



WWJMRD 2017; 3(9): 132-137  
www.wwjmr.com  
International Journal  
Peer Reviewed Journal  
Refereed Journal  
Indexed Journal  
UGC Approved Journal  
Impact Factor MJIF: 4.25  
e-ISSN: 2454-6615

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## WORLD WIDE JOURNAL OF MULTIDISCIPLINARY RESEARCH AND DEVELOPMENT

### Self-Image of Adolescents

**Dr. N. Dhanya, Daisy Josy**

#### Abstract

Understanding one's own self-image is very important because an opinion of oneself will affect the way one sees the world, the way the world sees one and the way one shows and the way or amount of pleasure and satisfaction one attains from life. This is best found during adolescence and it helps in making a person's life a success. This study was then an attempt to understand the self-image of today's adolescents. The objectives of the study were to assess the self-image of the selected adolescents. The study was conducted using a sample of 20 boys and 20 girls from Aroor Village, Ernakulam, Kerala and a close ended questionnaire. The study showed that most of the adolescent had a high range of self-esteem have a realistic image of themselves, and have able to appreciate there is that, in general they can accept themselves.

**Keywords:** Adolescents, self-image, self-esteem, Ernakulam

#### Introduction

Adolescence is probably the most challenging and complicated period of life to describe, study, or experience. The biological changes of puberty are universal, but in their particular expression, timing and extent the variety shown is enormous and depends of course on sex, genes, and nutrition. Psychological changes during the second decade of life show even greater diversity, as adolescents develop their own identity choosing from a vast number of sexual moral political and vocational paths.

Certain attitudes and behavior patterns are the characteristics of adolescent is a transitional period. During this period the status of individual is vague and he is confused. It is a period of change, the rate of change in attitude and behavior during adolescence parallels the rate of physical change. Acceptance of the teenager as a sloppy, unreliable, irresponsible individual who is inclined towards destructiveness and antisocial behavior- The unrealistically high aspirations. The young adolescents have for himself for his family and for his friends are in part responsible for some of the heightened emotionality of early adolescent. As he approaches maturity, he is anxious to create the impression that he is no longer a teenager but rather is on the threshold of adulthood. There is confusion about the roles the individual is expected to play.

The attitude of young adolescents toward legal drugs is investigating part. We studied whether their attitude toward themselves could be predicted on the basis of personality characteristics. One of the challenges of adolescence is to establish a sense of individual identity, to find a way to be one of the groups and yet stand out from the crowd. A person's self-image is the internal picture, generally of a kind that is quiet resistant to change that depicts not only details that are potentially available to objective investigation by others but also items that have been learned by that person about himself or herself either from personal experience or by internalizing the judgments of others. A simple definition of a person's self-image is their answer to the question "what do you believe people think about you?"

Many people are interested in the construct of self-image. We need only on a television or radio talk show or take a trip to the book store to hear about "101 ways to improve self-image" self-image is hot topic in most pediatric settings as well as clinicians. We rarely think about a child without considering his/ her self-esteem, even if it was not a specific consideration in the child's referral.

### Relevance of the Study

Understanding one's own self-image is very important because an opinion of oneself will affect the way one sees the word, the way the word sees one and the way one shows and the way or amount of pleasure and satisfaction one attains from life. This is best found during adolescence and it helps in making a person's life a success. This study was then an attempt to understand the self-image of today's adolescents.

### Aim

To study the self-image of adolescents.

### Objectives

The objectives of the study were to:

- Study the background information of the selected adolescents.
- Assess the self-image of adolescents.

### Methodology

The methodology adapted to study about the self-image of adolescence is given under the following subheads.

1. Selection of Area
2. Selection of Sample
3. Selection of Tool
4. Collections of Data
5. Analyses of Data

#### Selection of Area

The study was conducted among the adolescents of Aroor village because of the availability of a mixed range of adolescents.

#### Selection of Sample

The sample consisted of 20boys and 20 girls in the age group of 17-20 years at Aroor village.

#### Selection of Tool

The study was conducted around 40 close ended questions related to self-image of a peer. This was constructed by the investigator. It was a seven point scale.

#### Collection of Data

The investigator first met the respondents and explained the purpose and importance of this study to them. Then the questionnaires were distributed among the respondents and they were on how to give their responses. The respondents to fill the questionnaire and the filled questionnaire were collected.

#### Analysis of data

The data collected from the 40 respondents were tabulated and consolidated percentage analysis was used to analysis the data.

