

# **Role of values on self esteem among youth**

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## **ABSTRACT**

In the world of rapid change life of people especially the dynamic segment of the people “**The Youth**” face lots of life pressures leading to psychological and sociological problems and ultimately results in a disorganized society. Thus, lots of efforts are collectively taken by all the socializing agents in order to inculcate the importance of values and enable the youth of today who are the change agent to create the future we want, to realize values influence their self esteem, these values have the effect of bonding, comforting, reassuring and procuring serenity. The current study examines the level of importance attached to various values by the young generation and how such values help in building positive attitude and improve self esteem.

**Keywords:** Values, Behaviour, Youth, Self Esteem.

## **INTRODUCTION**

“**Train up a child in the way he should go: and when he is old, he shall not depart from it**” (Prov. 22: 6). This saying is as important for the youths as it is for child. In a world where development continues to take place and societies rapidly move with latest developmental trends; it is very important for youths to hold on to moral values taught them in their childhood. In as much as societies continue to change, there are certain principles that genuinely focus societies to strictly adhere to. Youths are being faced with peculiar problems in their societies that tend to challenge their moral stance, they are surrounded with people who have thrown morality aside and are “making it”. Society tends to favour those who can do almost anything to attain power and money and even celebrates corruption in several ways. Notwithstanding this, youths have the power that lies within them to bring about the societies they want. In as much as they continue to observe such sad practices, they can choose to make a positive impact in society by the way they live. Amidst all, still the world celebrates men and women of great values who held on and continue to hold on to values that are undeniable and true.

## **DECLINING VALUES OF LIFE AMONG YOUTH**

Society today is marked by violence, greed, theft, drug addiction and especially the crimes against women are increasing be it rape or other types of violence against them. Discipline today is lacking among youths. They do not obey the elders and often disrespects them. Young generations today become so much self-centered that they are mostly busy in serving their own interests. Thus, it has been commonly believed that there has been a rapid erosion of ethical and moral values among the youth in our society.

The modern materialistic world raises our standard of living but declines our standard of life i.e. the value of life. On account of population explosion, knowledge explosion (science and technology) and material explosion man has started moving towards the wrong path by considering material comforts of the world as real happiness. In the present society due to the spread of greed, self-aggrandizement, gross injustice, abuse of human rights, pervasion of power, callousness, insensitivity, deceit, dishonesty, thefts, bribery, smuggling, corruption, exploitation man are wallowing in the low and dark dimensions of his consciousness. Religion and morality are being throttled and the power of man is being misused. The growing influence of the negative aspects of Western culture in younger generation is stranded on the crossroads. To make youth conscious about such evil’s education based on moral and ethical values should be provided to them so that they become rational human beings and to know what is good, and not to turn beasts in the skull of human shape.

## **CONSEQUENCES OF VALUES DIMINISHING AMONG INDIAN YOUTHS**

The moral degradation in our society has reached such a level that calls for concern. Youth in India is getting increasingly inclined towards violence, social evils and lack of respect towards elder and teachers which can break down social harmony as well as national integration, kidnapping, murdered, robbery and crisis have become a serious matter in India. They engage in all sorts of anti-social behavior injuries to the society. Moral values are found in the

religion, culture and traditions, yet our youths, for a reason or the other are not the religious. They consider culture outdated and our traditions barbaric. The creative mind of youth is diverted towards unsocial activities such as smoking in public places, misconduct in classes, drug addiction, misbehavior in household and juvenile delinquency to name of few. Social values are uprooted by commencing anti-social activities so regional movement, conflict, bias, enmity etc. take leading role over all down fall of the society. The alarming percentage of criminality and anti-social behavior increase in India with the change in social structure and individual motives. Invention of new modes of scam and frauds are being emerged which denotes that youth are tending to get more interested into easy way of attending wealth, power and fame etc. giving least consideration to human values. It promotes identity crisis and relationship with individuals or group who already perceived the association as morally deficient.

### **RESPONSIBLE FOR DEGRADATION FACTORS OF MORAL AND ETHICAL VALUES AMONG YOUTH**

It has been observed on the basis of non-participant observation that there are number of factors responsible for declining of ethical and moral values among youth. Responsible and rational behavior is expected from children but it has been observed that immoral and antisocial behavior is increasing among them. A number of factors are responsible for fall in moral and ethical values among youth.

- Influence of companion/peer group
- Socialization
- Scientific technology
- Parental Influences
- Rise of discretion
- Educational System
- Mass Media
- Nuclear family
- Very strict norms
- Gender bias
- Attraction of change or modernization:
- Lacking of co-curriculum activities based on moral values:
- Dirty politics
- Desire of self exhibition

### **SELF ESTEEM AND IMPORTANCE OF SELF ESTEEM AMONG YOUTH**

Positive self-esteem for youth is important as it allows them to try new things, take healthy risks and solve problems. In turn, their learning and development will be productive and will set them up for a healthy and positive future. A young person with healthy self-esteem is more likely to display positive behavioural characteristics, such as:

- acting independent and mature
- taking pride in their accomplishments/achievements
- accepting frustration and dealing with it responsibly
- trying new things and challenges helping others when possible

### **METHODOLOGY**

#### **Need, Purpose And Importance of the Study**

Values play the most influential role in the well-being of individuals with a particular focus on youth and their development.

