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## RESEARCH ARTICLE

### A STUDY ON SELF ESTEEM OF BEREAVED STUDENTS AFFECTED BY NATURAL DISASTER

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#### ABSTRACT

In this study, an attempt has been made to study the level of self esteem of bereaved students affected by natural disaster. Self esteem scale standardized by Anne bett has been used to measure the level of Self esteem of bereaved students. This tool was administered to a purposive sample of 600 bereaved students affected by natural disaster studying in various schools situated in the coastal area of Nagappattinam and Cuddalore Districts of Tamilnadu. The survey method has been followed for the present study. The data collected was subjected to descriptive and differential analysis. The result of the analysis reveals that the Self esteem of bereaved students affected by natural disaster is high. It further reveals that the bereaved students residing at urban and rural area do not differ in their Self esteem. But no significant difference was observed between the sub-samples viz. male and female, students who have lost their parents and those who have lost their relatives due to natural disaster, students residing with their parents and the students residing with their guardians, students belong to joint family and nuclear family.

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#### INTRODUCTION

Students exposed to natural disasters have inevitably experienced the traumatic effects. The school experience can be challenging for bereaved students who are subject to low self esteem. Hence, the need of today is adopting new strategies in building up the level of self esteem which is a vital element in coming to any understanding of personal adaptation in social class contexts. We all need to gain self-understanding in some way. So lack of self-understanding will reasonably lead to attempts to re-establish the primacy of the students in relation to others. The Self-esteem apparently brings to bear a unique prospective for viewing one's relationship with one's social environment. Student with a restricted Self-esteem will avoid threat prejudice; low thinking and conservatism are likely to characterize such students. The bereaved students with low self esteem involve in maladjustment, and poor academic performance.

#### NEED AND IMPORTANCE OF THE STUDY

Teachers, administrators and parents are commonly concerned about student's self-esteem. Its significance is often exaggerated to the extent that low self-esteem is viewed as the cause all evil and high self-esteem as the cause of all good (Manning, Bear & Minke, 2006). In the words of Nathaniel Branden, (1992) self esteem is the disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness. Similarly, Reasoner (2005), has defined self-esteem as the experience of being capable of meeting life challenges and being worthy of happiness.

Building self esteem in children requires collaboration between parents, school personnel and the child (Operant and Saxon 2001). According to Redden 2000, children with higher self- esteem Showed higher intrinsic motivation and better academic performance. Educators, parents, psychologists, sociologists, professionals and others agree that there is a need to develop individuals with a healthy high self esteem. Low self-esteem is associated with the use of maladaptive achievement strategies, which in turn are associated with maladjustment at school. Achievement strategies that students deploy are reflected not only in their school adjustment, but also in their overall problem behavior (Aunola et al. 2000). Children with learning problems often experience frustration and develop emotional problems such as low self- esteem as a result of repeated failures (Lyon 2000). As per the report of Brooks (2001), many children with learning problems are burdened with feelings of low self esteem and they exhibit helplessness in learning, have difficulty in making decisions, exhibit low tolerance for frustration and poor adjustments with peers. Hence, for the present study the investigator is intended to study the self esteem of bereaved students affected by natural disaster.

#### OBJECTIVES OF THE STUDY

The study has the following objectives:

1. To find out the level of self esteem of bereaved students affected by natural disaster.
2. To find out the level of self esteem of bereaved students affected by natural disaster with respect to different sub-sample of the study.

3. To find out whether there is any significant difference between male and female bereaved students affected by natural disaster in their self esteem.
4. To find out whether there is any significant difference between the bereaved students residing at urban area and rural area in their self esteem.
5. To find out whether there is any significant difference between the bereaved students those who lost their parents and those who lost their relatives in their self esteem.
6. To find out whether there is any significant difference between the bereaved students those who residing with their parents and those who residing with their guardian in their self esteem.

## METHOD OF STUDY

The normative survey method has been followed to find out the self esteem of bereaved students affected by natural disaster. Self esteem scale standardized by Anne bett has been used for the present study to measure the self esteem. It is a two point scales, which includes 28 statements. The self esteem tool have been administered to a purposive sample of 600 bereaved students affected by natural disaster studying in various schools situated in the coastal area of Nagappattinam and Cuddalore Districts of Tamilnadu. The data collected from the sample has been subjected to Descriptive and Differential analysis.