### Results and Discussion

The result of the study titled "self-image of adolescence" is given under the following subheads:-

### The general information of the selected respondents

Table.1

Sl No.	General information	Respondents	
		N = 30	%
1.	Age		
	i. 18	10	25
	ii. 19 years	9	22.5
	iii. 21	6	15
	iv. 22 years	6	15
	v. 23	6	15
	vi. 24	3	7.5
2.	Educational qualification		
	i. 10	2	5
	ii. 12	29	72.5
	iii. UG	8	20
	iv. PG	1	2.5
3.	Number of family members		
	i. 2	1	2.5
	ii. 3	7	17.5
	iii. 4	20	50
	iv. 5	8	20
	v. 6	4	10
4.	Occupation of father		
	i. Fisherman	3	7.5
	ii. Tailor	1	2.5
	iii. Business	10	25
	iv. Supervisor	2	5
	v. Police	1	2.5
	vi. Carpenter	8	20
	vii. Driver	3	7.5
	viii. Sheaf	2	5
	ix. Doctor	1	2.5
	x. Teacher	1	2.5
	xi. Technician	2	5
	xii. Engineer	2	5
	xiii. Constructor	2	5
5.	Leisure time activity		
	i. Stitching	2	5
	ii. Singing	9	22.5
	iii. Gardening	3	7.5
	iv. Reading	8	20
	v. hearing music	1	2.5
	vi. cooking	3	7.5
	vii. dancing	5	12.5
	viii. drawing	2	5
	ix. watching movies	6	15
	x. riding	4	10
	xi. catering	4	10
	xii. travelling	2	5
	xiii. animation	1	2.5
xiv. fishing	1	2.5	

It is difficult to answer to the question "what do you think of yourself"? Because it is probably not something we think about very much. We have probably got into the habit of living with our particular level of self-esteem. But it is important to question our self-image because our opinion of our self will affect the way we see the world, the way the world see us of course sometimes we will have a much more favorable impression of our self than at other times, but it is worth finding out what we think of our self at the moment, so that, if need be, we can work toward a more confident or realistic self-image. The questions provided to the samples are assessed by a scale. This categorized in to 5 ranges. They help to reach an accurate conclusion.

- The score obtained from the sample coming under the category ranges from 40-69 is of a type of not intended as a test of honesty, but very few people found genuinely fall into this category- a saint or a yogi adept, perhaps, or possibly someone who has just had some remarkable success or amazing spiritual or emotional experience. They are the best person to judge whether they really are free from the self-doubt and anxiety, the guilt, regret and sense of inadequacy which most people suffer to a degree. It's easy to cheat, but they don't learn very much about themselves if they do.

For instant have they given completely true answers to questions 10, 13, 14, 15, 20, 25, 32, 38, and 40? These all are to do with their social image- with what they think of themselves in relation to other people, and a cheating answer will tell that they worry about what other people think of them far more than they are willing to admit.

Have they given completely true answer to questions 2, 4, 6, 18, 21, 24, 26, 28, and 36? These deal with unpleasant or guilt-ridden emotions and with the darker side of their personality. No one enjoys dwelling on their own despicable or unworthy feelings, but at least if they recognize the feelings and they can bring under control and put them in perspective. Glancing back quickly at the questions, they will spot the ones which have denied or evaded the issue, it is worth thinking about the reasons why. It would be nice to be able to dismiss all their faults, but the trouble is that they can't successfully run away from themselves. If the answers have summed up what they really think of them. They have a deep sense of well-being and supreme self confidence. They have nothing to fear or to regret

- The score obtained from the sample coming under the category 70-99 people who have very favorable and high self esteem. Circumstances may exaggerate or modify their feelings about themselves from time to time, but basically they feel comfortable with themselves and have a good sense of their own worth and importance.

Their self confidence enables them to meet others on equal terms. They can therefore be honest in their relationships because they have nothing to hide and do not have to be defensive. Perhaps they have a strong spiritual and religious faith. Or may be simply an inner faith in them, and in their power to control their own destiny.

They are in tune with their emotions, and they have a sense of purpose in life, a certainty and ease which spring from strong sense of personal identity. There is an expression which says 'to be happy in your own skin', and this applies to them- they are at one with their personality, rather than denying it or fighting against it. However, it is just possible that, like the 'Super-People' in the preceding category, they might have been too kind to themselves in some of their answers. It is worth glancing back at the questions. At the time of answering the questions, were they conscious of any of them more favorably than they should have done. If there are any dud answers, they will quickly spot them, and they will give a clue to the areas of their personality. 'Cheating answers point to very important things they are unwilling to come to terms with, so they are worth thinking about. It is equally possible that all their answers were a true

summing up of their self image. Freedom from crippling doubts and worries about themselves enable them to be a creative personality; in other words the freedom to continually expand their personality and to develop their talents and abilities. There are very few barriers closed to people with a genuinely self-confident image of themselves.

