

# SELF-ESTEEM AND HAPPINESS AMONG WOMEN

**Dr. Rema M. K<sup>1</sup> & Ms. Nayanashree Rajendra<sup>2</sup>**

*<sup>1</sup>Assistant Professor, Kristu Jayanti College, Bangalore*

*<sup>2</sup>Counselling Psychologist, Bangalore*

## **Abstract**

*The present study aimed to examine the relationship between self-esteem and happiness among women. 80 women were taken as samples from Bangalore for the study from various levels of the social-economic background using the Random sampling method. Rosenberg self-esteem scale (RSES) developed by Morris Rosenberg and Oxford Happiness Questionnaire (OHQ) is used to collect the data. Pearson's correlation coefficient was used to establish a correlation between self-esteem and happiness. Results showed that there is a significant correlation ( $r = 0.77$ ) between happiness and self-esteem among women. Percentage distribution showed an average score on both self-esteem and happiness.*

**Keywords:** *Self-esteem, Happiness, Women, Correlation*

## **SELF ESTEEM**

The term self-esteem is used to describe a person's overall subjective sense of personal worth or value. Self-esteem encompasses beliefs about oneself as well as emotional states such as triumph, despair, pride and shame. Smith and Mackie (2007) defined self-esteem as "The self-concept is what we think about the self, self-esteem is the positive or negative evaluation of the self as in how we feel about it". Self-esteem is a person's general sense of self-worth or value. It means the measure with which a person approves or values himself/herself. It can be described as a person's favourable or unfavourable attitude towards themselves. Different factors contribute to influencing our self-esteem such as genetics, personality, life experiences, thoughts, age, health, social circumstances and reaction to others. Self-esteem is very crucial in life as it is one of the determinants of success or failure. It is very important because it influences a person's life choices. It plays a significant role in one's motivation in life. Having high self-esteem can help you navigate through life with a positive attitude and outlook, on the other hand, having low self-esteem might hold you back from achieving your goals and hinder you from maximizing your potential. Self-esteem is also important for mental health

## **HAPPINESS**

Sonja Lyubomirsky (2007) has described happiness as “the experience of joy, contentment or positive well-being, combined with a sense that one’s life is good, meaningful and worthwhile” Happiness is an emotional state characterized by the feelings of joy, satisfaction, contentment, and fulfilment. Researchers have found that happy people are more successful, some psychologists have suggested that Happiness consists of three distinct elements, a pleasant life, a good life and a meaningful life. Happiness can be an internal or external experience. Psychologists study Happiness because lay people are interested in Happiness, when people from around the world are asked to list the things that are most important to them, Happiness consistently topped the list, people rank attaining Happiness as being more important than acquiring money, and psychologists believe that they can help people to achieve this goal of being happy by studying the factors that are associated with Happiness. It also provides important information about the features of human nature

## **RELATIONSHIP BETWEEN SELF-ESTEEM AND HAPPINESS**

There is an extensive amount of research into happiness in psychology, particularly focusing on its predictors. Among the wide number of factors that have been found to predict happiness, such as socioeconomic status, income inequality, and relational satisfaction, self-esteem is perhaps the one factor that has attracted the greater attention from psychologists. An abundance of empirical research conducted worldwide has revealed that self-esteem is a universal and crucial factor that is related to the level of happiness amongst people and thus generally, self-esteem is positively associated with happiness

However, research also found that the magnitude of the association between self-esteem and happiness could be affected by a variety of factors, for instance, cross-cultural studies have found that this association varies between cultures, and other research indicates that there can be significant cross-regional differences within the nation. The present study aims at examining the relationship between self-esteem and happiness among working and non-working women. The study will explore how high levels of self-esteem are associated with high levels of happiness. The dependent variable as part of the study is self-esteem and the independent variable is happiness

## **REVIEW OF LITERATURE**

Happiness and self-esteem, can one exist without the other, a study was conducted by Lyubomirsky, Chris Tkach, and M. Robin Dimatteo of the University of California in 2004. According to the study, happy individuals with low self-esteem experienced more positive than negative moods, felt relatively satisfied with their lives, tended to be extroverted and satisfied with their leisure time, felt they had a purpose in life, and experienced good health. According to Dr Lyubomirsky “It may be

that the key to these individuals despite their extroverted nature, they are simply more social and outgoing, which bolster their happiness, but not their self-esteem. Despite past research that shows high correlations between happiness and self-esteem, this study gives further weight that happiness is not a trait that can completely define a person's self-worth and that the two traits of happiness and self-esteem can exist independently.

