



ASSESSMENT OF SELF ESTEEM OF WORKING AND NON- WORKING ELDERLY

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Abstract -

Old age is the closing period in the life span. It is a period where people move away from previous, more desirable period of usefulness. Age sixty is usually considered the dividing line between middle and old age. The present study aims to assess the Self-esteem of working and non-working elderly. The respondents in the present study were 120, which were further divided into 60 working and 60 non-working elderly of the age range of 60-75 years. For assessment and measuring self-esteem, the Rosenberg self-esteem scale (1965) was used for the assessment of self-esteem of elderly. For the statistical analysis, chi-square test is applied to check the significance of self-esteem among elderly. The result shows, there is a significant difference among working and non-working in self-esteem.

Keywords- elderly, self-esteem, working and non-working.

Introduction— Old age is the closing period in the life span. It is a period where people move away from previous, more desirable period of usefulness. Age sixty is usually considered the dividing line between middle and old age. Self-esteem may be defined simply as favorable or unfavorable attitude toward self. Self-esteem can also be defined as the perception of self-worth, or the extent to which a person values, prizes, or appreciates the self (Blascovich or Tamaki, 1991). Any individual could have

only two kinds of self – esteem (Robins, Hedin and Trzeniewski 2001). Self–esteem is an essential contribution to the life process and is indispensable to normal and healthy self- development, and has a value for survival .(Tafreshi A.S.,2006,). self-esteem is “an understanding of one” quality as an object- that is ,now good or bad , valuable or worthless positive or negative , or superior or inferior one is : individual assessment of self –esteem are formed through two interrelated processes. The aim of this study was to examine the role of work status. (i.e. working and non working) In relationship between time use and momentary happiness. We employed a longitudinal research design using monthly assessments via the day the aim of this study was to examine the role of work status. (i.e. working yeses not working) The main purpose of this study is to gain the attention of people regarding self esteem of working and male elderly.

Objectives: To assess self esteem of working and non-working elderly.

Hypothesis -

Ho1: There exists no association between the working status and self esteem of respondents.

Material and methods: The descriptive research design was used for the study. the study was carried out with the working and non working male elderly of the lucknow city. The sample was selected from three areas of lucknow i.e south city, Rajnikhand, and Eldeco. 120 respondents were randomly selected from different selected areas using purposive random sampling technique. A self made interview schedule and checklist related to assessment of self esteem of working and non working male elderly was used to analyze the self esteem of working and non working male elderly at workplace. Statistical analysis was done by using SPSS version 20.

Result and discussion -

Table 1: Distribution of respondents on the basis of score obtained on self esteem scale.

Rosenberg scale		Working status	
s.no	Levels of self esteem	Working	Nonworking
1.	Low self esteem (0-15)	3 (5)	51 (85)

2.	Normal self esteem(16=25)	57 (95)	9 (15)
3.	High self esteem (above=25)	0 (0)	0 (0)

(figures in parentheses indicate percentage)

Result in table no.2 showed that basis of score obtained on self esteem scale. Majority of the working respondents 5% were having low self esteem but majority of nonworking respondents (85%) low self esteem more than half (95%) working respondents were having normal self esteem whereas (15%) nonworking respondents were having normal self esteem. None of the respondents were having high self esteem in other category. The findings of this study are at par with the study conducted by Yacoob et.al, 2009 which concluded that working scored high self esteem scores than nonworking elderly.

Ho1: There exists no association between the working status and self esteem of respondent.

Table 2: c:x2 value between working status and self esteem

Self esteem	Working status		Conclusion
	Working	Nonworking	
SA	0 (0.0)	36 (60)	Significant
A	3 (5.0)	18 (30)	
D	42(70.0)	4 (10) 5	
SD	15 (25.0)	0 (0)	

अ X2 :88.714

अ P :.001

अ Data shows that the x2 value (88.714) was found significant association between working status and self esteem this meant that the null hypothesis was rejected which meant that the level of self esteem may vary according to working status. The findings of this study are at par with study



conducted by Ami Rokach, 2000 which showed that working status had influenced on self esteem elderly.