- The score obtained from the sample coming under the category 100-219, have high self-esteem. Most people fall in this category. They have a realistic image of themselves, and are able to appreciate their goods qualities and not be afraid to face up to their faults. The important thing is that, in general they can accept themselves and come a long way towards coming to terms with them, even if they feel their personality is not perfect and there's room for improvement.

It is likely that their self image fluctuates quite a lot within this category. For instance, if they have just failed an exam or been sacked from a job their self esteem will be temporarily much lower than is normal for them. If they have just fallen mutually in love with someone or achieved an important ambition, then their self esteem will be higher than usual and their opinion of themselves will leap up accordingly. During exceptionally good or bad times, their self image can soar up to a higher category or plunge down to a lower one. So it is a fairly flexible thing, depending on the circumstances of their life, and also on how set their self image is. If they have fallen into the middle of this category (160 points or thereabouts) their self esteem is generally good, but there is some confusion and uncertainty. Their image of themselves tends to be changeable and unpredictable, easily influenced by events in their life, and also by changes of mood from one day or week to another. There is a feeling that they don't want to commit themselves to a definite opinion of them.

The more their scores moves down towards 100 points; the better is their self-image- they are moving towards self confidence in themselves and their relationships, emotional security and real feeling that their life is meaningful and important. Their personality can grow and change, and the future is promising, to be viewed with excitement rather than dread.

The further their your score moves towards 219, the more self doubt sets in. perhaps this has been caused by recent adverse circumstances in their life, or perhaps they have got into a habit of being over critical of themselves

The salient point is that although self esteem might be down at the moment, it isn't trapped down in the gloom forever. You have enough basic faith in them to believe that their attitude to themselves can change

- The score obtained from the sample coming from the category 220-249 have lower self image than it should be, and perhaps they are punishing themselves for crime they haven't committed. Some people have a perverse way of undermining themselves, and willing to admit, it is a way of insuring themselves against the possibility of facing up to failure. It is a strange conflict between wanting to feel good, yet being afraid to try in case you fail and are made to feel even worse.

This depressed state of low self esteem could have been prompted by social isolation, an unsatisfactory job, or an unhappy marriage or home life, by disappointment at the

way the world has treated them.

Perhaps they feel lack the affection, encouragement and appreciation they need from others. For instance, did they give themselves especially unfavorable ratings in questions 3, 7, 8, 10, 15, 20, 25, 30, 32, and 38?

If so, it's most likely that their low self- image is a result of the way they think other people see them, rather than what they really think of themselves. It is important to realize that their self esteem should come from within them and not from other people

Hopefully, your present state of mind is only temporary. Every sensitive person goes through bouts of feeling worthless and useless

- The score obtained from the sample coming under the category 250-280, they don't need to be told that their self image is very low, but aren't they over dramatizing themselves and wallowing in self denigration. Can you be as you pretend to be?

The answer, of course, is 'no'. they have just got into the habit of thinking about themselves in a certain way, and they feel their low self opinion has become part of their personality- like a kind of life sentence they have imposed upon themselves. They almost reveal in a sense of inadequacy, and you probably feel moved to great emotions when they enact their tragic melodrama over and over to them, there is a kind of satisfaction in it, but it is not doing

them any good, and sometimes harsh words are necessary to show them that their image of themselves is a fantasy. Most important, it is a fantasy which they could cease to believe in if they wanted to.

It is true that some people are most prone to self depression than others, but they can try to put their personality into perspective. Remember that some people have quite a high opinion of themselves while outsiders view them far less kindly. Others have a relatively low opinion of them, yet are relatively highly-regarded by others.

As they belonging to the later group, try to praise and encouragement from other people, try to see the reactions to them as they are meant and not in the jaundice way they have become accustomed to interpreting then they are like someone who refuses to see that there are also rays of light and bright patches.

The point is that can they can change their attitude themselves. The idea of change is frightening because means facing an unknown quantity, and there is always the feeling of panic that if the prop of self pity is take away there will be nothing left for them to lean on.

