

Study to Assess the Assertive behavior and Self-esteem among Adolescents Studying in Selected PU Colleges of Bagalkot

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ABSTRACT

Background: The adolescent transition phase, spanning ages 10 to 19, is a critical period for development. Assertiveness, characterized by confident expression of rights, and self-esteem, a fundamental human need, are integral aspects of adolescent behavior.

Methods: A cross-sectional correlational research design involving 100 adolescents from Basaweshwara Commerce College in Bagalkot was employed. Stratified proportional random sampling was used, and data were collected through the Rosenberg Self-Esteem Scale and Rathus Assertiveness Scale. Statistical analyses included Karl Pearson's correlation coefficient and chi-square tests.

Results: Most (87%) of adolescents exhibited poor self-esteem, while a significant portion (87%) displayed positive assertiveness. A negative correlation (-0.074) between self-esteem and assertive behavior was identified. Significant associations were found between self-esteem and sex ($\chi^2= 11.89$; $p<0.05$) but not between assertive behavior and sex ($\chi^2=0.03$; $p>0.05$).

Conclusion: The study highlights a significant negative correlation between self-esteem and adolescent assertive behaviour. Additionally, sex showed a significant association with self-esteem, emphasizing the need for nuanced considerations in understanding the interplay of self-esteem, assertiveness, and socio-demographic factors in this adolescent population.

Key-words: Adolescents, Adolescent Period Assertive Behavior, Behavioral problems, Self-esteem

INTRODUCTION

The transition period of adolescence begins at the age of 10 and ends at the age of 19 ^[1]. Adolescence is a Latin word and means "to grow up". Puberty and legal adulthood (the age of majority), but largely characterized as beginning and ending in adolescence.

Adolescence is a period of preparation for adulthood during which several key developmental experiences occur ^[2].

Assertiveness is a form of behavior characterized by a confident statement or affirmation of a statement without the need for proof; that asserts one's rights or opinion without aggressively threatening the rights of another by assuming a dominant position or submissively allowing another to ignore or deny one's rights or point of view ^[3-5].

Assertiveness means self-confidence in asserting one's position or personal rights and appropriately expressing one's thoughts Erikson proposed eight transition/visual crises that an individual goes through during

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adolescence. If the crisis is resolved early, the person will overcome and develop healthy coping strategies. Although there are situations when an individual is unable to achieve the goal he wanted to achieve, in such a case, emotional growth is stunted. How this behavior is changed: the individual may engage in passive behavior, manipulative behavior, or aggressive behavior, or if and when the crisis is resolved, develop assertive behavior [6-9].

The level of self-esteem tends to decrease in early adolescence and increase in later adolescence [5]. But those who have lower self-esteem than others at one point are likely to have lower self-esteem the next time [6]. This suggests that self-esteem is a stable and enduring vulnerability. Longitudinal studies have been very valuable in identifying the likely direction of the association between self-esteem and depressive symptoms (i.e. from self-esteem to depressive symptoms) but to a much lesser extent in identifying the time frame in which adolescents with low self-esteem remain vulnerable to the development of depressive symptoms. This is partly due to the relatively short duration of most studies covering multiple time points, with durations typically ranging between 2 weeks and 2 years. [10-14]

MATERIALS AND METHODS

Study Design- A cross-sectional correlational research design was used. One hundred adolescent students were selected using stratified sampling of proportional random sampling technique from Basaweshwara Commerce College, Bagalkot, on 7th February 2023. Adolescents aged 17-19 years who were willing to participate were included in the study. Adolescents who were not present for time data collection were excluded. The level of self-esteem was measured using the Rosenberg Self-Esteem Scale. This is a 10-point scale and a 4-point scale. Response options range from 0 to 3 for each item (0=strongly disagree, 1=Disagree, 2=Agree, and 3=Strongly agree). The total score varies between 0 (minimum) and 30 (maximum), so the higher the score, the better the level of self-confidence.

Assertive behavior was measured using the Rathus Assertiveness Plan. It consists of a 30-item scale and is a 6-point scale. Response options range from +3 to -3 for each item (+3=Always, +2=Usually, +1=Always and -1

Once in a while, -2=Rarely, -3=Never). The total score ranges between -90 (minimum) and 90 (maximum).