A study conducted among university students to examine the level of optimism, happiness, and self-esteem by Mohammed Amin Wani in 2017, revealed a positive correlation between optimism, happiness, and self-esteem, gender had an influential impact on optimism, happiness, and self-esteem, whereas age was found negatively insignificant correlated with optimism, happiness, and self-esteem.

A study conducted by Paula Benevene, Maya. M, Ittan, and Michela Cortini in 2018 on self-esteem and happiness as predictors of school teachers' health posited that: The mediating role of job satisfaction showed consistent positive relationships between teachers' happiness and self-esteem. Results show that job satisfaction fully mediates between their self-esteem and health. The Association between Self-esteem and Happiness among Adolescents in Malaysia: The Mediating role of motivation, a study conducted in 2021 by Chin-choo, Rohaiza Binti, Mohamed som, and Xin Ying Sum aimed to examine the association between self-esteem and happiness and explore the mediating role of motivation among adolescents in Malaysia. Both self-esteem and motivation were found positively correlated to happiness; the individuals with higher self-esteem have higher motivation, resulting in greater happiness. Since the direct association between self-esteem and happiness remained significant, a partial mediation of motivation between self-esteem and happiness is indicated. The results showed that perceived self-esteem plays a role in predicting happiness and the presence of motivation enhances happiness, providing an insight as to how to nurture happier adolescents for parents and educators. Research on a comparative study on the self-esteem of working and non-working women about their psychological well-being by Dr Komal Wadhawan [2016] found that working women were significantly higher in self-esteem than non-working women. The reason for the difference may be that employment is associated with enhanced self-esteem and life.

## **RATIONALE**

When you value yourself and have good self-esteem, you feel secure and worthwhile. You have generally positive relationships with others and feel confident about yourself. The role of women in society is constantly questioned and for centuries, women have struggled to find a place in a predominantly male-oriented world. This study hopes to give a greater insight into the relationship between self-esteem and happiness, and how women with high self-esteem tend to be happier and more satisfied with their lives than women with low self-esteem. In modern India, working and non-

working women play significant roles however in modern society, both working and non-working women face a lot of problems.

## **METHODOLOGY**

### **Research problem**

The present study aims to study the relationship between self-esteem and happiness among women and pursue a comparative study of levels of self-esteem and happiness among working and non-working women.

### **Objectives**

1. To examine the relationship between self-esteem and happiness among women
2. To examine the relationship between self-esteem and happiness among working and non-working women

## **HYPOTHESES**

**H01:** There is no relationship between self-esteem and happiness among women

**H02:** There is no relationship between self-esteem and happiness among working and non-working women

## **SAMPLING**

Non-probability sampling method was used in the study. A convenience sampling method was used. The sample consisted of women primarily from Bangalore. All participants ranged in age from 18 to 65 years. Data collection was done through Google forms because of social distancing protocols due to the covid-19 pandemic. Inclusion criteria included women from Bangalore and exclusion criteria included women with major ailments or under medical treatment

## **TOOLS**

### **ROSENBERG SELF ESTEEM SCALE (1960)**

The Rosenberg self-esteem scale (RSES) developed by sociologist Morris Rosenberg is widely used in social science research. The RSES comprises 10 items and is commonly used as an empirical measure of a person's overall self-esteem. Items are rated using a 4-point scale ranging from 1-

strongly disagree to 4- strongly agree. It uses a scale of 0-30 to measure self-esteem, scores between 15 and 25 are normal, and scores less than 15 indicate low self-esteem. Higher the score, the higher the self-esteem. Five of the items have positively worded statements and five have negatively worded ones. The scale measures global self-worth by measuring both positive and negative feelings about the self.

### **OXFORD HAPPINESS QUESTIONNAIRE (OHG)**

The Oxford Happiness Questionnaire has been derived from the Oxford Happiness Inventory. The Questionnaire was developed by psychologists Michael Argyle and Peter Hills at Oxford University. OHG is a widely used scale for the assessment of personal Happiness. Some of the questions are phrased positively and others negatively. This Questionnaire has 29 self-report statements for responses on a 6-point scale, 1- strongly disagree, 2- moderately disagree, 3- slightly disagree, 4- slightly agree, 5- moderately agree and 6- strongly agree.

### **DATA ANALYSIS METHOD**

Descriptive as well as inferential statistics were used for data analysis in the proposed study.

**STATISTICS USED:** Pearson’s product-moment correlation coefficient, t-test.

A descriptive analysis was done by calculating the mean and S.D to understand the overall characteristics of the data. The correlation was calculated by Pearson product correlation to examine the relationship between self-esteem and happiness. A T-test was used for a comparative study between self-esteem and happiness among working and non-working women.

