

## The Level of Self-Esteem of the Tafila Technical University Students and Its Relationship with Some Variables

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### Abstract

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The current study aimed to know the level of self-esteem students of Tafila Technical University, and the study sample reached (294) students of different scientific and humanity majors and also citizens of cities and villages. The results has shown that the level of self-esteem for sample individuals were high and there were differences in self-esteem for males and females, in favoured for females and there were differences in self-esteem between the scientific and humanity colleges in favoured for the students of scientific majors, and there were differences in self-esteem between students who live in the village and the students who live in the city, in favoured for students who live in cities. There for, the study recommended doing more researches to connect self-esteem with other variables, and in different educational levels.

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**Keywords:** Self-esteem, student's university, Gender, address, Faculty.

### Introduction:

The revolution of information technology imposed on an individual to have certain life skills to achieve the right adaptation that lets them achieve goals they aspire to reach, and what helps an individual reach to what they aspire in life is having a positive self-esteem. Many psychologists pointed out the importance of raising self-esteem of an individual to achieve the psychological balance in life. Self-esteem has been considered as a way to get appreciation, acceptance and recognition by others.(Pintrich&Schunk,1996) One of the many theories that talked about self-esteem is the theory of humanity, Maslow pointed out in his pyramid that importance of self-esteem is considered one of the main needs of the individual.(Beck,2000) Maslow confirmed that satisfying the needs and appreciating the individuals gives them a sense of confidence, but the frustration drives the individuals to feel disability.(Reiss,2000)

The need of self-esteem is considered as a motive to change the behaviour of an individual, if an individual has a positive self-esteem he has energy to drive them to achieve their goals, the right adaptation, and the healthy physical state. Vis Versa, if the individual has a negative self-esteem therefore cannot reach his goals and suffer from problems of psychological and social adjustment in the environment in which they live in. (Petri, 1996) Rogers pointed out that an individual is paid to exploit their abilities to the maximum by the need to self-realization and the need for self-acceptance and pointed out that the key for success is to live according to our values, but the work is against our values and leads to losing self-esteem. (Reiss, 2000)

And the realization of self and objects is the look of the individual at the elements of the environment in which he lives in and effects the level of which the individual has of self-esteem, of which the loss of control of the individual leads to control of the surrounding that leads to negative self-realization. (Petri, 1996) The academic self-esteem is influenced by the skills of students in reading and mathematical functions, and the social self-esteem is affected by the nature of the relationship with their parents and friends, and the physical self-esteem is affected by the physical abilities and appearance. (Berk, 1999) As the television has an indirect influence on the social life of the individual and their relationships with their friends (Shaffer, 1993) but watching the individuals that is similar to us enhances our social identity. (Al-Kfaween, Beni-Resheed, 2007)

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Because most of us could get what they need from things to achieve their physiological and security needs, but the self-esteem is hard to get and the individual could get low self-esteem and that is according to the level of self-esteem of the individuals, as a result of the need to get appreciation from the others. The individual's perception of their weakness and power leads them to picture their goals and important needs to build motivation, because believing in one's self and expecting success leads the individual to live with confidence. (Kfaween, 2003)

### **Previous Studies:**

And in a study for Chen, He, Li (2004), found a positive relationship between self-competition and self-worth, and the self-competition has a negative relationship with the level of aggressive behaviour of the sample. And when the family serves the sense of secure and self-confidence for the individual that helps them to build self-esteem although of the facing challenges. (Kfaween, 2010) And in a study of Jennifer & Rebecca (2007) it studied the family experiences and the challenging families, and their relationships with the self-esteem and self-criticism. The results pointed out that experiencing family's difficulties and challenges played a vital part in building a low self-esteem.

The study of Peter (2003) that studies a sample that consisted of females and males, and used adjustments and self-esteem and social intelligent scales. The results listed that the rejection in colleges leads to behavioural issues and the problems of adjustments. And in a study for Bozoglan, Demire, Shahine (2013) they studied the relationship between the loneliness feeling and self-esteem, and the satisfaction of life and the internet addiction, of which the sample reached (384) students from the educational college of turkey of which is (114) male students and (270) female students. And the results pointed out that the loneliness feeling and self-esteem and the satisfaction of life explain (38%) of the internet addiction. And the loneliness feeling and self-esteem is explained by the problems of time management and personality issues.