Socio-demographic Variables- Socio-demographic and clinical variables included—age, gender, religion, father and mother's education, father and mother's occupation, year of study, monthly family income, area of residence, family type, and number of siblings.

Data Collection Procedures- Prior permissions were obtained from the relevant institutions before starting the data collection process. The study participants were identified from Basaweshwara Commerce College of Bagalkot. Every student who met the inclusion criteria was approached for data collection. Consent was obtained from college principals before participants underwent data collection, which lasted approximately 20 to 30 minutes. All information collected was based on student self-report.

Inclusion Criteria- The study includes adolescents who are;

- ✓ Teenagers studying at Basaweshwara Commerce College
- ✓ Available at the time of data collection
- ✓ Willingness to participate in the study

Exclusion criteria

The study does not include adolescents who are;

- ✓ Sick at the time of data collection
- ✓ Reluctance to participate in the study

Statistical analysis- Data analysis was performed using SPSS-v25. Descriptive univariate statistics such as frequencies and percentages were used for categorical variables and means (M) and standard deviations (SD) were used for continuous variables. Karl Pearson's correlation coefficient formula assesses the correlation between self-esteem and assertive behavior. Associations between self-esteem and assertive behavior were assessed using the Chi-square test.

Ethical approval- The Institutional Ethical Clearance Committee approved the study and permission was obtained from BVV Sangha's Sajjalshree Institute of Nursing Sciences Bagalkot. (BVVS/SIONS/IEC/2022-2023/156). Informed consent was obtained from each participant.

RESULTS

The demographic profile of the study participants reveals in Table 1 a distribution across age groups, with 50 individuals aged 17, 40 aged 18, and 10 aged 19. In terms of gender, there were 38 males and 62 females. The religious composition comprised 94 Hindus, 4 Muslims,

and 2 Christians. Regarding educational background, 11 participants were illiterate, 20 had completed primary education, 24 had secondary education, 27 pre, and 18 held a degree.

Table 1: Age distribution and frequency percentages

Demographic variables	Frequency	Percentage (%)
Age		
17	50	50
18	40	40
19	10	10
Sex		
Male	38	38
Female	62	62
Transgender	0	0
Religion		
Hindu	94	94
Muslim	4	4
Christian	2	2
Father education		
Illiterate	11	11
Primary	20	20
Secondary	24	24
PUC	27	27
Degree and above	18	18
Mother education		
Illiterate	16	16
Primary	43	43
Secondary	21	21
PUC	16	16
Degree and above	4	4
Father occupation		
Labour worker	9	9
Agriculture	37	37
Employed	25	25
Self employed	29	29
Mother occupation		
House wife	76	76
Labour worker	11	11
Agriculture	1	1
Employed	9	9
Self employed	3	3
Year of study		
PUC 1 st	50	50
PUC 2 nd	50	50
Monthly family income		
0=20000	70	70
20001=40000	20	20
40001=60000	5	5
60001=80000	1	1

I Lakh	2	2
>1Lakh	2	2
Area of residence		
Urban	56	56
Rural	44	44
Type of family		
Nuclear family	46	46
Joint family	46	46
Extended family	8	8
Number of siblings		
1	20	20
2	45	45
>3	35	35

Assessment of levels of self-esteem among adolescents reveals that most adolescents (87%) had poor self-

esteem, and the remaining 13% had average self-esteem. No adolescent had good self-esteem (Table 2).

Table 2: Area-wise mean, SD and mean percentage self-esteem score

Area	Maximum Score	Mean	S. D	Mean percentage (%)
Self-esteem	30	11.6	3.0715	38.66

The mean, SD, and mean percentage of assertive behaviour scores of adolescents illustrate that the total mean percentage of assertive behaviour scores of

adolescents was 19.71% with a mean and SD of 15.65 (Table 3).

Table 3: Mean, SD and mean percentage of assertive behavior score

Area	Maximum score	Mean	SD	Mean (%)
Assertive behaviour	90	19,71	15.65	21.9

Findings regarding the correlation between self-esteem and assertive behaviour of adolescents reveal that, Correlation coefficient (r) value of self-esteem and assertive behavior of adolescents is minus 0.074 (Table 4). Hence, as per the calculated correlation coefficient value, there is a negative correlation between adolescents' self-esteem and assertive behavior. Thus,

research hypothesis H_1 stated "there was a positive correlation between self-esteem and assertive behavior of adolescents" is rejected. A research hypothesis was formulated to find out the association between adolescents' self-esteem with their selected socio-demographic variables.