### **RESULTS AND DISCUSSION**

**TABLE-1: MEAN AND SD OF VARIABLES**

<b>VARIABLES</b>	<b>N</b>	<b>MEAN</b>	<b>SD</b>
The self-esteem of the overall sample	80	19.33	4.22
The happiness of the overall sample	80	4.53	0.69

Table 1 shows the mean of self-esteem 19 which indicates average self-esteem, according to the norms score ranges from 0-to 30, scores between 15-25 are within the normal range and the happiness mean score also indicates the average happiness of the overall sample.

**TABLE 2: PERCENTAGE DISTRIBUTION OF SELF ESTEEM**

CRITERIA	FREQUENCY	PERCENTAGE
Low self-esteem	12	15
Normal Range	61	76.25
High self-esteem	7	8.75
<b>Total</b>	<b>80</b>	<b>100</b>

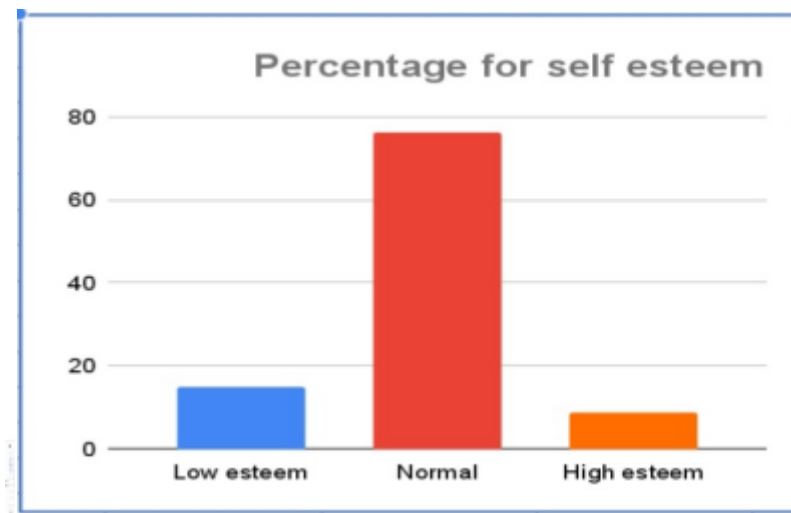


Figure 1

Table 2 indicates the percentage distribution of self-esteem which shows that 15 per cent of the respondents have low self-esteem, 76.25 has average self-esteem and 8.75 have above average self-esteem.

**TABLE 3: PERCENTAGE DISTRIBUTION OF HAPPINESS**

Condition	Frequency	Percentage
Not happy	0	0
Somewhat unhappy	0	0
Not particularly happy or unhappy [average]	17	21.25
Somewhat happy	0	0
Rather happy	45	56.25
Very happy	16	20
Too happy	2	2.5
<b>Total</b>	<b>80</b>	<b>100</b>

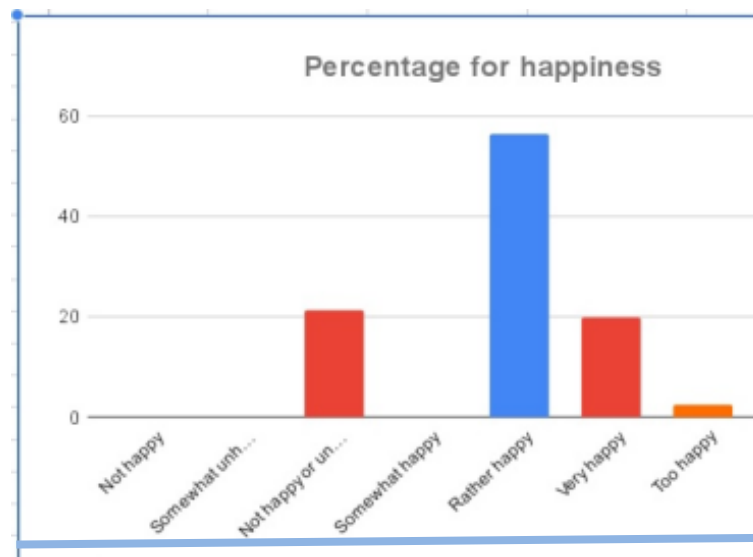


Figure 2

Table 3 indicates that 15 per cent of women scored low on self-esteem, 9 percentage women were high on self-esteem, and 76 percentage women scored in the moderate range, which is considered healthy self-esteem

**TABLE 4: CORRELATION OF SELF-ESTEEM AND HAPPINESS**

CONDITION	CORRELATION
SELF-ESTEEM AND HAPPINESS	0.77

Table 4 indicates that 56 per cent of women were rather happy which shows the average score, 16 per cent of women are very happy and 21 per cent of women are not particularly happy, the positive indication is that 0 per cent of women are not happy.