And the study of Koung, Ding, Zhao (2015) studied the influence of social support and self-esteem on the relationship of the feeling of appreciation and satisfaction of life among the college students of one of China's universities, of which the sample reached (427) students, and they used Rosenberg's scale of self-esteem and the dimensions of social support scale, and the application of appreciation of life satisfaction. The results pointed out that the social support was the middle connection between the appreciations and the life satisfaction of life. And there is an effect of the feeling of appreciation from the social support and self-esteem of life satisfaction, and the results showed that the males who have high grades of appreciation are more likely to get social support than females. The results also showed that the females that got high social support got better life satisfaction more than males.

The study of Munford (1994) was applied on (83) individual consists of females and males, which used Bick depression and Rosenberg's scale of self-esteem, and the racial identity scale, of which the results showed that the depression is connected with a low level of self-esteem, and no clear differences between females and males in levels of self-esteem and depression. And no clear differences between females and males according to the social levels and the level of depression. A study Arslan, Jaap, Gebuer, Jeff & Samuel (2016) was made on a sample of (985,937) to know the differences between cultures in self-esteem for males and females and the age stages, it was made in a (48) country.

The results have shown that the self-esteem level increases during the teenage stage to adulthood and there are differences between males and females in the self-esteem level, of which the males got higher results than females. And there were significant differences that show different cultures according to gender and the age stage in self-esteem, and these differences were related in economic, social, cultural and demographic factors and also gender equality. Archad, Zaidi, Mohmood (2015). A study has been done to evaluate the self-esteem and the academic performance of the university students, the sample was (80) students of which (40) were males and (40) were females, a connected relationship between self-esteem and academic performance.

The females got higher grades in academic performance compared to males, who got higher self-esteem than females. Rosenberg's scale of self-esteem and the Academic performance rating scale have been used in the study. BIBI, Saqlain, Mussawar (2016), and in a study that has conducted to acknowledge the relationship between self-esteem and emotional intelligence among the Pakistani universities students, of which the sample reached (250) students. The self-esteem scale and emotional intelligence scale has been used in the study. The results showed that a positive relationship between self-esteem and emotional intelligence existed.

The resulted also showed the females excelling males in emotional intelligence; on the other hand there is not difference between females and males in self-esteem. AL-Kfaween (2010) a study had been done to find the level of Self-efficacy and its relationship between the gender and major, and the sample was (364) students of which were males and females. The results showed that the level of Self-efficacy was mediocre and there were no differences in self-efficacy between males and females. But there were differences in self-efficacy between scientific colleges' students and humanity colleges' students. The importance of self-esteem in helping our students in facing life challenges. Of which the students that have high self-esteem have efficacy in facing challenges and difficulties. On the other hand students that have low self-esteem cannot handle different situations in life. (anyamene, chiuyelu, mieha (2016)

That's why this study is one of the important studies in the local society and it is considered a necessity to acknowledge the level of self-esteem of our students because the positive self-esteem influences the efficacy of the individual and their skills and it reduces the violent action. Because the individual that has a positive self-esteem has the positive energy that drives their actions in the right way to achieve their goals that they aspire to. So this study sought to acknowledge the level of self-esteem of the Tafila university students, as well to acknowledge the differences between females an males, as well the differences among the humanity colleges' students and scientific colleges' students. Also to find out the differences between the students those live in the city and the students living in the village.

And because the results of this study is considered a necessity to the teachers and decisions makers to work on preparing the right strategies of the university students in this age, that helps them to build a positive self-esteem among students.

**Study questions:**

The study aimed to answer the following questions:

- What is the level of self-esteem of the students of the Tafila university students?
- Are there any differences between the females and males in levels of self-esteem?
- Are there in differences between the humanity colleges' students and scientific colleges students in levels of self-esteem?
- Are there any difference between the students that live in the city and the students that live in the village in levels of self-esteem?