Table 4: Correlation between self-esteem and assertive behavior of adolescents

Correlation between self-esteem and assertive behavior	
Correlation coefficient (r)	-0.07

The findings regarding the association of the self-esteem of adolescents with their selected socio-demographic variables show that a significant association was found between the self-esteem and sex of adolescents

($\chi^2=11.89$; $p>0.05$) (Table 5). Thus, the H_2 stated is accepted for socio-demographic variables, and adolescents' sex is rejected for other variables.

The findings regarding the association of the self-esteem of adolescents with their selected socio-demographic variables show that a significant association was found between the self-esteem and sex of adolescents ($\chi^2=11.89$; $p>0.05$) (Table 5). Thus, the H_2 stated is accepted for socio-demographic variables, and adolescents' sex is rejected for other variables.

Table 5: Association of the Self-esteem of adolescents with their selected socio-demographic variables

Socio-demographic variables	Df	Chi-square value	p-value
Age	2	2.25	0.324
Sex	4	11.89	0.01*
Religion	6	0.73	0.99
Father education	8	1.67	0.98
Mother's educational	8	9.58	0.29
Father's occupation	6	2.35	0.88
Mother's occupation	8	0.92	0.99
Year of study	2	0.09	0.95
Monthly income of family	8	1.48	0.99
Area of Residence	2	1.87	0.39
Type of family	4	5	0.28
Number of siblings	4	0.26	0.99

Df =Degrees of freedom; NS = Not significant; *=Significant ($p<0.05$)

The findings regarding the association of the Assertive behavior of adolescents with their selected socio-demographic variables show that a significant association was found between the Assertive behavior and sex of adolescents ($\chi^2=0.03$; $p>0.05$). Hence, adolescents who have scored between 0 and 90 are positively assertive, and adolescents who have scored between 0 and (-90) are negatively assertive. Thus, the H_3 is accepted for socio-demographic variables, and adolescents' sex is rejected for other variables (Table 6).

Table 6: Association of the levels of Assertive behavior of adolescents with their selected socio-demographic variables

Socio-demographic variables	Df	Chi-square value	p-value
Age	2	2.27	0.87
Sex	1	0.03	0.86*
Religion	2	0.73	0.69
Father education	4	2.32	0.67
Mother's educational	4	5.33	0.25
Father's occupation	3	4.94	0.17
Mother's occupation	4	8.31	0.08
Year of study	1	0	1
Monthly income of family	4	4.07	0.39
Area of Residence	1	0.22	0.63
Type of family	2	0.39	0.82
Number of siblings	2	4.51	0.10

Df = degrees of freedom; NS = Not significant; *=Significant ($p<0.05$)

DISCUSSION

This cross-sectional study included a sample of 100 to assess the self-esteem and assertiveness behavior of Basaveshwara Commerce College, Bagalkot adolescent students. The findings show that most of the adolescents (50%) were aged 17 and over, 40% were aged 18 and another 10% were aged 19. The percentage distribution of the sample by gender describes that most adolescents (38%) were males and 62% were females.

A percentage-wise distribution of the sample according to their religion shows that most of the adolescents (94%) claimed to belong to the Hindu religion, 4% of them to the Muslim community and 2% to Christianity. The study's findings are consistent with the study conducted by Subavidya and Reena^[15] in Kanyakumari. The results showed that most teenagers (28%) subscribe to the Hindu religion.

The percentage distribution of the sample according to the year of study shows that 50% of adolescents studied

in Puc I. year, 50% of them studied in Puc II. year. The percentage distribution of the sample according to their father's educational status shows that (11%), (20%) had primary education, 24% of them had secondary education, 27% of them had completed PUC, and (4%) had degrees and above. ^[16-19]

The percentage distribution of the sample according to the educational status of the mothers shows that most of the adolescent mothers (43%) had primary education, 16% of them were illiterate, 21% of them had secondary education and 16% of them had completed PUC (4%) degrees and above. The percentage distribution of the sample according to their father's occupation shows that 9% of them were laborers, 37% did agriculture, 25% were private employees and 29% were self-employed.

