and care giver to help adolescents to come out from stressful situations.

ETHICAL CLEARANCE:

The permission was obtained from School Higher Authority. The researcher had taken consent from parents and assent from the Adolescent girls for meeting the inclusion criteria. The researcher obtained ethical clearance from the ethics committee of Maniba Bhula nursing college.

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