In this study Psychological well-being & Self Esteem refers to how people evaluate their lives and the various aspects of their life and the influence of Values on the above.

In the rapid change of the world today, the importance of moral values among youth seems decrease drastically in the world. The society plays a huge role in misleading the youth with advertisement and the negative aspects of technological innovations that seem to ruin the moral values. If the society pays good tribute on the welfare of the future generation, the future of our world will be better.

Values are a significant part of the Indian culture; we have various values which superbly distinguish the Indians from the rest of the people of the other countries. Almost every aspect of our day to day lives is guarded and directed by moral, social and cultural values which teach us the right way to behave with others. We have moral values of honesty, kindness, humility, generosity, transparency, truth, patience, satisfaction, self-esteem that we are supposed to follow

while leading our lives then on the other hand we have social and cultural values which direct our social behaviors such as giving respect, value of greeting, obeying, modesty, group harmony, social welfare, cooperation, brotherhood, patriotism, and respect for all religions etc. Studies on psychological outcomes showed that values predicted self-esteem, well-being, out-group negativity, and avoidance of ambiguity.

### **Objectives Of The Study**

1. To find out the level of Self Esteem of Youth.
2. To find out the association between personal variables and key variable, (Personal Values, & Self Esteem) among Youth.
3. To find out the significant relationship among the key variable- Personal Values, Self Esteem among Youth.
4. Recommend strategies for designing interventions to increase the importance of Values which will enable the Youth to practice those values and enhancing their Self Esteem to be productive members of the society.
5. To find out the significant difference among personal variables with key variables Personal Values, & Self Esteem.

### **Research Design**

As Sellitz et al (1965) state “A research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure.”

The major objective of this study is to find out the value priorities of Youth and also to find out how such personal values plays an important role in enhancing their Self Esteem. Hence the researcher has adopted the descriptive and diagnostic research Design. Descriptive research is used when the phenomenon is well structured and understood. This kind of approach requires a critical approach to the obtained information

### **Sampling Technique**

Representative purposive sample, collected according to availability, was such which gave a true and unbiased picture of the population. Utmost care was taken to make sure that there is insignificant sampling error and the results of the sample study can be applied, in general, for the universe with a reasonable level of confidence.

The researcher contacted his friends, peers and former colleagues working in different colleges to identify the respondents who would sincerely answer the questions asked.

### **Data Collection & Processing**

The data for the present study was collected during 2018-2019. The respondents were from different part of Coimbatore. The researcher personally contacted all the respondents and gave the questionnaire. After the collection of data the questions were coded and labeled. Quantitative analysis was done through Statistical package for social sciences by the researcher. The statistical techniques like, simple average, chi- square, t test, ANOVA, correlation, Post Hoc and Multiple Regression were used for the purpose of data analysis.

### **Social Work Intervention**

The study is to improve the behavioral changes, moral values, self esteem and positive attitude among youth. Social Case Work can be adopted at school level, College level; family counseling centers and intervening to individuals self value and enhance values among the youth. Homogeneous group can be formed and rendered group therapy and inculcate values and influence values and self esteem. Counseling and Guidance for the young generation can be a greater intervention approach for inculcating values.

### **FINDINGS DISCUSSION AND CONCLUSION**

- Slightly less than half (47 percent) of respondents belong to the age group of 18 -19 years.
- More than half (54 percent) of respondents were male students
- Slightly more than half (53 percent) of the respondents' father possess schooling education,
- Majority of (78 percent) of the respondents are from nuclear families
- Nearing half (49 percent) of the respondents hail from urban areas
- Larger portion of (88 percent) of the respondents are from under graduation level
- More than half (66 percent) of the respondents are Day Scholars
- Vast majority of students (92 percent) of them have a good academic record
- Exactly (50 percent) of the respondents are involved in sports activities,

- Slightly less than half (47 percent) of the respondents have moderate level of relationship with the socializing agents i.e. with family, friends, relatives and teachers.
- Larger portion of (81 percent) of the respondents have never tired consuming alcohol.
- Vast majority of (92 percent) of the respondents have never tried taking drugs.

Karl Pearson's Correlation test reveals that there is significant positive correlation exist (at 0.01 level) on Self Esteem.

