

Self-Esteem and Decision-Making Styles among Adolescents studying in Private Schools of Jaipur

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Abstract

Background: Self-esteem plays an important role in the psychological growth of adolescence and significantly influences their decision-making abilities. Understanding the relationship between self-esteem and decision making is very important for helping adolescents develop appropriate behavior and skills.

Methodology: A total of 100 adolescents were chosen from CBSE English Medium Schools in Jaipur through random sampling. The data were collected through questionnaires on decision-making I and II. Descriptive statistics were used for continuous variables. An independent samples t-test was carried out to test gender differences, while Pearson correlation tests were used to analyze interrelationship of variables.

Result: Analysis revealed that there are no significant differences between males and females regarding self-esteem and decision-making styles. Positive correlation was found between self-esteem and vigilance decision-making style. On the other hand, significant negative correlation was observed between self-esteem and defensive avoidance and rationalization styles.

Conclusion: Adolescents with high self-esteem exhibit adaptive behavior in decision-making. Improving self-esteem could improve decision-making ability.

Keywords: *Self-esteem, decision-making style, adolescents, CBSE School*

1. Introduction:

Adolescence refers to the time in a person's life that marks the transition from childhood to adulthood. adolescence has also been seen as a stage that poses a lot of risks towards a healthy development (Adams, Gullotta, & Markstrom-Adams, 1994; Roberts, Lewinsohn, & Seeley, 1996). Children during their adolescence go through a lot of changes both physically, emotionally and cognitively. This is the stage where your child will start becoming more independent and discovering his or her identity. According to Erik Erikson (1968), Identity formation is one of the most critical developmental issues that adolescents face. . At this stage, individuals acquire skills that shape the self-concept and decision-making ability, which in turn

influences their achievement in education, interpersonal relationships, and other activities (Hashmi & Fayyaz, 2022). An adolescent's opinion about himself/herself may have implications on decision-making as self-perception and confidence affect the results. Thus, self-esteem plays an important role in the decision-making process of an individual. (Salceanu et al., 2024) Additionally, self-esteem influences the wellbeing of individuals psychologically, including emotional state, motivation, and the ability to cope with challenges. (Kapoor, 2022).

Self-esteem is an individual's general assessment of self-worth and competence. It affects emotions, behaviors, and motivation

Objectives of the Study

1. To compare means score of self-esteem of adolescents
2. To study the gender differences in self-esteem among adolescents.
3. To compare means score of decision-making styles between adolescents.
4. To study the gender differences in decision making styles among adolescents.
5. To study the correlation between self-esteem and various decision-making styles in adolescents

2. Materials and Methods:

2.1 Research Design:

For exploring psychological variables in adolescents, an exploratory survey research design was followed.

2.2 Sample size:

A total of 100 adolescents studying in 12th std. between ages 14-17 years were selected from five CBSE schools in the pink city of Jaipur. The random sampling technique was applied.

2.3 Tools used for the study:

The following are the standardized tools used for the study:

- Decision Making Questionnaire I: This tool is designed and standardized by Leon Mann in 1982 which measures self-concept based on Janis & Mann's conflict theory of decision-making.
- Decision Making Questionnaire II: This tool, also designed and standardized by Leon Mann in 1982, measures decision making styles based on conflict theory of decision-making having six dimensions like Vigilance, Hypervigilance, Defensive Avoidance, Rationalization, Buck-Passing, and Procrastination.

2.4 Statistical Analysis:

The dataset was analysed using descriptive statistics for all variables; Continuous data were reported in terms of Mean and Standard Deviation. Independent Sample T Test was used to compare the Means of adolescents regarding self-esteem and decision making style. In order to analyze the relationship between Self Esteem and Decision Making styles of Adolescents, Pearson Correlation Coefficient was applied.