## ANALYSIS OF DATA AND INTERPRETATION

The mean and standard deviation has been calculated to find out the self esteem of bereaved students affected by natural disaster. It is found to be 18.80 and 3.92 respectively. It is presented in Table-1. The maximum score for the tool is found to be 28. The mean score is higher than the mid score scores of 14. Hence, it is inferred that self esteem of bereaved students affected by natural disaster is high. It is also inferred that the mean value of all the sub-sample is higher than the mid score of 14.hence, it is concluded that the self esteem is high for all the sub-sample of the study.

esteem. From the mean value, it was noticed that the level of self esteem is high for the female than the male bereaved students affected by natural disaster. The 't' value has been calculated to compare the bereaved students residing at urban area and rural area on self esteem. The 't' value is found to be 0.33 (Table-1). It is not significant at 0.05 level. Hence, it is concluded that there is no significant difference between students residing at urban area and rural area on self esteem. The 't' value has been calculated to compare the bereaved students studying in government school and private schools on self esteem. The 't' value is found to be 4.82 (Table-1). It is significant at 0.01 level. Hence, it is concluded that there is a significant difference between students studying in government school and students studying in private schools on self esteem. The mean value indicates that the students study in private schools have high self esteem than the students studying in government school.

The 't' value has been calculated to compare the bereaved students who have lost their parents and those who have lost their relatives in their self esteem. The 't' value is found to be 4.45 (Table-1). It is significant at 0.01 level. Hence, it is concluded that there is a significant difference between students who have lost their parents due to natural disaster and those who have lost their relatives due to natural disaster in their self esteem. The mean value indicates that the students who have lost their relatives have high self esteem than the students who have lost their parents. The 't' value has been calculated to compare the bereaved students residing with their parents and the students residing with their guardians in their self esteem. The 't' value is found to be 3.47 (Table-1). It is significant at 0.01 level. Hence, it is concluded that there is a significant difference between bereaved students residing with their parents and the students residing with their guardians in their self esteem. The mean value indicates that the students residing with guardians have high self esteem than the students residing with parents. The 't' value has been calculated to compare the bereaved students who belong to joint family and those who belong to nuclear family in their self esteem. The 't' value is found to be 1.98 (Table 1). It is significant at 0.05 level. Hence, it is concluded that there is a significant difference between bereaved students who belong

**Table 1. Mean, Standard Deviation and 't' value for the Mean self esteem Scores of Bereaved Students Affected by Natural Disaster**

S.No	Sub-Sample	N	Mean	SD	't' Value
1.	Male	270	18.34	4.037	2.64**
	Female	330	19.18	3.79	
2	Students residing at Urban area	260	18.74	3.77	0.33
	Students residing at Rural area	340	18.85	4.04	
3	Students studying in Govt. School	274	17.97	4.33	4.82**
	Students studying in Private Schools	326	19.50	3.39	
4	Students who have lost their Parents	168	17.67	4.03	4.45**
	Students who have lost their relatives	432	19.24	3.79	
5	Students residing with parents	506	18.56	3.94	3.47**
	Students residing with guardians	94	20.08	3.57	
6	Students belong to joint family	184	19.28	3.60	1.98*
	Students belong to nuclear family	416	18.59	4.04	
	Total	600	18.80	3.92	

\*- Significant at 0.05 level, \*\*-Significant at 0.01

The 't' value has been calculated to compare male and female bereaved students affected by natural disaster on self esteem. The 't' value is found to be 2.64 (Table 1). It is significant at 0.01 level. Hence it is concluded that there is a significant difference between male and female bereaved students on self

to joint family and who belong nuclear family in their self esteem. The mean value indicates that the students who belong to joint family have high self esteem than the students who belong to nuclear family.

## FINDINGS

The following are the important findings of the study:

- The self esteem of bereaved students affected by natural disaster is high. It is also inferred that the self esteem is high for all the sub-sample of the study.
- There is a significant difference between male and female bereaved students on self esteem. From the mean value, it was noticed that the self esteem is high for the female than the male bereaved students affected by natural disaster.
- There is no significant difference between students residing at urban area and the students residing at rural area on self esteem.
- There is a significant difference between students studying in government school and students studying in private schools on self esteem. The mean value indicates that the students studying in private school have high self esteem than the students studying in government school.
- There is a significant difference between students who have lost their parents due to natural disaster and those who have lost their relatives due to natural disaster in their attention deficit disorder. The mean value indicates that the students who have lost their relatives have high self esteem than the students who have lost their parents.
- There is a significant difference between bereaved students residing with their parents and the students residing with their guardians in their self esteem. The mean value indicates that the students residing with guardians have high self esteem than the students residing with parents.
- There is a significant difference between bereaved students who belong to joint family and those who belong to nuclear family in their self esteem. The mean value indicates that the bereaved students who belong to joint family have high self esteem than the bereaved students who belong to nuclear family.

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