Karl Pearson's Correlation test reveals that there exist negative correlation (at 0.05 level) between Self Esteem and various dimensions of Personal Values like Religious Value, Economic Value, Family Prestige Value & Health Value. The Religious value is positively correlated (at 0,05 level) with Social Value and Power Value and at (0.01 level) with Democratic Value. Social Value is positively correlated at (0,01 level) with Democratic, Aesthetic, Economic, Hedonistic, Power and Health Values. Democratic Value is positively correlated (at 0,01 level) with Aesthetic, Power and health and at (0.05 level) with Economic and Hedonistic Value. Aesthetic Value is positively correlated at (0.01 level) with Social, Democratic, Economic, Knowledge, Hedonistic, Power & Health Values. Economic Value is positively correlated at (0.01 level) with Knowledge and Power Value. Knowledge Value is positively correlated at (0.05 level) with Hedonistic Value. Hedonistic Value is positively correlated at (0.01 level) with Power Value and (0.05 level) with Health Value. Power Value is positively correlated with health value at (0,05 level). Family Prestige Value is positively correlated at (0.01 level) with Health Value.

Karl Pearson's Correlation test reveals that positive correlation exist (at 0.01 level) between Self Esteem with life Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relationship.

- There is association between personal profile and personal values of the respondents.
- There is no association between socio demographic profile and level of personal values.
- There is association between education profile and level of personal values.
- There is association between relationship pattern with socializing agents and level of personal values.
- There is association between socio demographic profile and level of Self Esteem.
- There is association between education profile and level of Self Esteem.
- There is association between relationship pattern with socializing agents and level of Self Esteem.

## **DISCUSSION**

This proposed research is aimed at studying the role of values on Self Esteem of youth. These issues are dependent on value system that reflects the values of the society at large. Based on the interaction with the society the personal values gradually develop. Proper interaction and reciprocity with the value system build one's Self Esteem and also help the individual to attain a better human.

The current Generation of Youth in India is more confident in taking decisions towards their ambitions, than the old youth generation. But there are also lots of obstacles and distractions in the current generation's life because of many problems like peer pressure, friends, family background, and stigma towards youth in society.

There is a need for value-based movements today to bring about reform in young people and in society as a whole and a spiritual revolution is essential for that. Awareness of moral values through spirituality is augmented by positive mental attitude. Constant meditation helps to build self-esteem. Young people today must be self-motivated to do good. The present study proves that a major portion of the youth have moderate level of values, and considerably 28 percent of the youth consider values is not of much importance to them. Thus, huge efforts must be taken in order to handle such portion of the population to change their mindset and enable them to understand how importance Human Values are to be fruitful life for themselves and for the society.

This study proves that, yet a large proportion of youth population are having only moderate level of Self Esteem and are still undergoing identity crisis leading them to go against the acceptable mode of human behaviour. Hence there is great need of interventions to promote youth self-esteem to higher level in order to maintain healthy mental health of youth.

Hence this study highlights that possible steps must be taken by all the Socializing Agents to inculcate positive values to be practiced by today's youth which in turn helps in building Self Esteem, since the future and destiny of any nation is depending upon today's youth.

## **SUGGESTIONS**

The family which is the base structure of every society must begin to right their wrongs with regards to restructuring their value systems because most youths learn from the elders in their families and if truly there has to be a positive change in society, the family must play its role as the major primary agent of socialization in the society.

Government and other authorities especially in leadership positions must see themselves as role models for young persons and begin to be responsible adults. They have to realize that the future of tomorrow depends on the foundations laid today and youths cannot become trusted leaders if they cannot follow in trust.

Youths must encourage themselves by interacting with one another and creating social networks that can easily strengthen them when faced with discouraging attitudes about moral issues. This can bring about the institution of a strong and viable moral base founded on principles that work.

The national goals for the inculcation of national consciousness and national unity and the inculcation of the right type of values and attitudes for the survival of the individual and the Indian nation can become a reality if the youth of today adopts moral values that will be recognized as its core identity and encourage its spread among other peer groups by proving that this identity penetrates all facets of life and is worthwhile.

As the results of the study have revealed that Self Esteem of youth is observed to be at moderate level. Thus efforts must be taken to in all dimensions by interventions and strategic plannings required to enhance Self Esteem through developing positive mental state.

## **CONCLUSION**

Youths are major determinants of the level of development in any society. Without youths, there can be no sustenance of society as no society can be self-sustaining without its human components of which the major workforce is the youths. Realizing this, young people ought to know their importance and worth in society and begin to value themselves as purveyors of the fortune and progress of any society. Youths must be committed to imbibing moral values and upholding them through life as these values will shape the ways they think, speak and even act. Moral standards can rise in contemporary societies if the zeal of youths brings about the restoration of moral values. To uphold moral values, youths must be disciplined and resist immoral behaviour that will eventually culminate in loss of moral compass. Youths can be the agents of change in their societies by accepting to live by moral codes and become “lights in perceived darkness” to show the way forward for nations to become truly prosperous, developed and functional.

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