3. Results:

Table 1 Descriptive statistics for self-esteem and the various decision-making styles

Variables	N	Mean	Std. Deviation
Self-Esteem	100	8.20	2.10
Vigilance	100	7.50	2.20
Hypervigilance	100	4.10	1.50
Defensive Avoidance	100	3.60	1.70
Rationalization	100	4.30	1.60
Buck-passing	100	4.20	1.80
Procrastination	100	4.00	1.70

Table 2: Show Mean, SD, Std. error mean and Level of significance for Self-Esteem of Male and Female Adolescents (N=100)

Variable	Gender	N	Mean	Std. Deviation	t-value	Sig. (2-tailed)
Self-Esteem	Male	52	8.45	2.00		
	Female	48	7.95	2.20	1.32	0.19

Not significant ($p > 0.05$)

The table below indicates the mean and standard deviation values for both genders among adolescents on a scale of self-esteem. It is apparent from Table 2 that there is no significant difference in self-esteem values for both genders. This is due to the fact that the value of t calculated is lower than the critical value of t at 0.05 levels of significance. Thus, the research question formulated by the researcher that, "Is there any difference in adolescents on self-esteem with respect to gender" has been answered."

Table 3: Show Mean, SD, Std. error mean and Level of significance for Decision Making Styles of the Male and Female Adolescents. (N=100)

Style	Gender	Mean	SD	t-value	Sig.
Vigilance	Male	7.80	2.10		
	Female	7.20	2.30	1.45	.15
Hypervigilance	Male	4.20	1.40	0.62	.53
	Female	4.00	1.60		
Defensive Avoidance	Male	3.80	1.60	1.10	.27
	Female	3.40	1.80		
Rationalization	Male	4.40	1.50	0.55	.58
	Female	4.20	1.70		
Buck-passing	Male	4.40	1.70	1.05	.29
	Female	4.00	1.90		
Procrastination	Male	4.20	1.60	1.20	.23
	Female	3.80	1.80		

All results not significant

Table 3 displays the means and standard deviation for the decision-making style scores of both male and female adolescents. From Table 3, it is clear that there is no significant difference between the scores for both male and female adolescents. This is due to the fact that the calculated t score is lesser than the critical t value at the level of significance of 0.05. Thus, the research question posed at the beginning of the research Is there any difference in adolescents on decision making styles with respect to gender?

Table 4: Showing the correlation coefficients between decision self-esteem and decision-making styles of adolescents

Variables	Self-Esteem
Vigilance	0.78 **
Hypervigilance	-0.12
Defensive Avoidance	-0.42 **



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Rationalization	-0.60 **
Buck-passing	-0.20
Procrastination	-0.15

Note: $p < 0.01$

The results of the Pearson Correlation coefficient that have been calculated for self-esteem and decision making styles are provided in Table 4 below. The correlations between decision self-esteem and vigilant decision making style have been found to be positive and highly significant at the 0.01 level of significance. Decision self-esteem correlated negatively with both the defensive avoidance and rationalization decision styles and were highly significant at the 0.01 level of significance.

4. Discussion:

Results have shown that the adolescents have moderate level of self-esteem and decision-making skills. The lack of any differences between males and females indicates that there is no distinction in their psychological traits.

The strong positive correlation between self-esteem and vigilant decision-making confirms that adolescents having high self-esteem adopt rational decision-making skills.

The negative correlation of self-esteem with defensive avoidance and rationalization shows that adolescents having low self-esteem adopt poor decision-making skills like avoidance and impulsive behaviors.

These results are in agreement with the results reported by other researches.

5. Conclusion:

The conclusion reached by the study is that self-esteem acts as an important predictor of decision-making styles of adolescents. High self-esteem contributes to adaptive decision-making style, whereas low self-esteem is associated with maladaptive decision-making styles.

Interventions that help build self-esteem amongst adolescents can contribute to good decision-making skills.

Author contributions:

Ravi Prakash: Methodology, Writing– original draft, Writing– review & editing.

Arvind Kumar Gupta: Tools administration and sample collection, statistical analysis

Conflict of interest:

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest



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