## RELATIONSHIP BETWEEN SELF-ESTEEM AND HAPPINESS

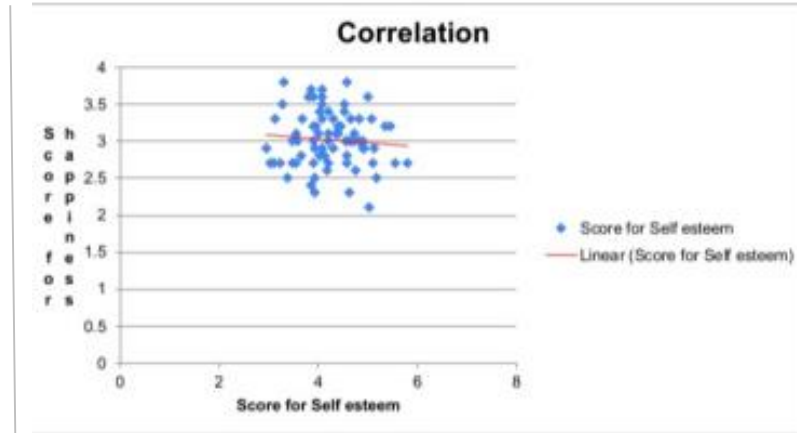


Figure 3

Table 4 and Figure 3 indicate the correlation between Self-esteem and Happiness. The correlation value of 0.7 indicates that a significant and positive relationship exists between self-esteem and happiness. A positive correlation signifies that if self-esteem goes up, then happiness level also increases, hence the null hypothesis that there is no significant relationship between self-esteem and happiness is rejected. Similar research on the difference between self-esteem and happiness in the year 2006 by Sonja Lyubomirsky and Chris Tkach on retired employees revealed that happiness and self-esteem were highly correlated. Another study in 2015 by Edel Hill in Dublin on male and female participants revealed that there were gender differences in the level of self-esteem and happiness and self-esteem was a strong predictor of subjective happiness. The current study proves that there is a relationship between self-esteem and happiness.

## CONCLUSION

The study has found a significant correlation between self-esteem and happiness. The correlation emphasizes how improving self-esteem could improve the happiness level among women. In the overall percentage analysis of self-esteem and happiness, more than 50 per cent of women scored average on both scales. Unfortunately, the tools necessary to help build self-esteem aren't taught in childhood or in most school systems, everyone especially women deserve to build self-esteem to protect themselves in a male-dominated society. Self-esteem impacts every area of women's life, career, relationship, parenting, emotional health, and overall well-being. Because women appear to be predisposed to lower levels of self-esteem, it's all the more important for women to actively take



steps to build self-esteem. Creating awareness among women to build self-esteem increases the level of happiness, which benefits children and families and helps them lead a more meaningful life.

## REFERENCES

- Ahsan Ahmad Dar & Mohamed Amin Wani (2017) Optimism, happiness, and Self-Esteem among University students. *Indian Journal of Positive Psychology 2017, Vol 8 (3)*
- Joe Rubino (2003 ). *The Self-Esteem Book*, Amazon Publishing Company and Vison Works Publishing.
- Kosuke, S. Masaki, Y.(2014). The association between Self-esteem and happiness differs in relationally mobile vs stable interpersonal contexts. *Frontiers in Psychology*.  
<https://www.researchgate.net/publication/267743644>
- Paula Benevene, Maya M Ittan, Michelacorsini (2018) Self-esteem, and Happiness as Predictors of School Teachers' Health: The Mediating Role of Job Satisfaction  
<https://www.nebi.n/m.nim.gov>
- Rosenberg. (1965) The Rosenberg Self-esteem scale <http://help.greenspacehealth.com/article/91-self-esteem-rosebe.rgses>
- Sadia, M. (2013). Gender differences in self-esteem and happiness among university students.  
<https://www.researchgate.net3119>
- Sonja, L., Chris, T., & M. Robin, D. (2006). What are the Differences between Happiness and Self-esteem? <https://doi.org/10.3389/fpsyg.2014.01113>
- Dalai Lama (1999). *The Art of Happiness: A Handbook of Living*, Amazon Publishers.