The sample's percentage distribution according to their mothers' occupation shows that 76% of the mothers were homemakers, 11% did manual work, 1% did agriculture, 9% were employees, 3% were freelancers. The percentage distribution of the sample according to their family income shows that majority (70%) of adolescent family monthly income is in the range of 0-20000, 20% of them had family income between Rs. 20001-40000, 5% of them had family income between Rs. 40001-60000 and 1% of them had family income between Rs.60001-80000 and 2% of them had family income above Rs. 80,001-100,000 and 2% more than 1 lakh.

The percentage distribution of the sample by area of residence shows that 56% of the adolescents were from urban areas, and 44% were from rural areas. The percentage distribution of the sample according to their family type shows that 46% of the adolescents were from a joint family, 46% were from a nuclear family, and 8% were from an extended family. The percentage distribution of the sample according to the number of siblings shows that 20% of the adolescents had one sibling, 45% had 2 siblings and 35% had more than 3 siblings.

The findings of the study are consistent with the study conducted by Morokoff and Quina ^[20], Fritz *et al.* ^[21], León *et al.* ^[22] showed that the majority of adolescents (30%) had 2 siblings. The percentage distribution of the sample by family type shows that 46% of the adolescents were from a joint family, 46% were from a nuclear family, and 8% were from an extended family. This study's finding aligns with the study by Kronrod *et al.* ^[23]

to determine the correlation between self-esteem and assertive behavior among adolescents from Chennai, India. The results show that the year of study was an important factor influencing self-confidence and assertive behavior in adolescents.

Categorization of adolescents based on their level of self-esteem was done as follows: score 0-14 self-esteem, score 15-25 average self-esteem, score 26-30 good self-esteem. The findings of this study are consistent with a study conducted by Govender *et al.* ^[24] to assess self-esteem among adolescents in France and two African nations: Togo and Benin. The results showed that most adolescents had moderate self-esteem. Categorization of adolescents based on the level of assertive behavior was done as follows: a score of 0-90 indicates positively assertive behavior, and a score of 0-(-90) indicates negatively assertive behavior.

The findings of this study are consistent with a study conducted by Skarzauskiene A, Maciuliene ^[25] to assess the level of assertive behavior among adolescents in Birmingham. The results showed that the majority of adolescents had spoor assertive behavior. Categorization of adolescents based on the level of assertive behavior as follows: score 0-90 positively assertive, score 0-(-90) negatively assertive, assertive behavior. The mean, SD and mean percentage of adolescent assertive behavior scores illustrate that the overall mean percentage was 19.71% with a mean and SD of 15.65. Findings regarding the correlation between self-esteem and adolescent assertive behavior show that the correlation coefficient (r) value of self-esteem and adolescent assertive behavior is minus 0.074. According to the calculated value of the correlation coefficient, there is a negative correlation between self-confidence and assertive behavior of adolescent's assertive behaviour of adolescents.

A research hypothesis was formulated to determine the relationship between adolescents' self-esteem and their selected socio-demographic variables. The findings of this study are consistent with the study done by Skarzauskiene and Maciuliene ^[25] to evaluate the self-esteem of adolescents in Silesia. Results showed that self-esteem scores were significantly related to parental education and occupation years. A research hypothesis was formulated to establish the connection between adolescents' level of assertive behavior and their selected socio-demographic variables. The findings of

this study are consistent with a study conducted by Skarzauskiene and Maciuliene ^[25] to assess the level of assertive behavior of adolescents in Vietnam. The results showed no significant association between assertive behavior and socio-demographic characteristics such as year of study, parental ambition, family income, and religious background.

CONCLUSIONS

A research hypothesis was formulated to establish the connection between the level of assertive behavior of adolescents and their selected socio-demographic variables. The findings of this study are consistent with our study, which assessed the level of assertive behavior of adolescents in Vietnam. The results showed no significant association between assertive behavior and socio-demographic characteristics such as year of study, parental ambition, family income, and religious background.

CONTRIBUTION OF AUTHORS

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