**Self image of selected adolescent girls**

The score obtained for the selected adolescent boys is given below

**Table 4.2**

Sl no	Odd number statement	Score obtained	Even number statement	Score obtained	Total score (100-219)	
					score	no
1	Find most people interesting	76	Secretly wish bad fortune on friends envious off	52	120	1
2	Instantly attract most members of the opposite sex	67	Emotionally hurting people closest to u	95	129	1
3	Honor your commitments	64	Worry about your faults	98	138	1
4	Being really loved by at least one in the world	64	Embarrassed by too much praise	96		
5	Pleased with yourself at the end of the day	62	Uncomfortable when strangers stare at you	108	150	1
6	Original thoughts and opinions	48	Say I'm fine, thank you when feel rotten and life is hell	72		
7	Enjoy contact with superior	65	Feel relaxed with inferior people	93	152	2
8	Get on well with neighbors	76	Universe make you feel small and insignificant	96	154	1
9	Do almost anything you sat your mind to	67	Strong feeling of die alone	98	157	1
10	Keep promises	48	Feeling of imposing on people	116	158	1
11	Control your emotions within reason	61	Trying to hide real personality	96		
12	Feel useless to society	58	Feel guilty about sexual desire	92	161	2
13	Respect by most people	76	Feel harming yourself emotionally or physically	91	162	3
14	Meaning full pattern in life	74	Shut your mind against unpleasant thoughts and feelings	93		
15	Excited at the prospect of unknown destiny	58	Full left out of things	94	164	1
16	Move to deep happiness without any reason	80	Feeling of other people find you boring	88	165	1
17	Make good use of time	63	Self analysis is make you feel depressed	98		
18	Value past opinion in life	71	Feel instant dislike of people without reason	88	167	2
19	Courageous person	59	Don't want to know what	70		

			others think of you		168	1
20	Got something special to look foreword	73	Surprised of someone fall madly in love with you	89	172	1

In table no.4.2 we are found the results of 20 selected girls. in an age group of 18-23. most of them are in a range of 100-219. that means they have a high range of self esteem have a realistic image of themselves, and have able to appreciate their good qualities and not to be afraid to face up to their faults. The important thing is that, in general, they can accept themselves and come a long way towards coming to terms with them, even if they feel their personality is not perfect and there's a room for

improvement. Among the 20 girls only one girl reach the score of 120, and 3 girls got 163. The maximum range of score obtained among the girls is 172. Only one girl reaches this score.

**Self image of selected adolescent boys**

The score obtained for the selected adolescent boys is given in the following table

**Table 4.3**

Sl.no	Odd number statement	Score obtained	Even number statement	Score obtained	Total score (100-219)
1	Find most people interesting	73	Secretly wish bad fortune on friends envious off	89	score 143 1
2	Instantly attract most members of the opposite sex	63	Emotionally hurting people closest to u	90	151 1
3	Honor your commitments	55	Worry about your faults	91	
4	Being really loved by at least one in the world	87	Embarrassed by too much praise	78	153 3
5	Pleased with yourself at the end of the day	59	Uncomfortable when strangers stare at you	94	
6	Original thoughts and opinions	69	Say I'm fine, thank you when feel rotten and life is hell	98	155 1
7	Enjoy contact with superior	77	Feel relaxed with inferior people	91	
8	Get on well with neighbors	70	Universe make you feel small and insignificant	87	156 1
9	Do almost anything you sat your mind to	74	Strong feeling of die alone	98	160 1
10	Keep promises	63	Feeling of imposing on people	93	162 2
11	Control your emotions within reason	77	Trying to hide real personality	85	165 1
12	Feel useless to society	72	Feel guilty about sexual desire	87	
13	Respect by most people	75	Feel harming yourself emotionally or physically	100	166 1
14	Meaning full pattern in life	65	Shut your mind against unpleasant thoughts and feelings	90	167 2
15	Excited at the prospect of unknown destiny	76	Full left out of things	93	
16	Move to deep happiness without any reason	73	Feeling of other people find you boring	87	168 1
17	Make good use of time	76	Self analysis is make you feel depressed	91	
18	Value past opinion in life	59	Feel instant dislike of people without reason	94	169 1
19	Courageous person	72	Don't want to know what others think of you	94	172 1
20	Got something special to look foreword	59	Surprised of someone fall madly in love with you	92	175 1

In table no. 4.3 we are found the result of 20 selected boys in an age group of 18-23. Most of them are in a range of 100-219, that means they have a high range of self esteem have a realistic image of themselves, and have able to appreciate their good qualities and not to be afraid to face up to their faults. The important thing is that, in general they can accept themselves and come a long way towards coming to terms with them, even if they feel their personality is not perfect and there is room for improvement. Among the 20 boys only one boy reach the score of 143, and 3 boys got 153. The maximum range of score obtained among the boys is 175. Only one boy reaches this score.

By comparing the scores of boys and girls lion share of them are fallen into 160 points or thereabouts. This shows that today's adolescents self esteem are generally good, but there is some confusion and uncertainty. Their image of themselves tends to be changeable and unpredictable, easily influenced by events in life and also by changes of mood from one day or week to another. There is a feeling that they don't want to commit themselves to a definite opinion of themselves.

**Conclusion**

The study showed that most of the adolescent had a high range of self esteem have a realistic image of themselves,

and have able to appreciate there is that, in general they can accept themselves. But there is some confusion and uncertainty. Their image of themselves tends to be changeable and unpredictable, easily influenced by events in life and also by changes of mood from one day or week to another. There is feeling that they don't want to commit themselves to a definite opinion of themselves

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