**Method: Community study and sample**

-The study's society was made of the Tafila university students in 2017/2016, of which the study sample consisted of (294) students.

**Scale study:**

This study used the Descriptive research approach to answer the study's questions. The self-esteem scale prepared by the researcher has been used, of which it consisted in its final image of (20) terms, of which they chose multiple choices. The five-step study was used as next, strongly agree, agree, don't know, disagree, and strongly disagree.

**Result:**

To know the level of self-esteem Means and stand deviation were measured to classes of sample members and the table (1) shows these results:-

Table 1 : mean and stand deviation for the grades of the students in the sample on the scale of self-esteem

Total	Means	N	Stand deviation
Self-esteem	3.762	294	.704

In order to determine the differences in the self-esteem of males and females, means where measured and stand deviation for sample members on the scale and table 2 shows these results :-

**Table 2: mean and stand deviation for the grades of females and males in the sample on the scale of self-esteem.**

Gender	Means	Stand deviation
Males	3.714	0.744
Females	3.869	0.591
Total	3.762	0.704

In order to determine the differences in the self-esteem of faculty, means were measured and stand deviation for sample members on the scale and table 3 shows these results :-

Table 3: mean and stand deviation for the grades of faculty in the sample on the scale of self-esteem

Faculty	Means	Stand deviation
Science	3.912	0.547
Human	3.442	0.876
Total	3.762	0.704

In order to determine the differences in the self-esteem address (city/village) , means were measured and stand deviation for sample members on the scale and table 4 shows these results :-

Table 4: mean and stand deviation for the grades of address (city/village) in the sample on the scale of self-esteem

Address	Means	Stand deviation
City	3.853	0.576
Village	3.618	0.849
Total	3.762	0.7034

In order to learn about statistical significance of the difference between these averages were used ANOVA and table 5 shows these results:-

**Table 5: the results of the three way ANOVA , for the variables (gender, faculty and address and interaction)**

Source	Sum of squares	df	Mean square	F	Sig
Gender	11	1	11	28.244	.000
Faculty	16.904	1	16.904	43.405	.000
address	3.220	1	3.220	8.268	.004
gender*faculty	3.987	1	3.987	10.238	.002
gender*address	1.607	1	1.607	4.127	.043
faculty*address	1.062	1	1.062	2.728	.100
gender*faculty*address	1.854	1	1.854	4.760	.030
Error	111.381	286	.389		
Corrected total	145.011	293			

**Results discussions:**

The study has shown that the level of self-esteem for sample members came high and that might attribute to the culture in our Arabian and Jordanian society in a particular way encourages self acceptance and emphasising the satisfaction definition with what skills does the individual posses and that is agreed with. (Pintrich&Schunk, 1996) that pointed to that self-esteem is receiving acceptance and gratitude from others. And results has pointed that there are significant differences for university students according to gender variable. And the differences were in favoured for females and that could be attributed to that females in our society always feel inferior so she needs a lot of hard work and resist the discrimination between genders so she can improve her self-image. And the reason that our society culture started giving females some freedom which built self confidence which led to excel on males the level of self-esteem and conflicted with the result of the (Munford,1994) (Bibi, Saqlain and Mussawar) research which pointed to that there is no differences in self-esteem between genders.

The results has shown that there are significant differences between students of scientific and human faculties in favoured for students in scientific faculties and the reason for that is that our culture gives bigger attention to scientific majors and scientific students get others attention including family and peer group and teachers, and that influenced the self-esteem for them. And the results has shown that there are differences in accommodations in favoured for students who live in cities, and the reason for that is that students who live In cities have more life experience and more knowledge in other cultures observing other individuals the same as we are support our social identity (Al-Kfaween, Beni-Resheed, 2007), on the other hand , the students who live in villages live in a conservative environment have a lot of social constraints whether they were females or males, students who live in cities excel the level of self-esteem.

### Recommendations:

The study recommended doing more researches about self-esteem on different study stages, and the study also recommends doing researches about self-esteem and its relation with other variables. The study also recommends using strategies that work on decreasing the gap between the students that live in cities and villages in the level of self-esteem.

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