S.no.	Statement	Working				Non working			
		SA	A	D	SD	SA	A	D	SD
1.	On the whole, I am satisfied with myself.	3 (5)	12 (20)	45 (75)	0 (0)	6 (10)	3 (5)	21 (35)	30 (50)
2.	At times, I think I am no good at all.	36 (60)	24 (40)	0 (0)	0 (0)	21 (35)	6 (10)	12 (20)	21 (35)
3.	I feel that I have a number of good qualities.	3 (5)	12 (20)	45 (75)	0 (0)	18 (30)	27 (45)	9 (15)	6 (10)
4.	I am able to do things as well as most other People.	3 (5)	18 (30)	36 (60)	3 (5)	12 (20)	15 (25)	18 (30)	15 (25)
5.	I feel I do not have much to be proud of.	15 (25)	18 (30)	18 (30)	9 (15)	45 (75)	3 (5)	3 (5)	9 (15)
6.	I certainly feel useless at times.	24 (40)	9 (15)	24 (40)	3 (5)	18 (30)	0 (0)	18 (30)	24 (40)
7.	I feel that I'm a person of worth, at least on an equal plane with others.	9 (15)	30 (50)	21 (35)	0 (0)	9 (15)	15 (25)	9 (15)	27 (45)
8.	I wish I could have more respect for myself.	21 (35)	3 (5)	0 (0)	36 (60)	27 (45)	3 (5)	6 (10)	24 (40)
9.	All in all, I am inclined to feel that I am a failure.	6 (10)	30 (50)	24 (40)	0 (0)	36 (60)	6 (10)	3 (5)	15 (25)
10.	I take a positive attitude toward myself.	0 (0)	15 (25)	36 (60)	9 (15)	6 (10)	6 (10)	6 (10)	42 (70)

Table 3 - Distribution of respondents on the basis of frequency on self esteem scale.

(Figures in parentheses indicate percentage)

SA= STRONGLY AGREE, A=AGREE, D=DISAGREE, SD=STRONGLY DISAGREE

The distribution on respondents on the self-esteem scale data showed that 45% working respondents disagree while 30% non-working strongly disagree with the scale that on the where I am satisfied with myself. 36% strongly agree working 21% non-working strongly agree with the scale then at times I think I am no good at all. 45% disagree working 27% non-working agree with the scale I feel that I have a number of good qualities 36% disagree working 18% non-working with the scale I am able to do things as well as most other people. 18% agree working 45% non-working strongly agree with the scale I feel I do not have much to be proud of. 24% strongly agree working 24% non-working with the scale I certainly feel useless at times. 30% agree working 27% non-working strongly disagree with the scale I feel that I'm a person of worth, at least on an equal plane with others 36% strongly disagree working 27% non-working with the scale I wish I could have more respect for myself. 30% agree working 36% non-working strongly agree with the scale all in all, I am inclined to feel that I am a failure. 36% disagree working 42% non-working strongly disagree with the scale I take a positive attitude toward myself. 36% disagree working 18% non-working with the scale I am able to do things as well as most other people. 18% agree working 45% non-working strongly agree with the scale I feel I do not have much to be proud of. 24% strongly agree working 24% non-working with the scale I certainly feel useless at times. 30% agree working 27% non-working strongly disagree with the scale I feel that I'm a person of worth, at least on an equal plane with others 36% strongly disagree working 27% non-working with the scale I wish I could have more respect for myself. 30% agree working 36% non-working strongly agree with the scale all in all, I am inclined to feel that I am a failure. 36% disagree working 42% non-working strongly disagree with the scale I take a positive attitude toward myself.

Conclusion- Self esteem of working and non-working male elderly are the common in different to assess self esteem of working and non working elderly. if is a period where people move away from



previous, more desirable period of usefulness age sixty is usually considered the dividing line between middle and old age. It is recognized that chronological age is a poor retrieve to use in marking off the beginning of old age because there are such marked differences among individuals in the age at which aging actually begins. According to research and the result shown in test that the self esteem of non working elderly is more often affected in comparison to the non working elderly. Majority of elderly showed that they feel good by working at their jobs.

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