

Guidance and Self-Esteem : A strategy for Empowering Women

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Abstract

Guidance is the most important process to support a person to take good decisions in his/her life. This study has been conducted to know the role of guidance in the field of self-esteem for empowering unemployed women. 200 unemployed healthy women age group range of 25 to 30 were selected through simple random sampling method. They were guided on daily basis for 1 hour by a trained counselor for the period of 2 months and were applied self-esteem scale before and after 2 months of guidance. It has been revealed that the level of self-esteem enhanced after 2 months of guidance. It has been also found that unemployed women mostly belonging to unmarried class were highly motivated after guidance. Thus, it is coded that guidance is the helpful and most powerful strategy for empowering unemployed women.

Keywords- Guidance, self-esteem, women empowerment

Introduction-

Women empowerment is the sign of progress, prosperity and accuracy of any country because women play a vital role for economic development. Women empowerment is a process for making women more powerful, raising their status, creating decision-making ability, develop freedom for getting desired life goals and awareness towards her fundamental rights. It supports gender equity and boosts the literacy status of women. It also improves the quality of life of women.

Self-esteem is one of the elements of women empowerment. This is the feeling of satisfaction towards one's own abilities. The term self-esteem was used by David-Hume in 18th century. It is also known as self-worth, self-regard, and self-respect. It refers the person's overall value. It represents the appreciation of person

about his/her self. Person having higher level of self-esteem has greater level self-confidence, security, competence etc. Self-esteem influences the decision making ability, relationships, emotional health, well-being, level of motivation etc. A person having good level of self-esteem is inspired to take new challenges in his/her life..

On other hand, people having low self-esteem feel insecure, have low self-confidence, poor decision making ability. They feel that they are unable to reach their life goals and feel unlovable or unworthy. Various factors, such as age, genetics, physical abilities, socio-economic condition, disability, thought process influences the self-esteem.

Role of guidance to enhance self-esteem of unemployed women -

Nowadays it has been seen that unemployed women have lot of difficulties in their lives due to economically dependence on their families. They do not fulfill their desires according to their choices. They are not independent to take decisions of their lives. Therefore, they have low self-confidence and self-esteem. They also feel insecure and unhappy. The thrust of this study is to know the influence of guidance on self-esteem.

Guidance is one of the most important strategies for increasing the level of self-esteem of unemployed women. The term guide means to show the way, to regulate, to direct, to lead someone. In other words, it refers to advice someone for solving the problems or improving ability. It helps to boost the potential of a person. The purpose of guidance is to support a person to find helpful solution of problems and to promote the growth of person in a positive way. Guidance can be given in group as well as individual.

According to Ruth Strang , Guidance is a procedure for serving individual his/her-self to increase the capacity for his/her own pleasure and social value.

A.J. Jones said that guidance involves assistance which has been given by a skilled person to solve the problems of his/her life and enhancing good decision making ability. The purpose of guidance is to motivate someone to spent successful life.

According to Knapps, The elements of guidance are to understand his/her own self and change in a good way.

According to the above description it is clear that guidance is a good way to boost up the self-esteem and self-confidence of women. Counselor helps women to know their abilities and powers. They suggest them to think positively.

Vatankhah, Daryabari et al. (2013) conducted a study on 40 secondary school students and found that communication skill training improves the self-esteem of students.

Musset & Topping (2017) coded that video interaction guidance play an important role to enhance the self-esteem.

Hasnain, Ansari et al. (2011) conducted a study on 40 working and 40 non-working women and both group had 50% married and 50% unmarried women to know the self-esteem difference among them. They found that there was no significant difference between married and unmarried women in terms of self-esteem.

A study conducted by Muhammad, A. T. (2012) on 200 women age group rang of 20-50 to know the influence of marital status on psychological well-being and self-esteem in view of Pakistani culture. He found that married women had greater level of self-esteem than unmarried women and socio-economic condition play a vital role for the determination of self-esteem.

Abdulganiy (2012) conducted a study in Nigeria and coded that guidance and counseling is the best strategy for entrepreneurial empowerment.

Kerr & Robinson (2004) conducted a study on gifted girls to improve their low interest in math and science. Career identity and exploration technique was use to enhance their self-esteem. It was found that the intervention improves their ability.

Objectives-

- To know the influence of guidance on self-esteem of unemployed women.
- To compare the self-esteem of unemployed unmarried women before and after 2 months of guidance.
- To compare the self-esteem of unemployed married women before and after 2 months of guidance.

Hypotheses-

- Guidance would significantly influence the level of self-esteem of unemployed women.
- Self-esteem of unemployed unmarried women would be different before and after 2 months of guidance.
- Self-esteem of unemployed married women would be different before and after 2 months of guidance.

Methodology

Sample

200 unemployed healthy women (100 unmarried and 100 married) were selected by simple random sampling method with the help of General Health Questionnaire-12 (GHQ-12). All women were selected from Ara city (Bihar). The age range of women was 25 to 30.

Design of the research

Measurement of self-esteem of unemployed women	2 months of guidance	Again measurement of self-esteem of women
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Dependent variable- Self-esteem

Independent variable- Guidance, marital status

Criteria

Inclusion criteria	Exclusion criteria
Unemployed women	Employed women
Age range 25 to 30	Below 25 and above 30
Married and unmarried	widow
Above Matriculation	Below Matriculation

Tools-

- **Personal Data Questionnaire-** This questionnaire has been used to know about the marriage, age, education, work status etc. of women.
- **General Health Questionnaire-12-** This scale was developed by David Goldberg and Paul Williams (1979). There were 60 items. This scale had been adapted in Hindi by Shiv Goutam in 1987. GHQ-12 is the little version of GHQ- 60. There are 12 items including equal number of positive and negative items. It is very helpful tool to identify healthy subjects. All items have four alternatives and Score 0,0,1,1 is given for the alternatives respectively. The whole score is calculated by adding the scores of each item. The samples obtaining total score of 2 or less than 2 are elected as healthy women. More than 2 are the sign of unhealthy subject. The test- retest reliability and validity of this scale is 0.83 and 0.73 respectively.
- **Self-esteem scale-** This scale has been developed by Dr. R. N. Singh and Dr. Ankita shrivastava. There are 20 items in this scale in which 11 negative and 9 positive items. Each item has 5 options. Score 5, 4, 3, 2, 1 are given for positive items and negative items were scored in the reverse order. Item wise scores are added to get total score of the respondents. High score represents higher level of self-esteem and low score represents low level of self-esteem. The split-half and test-retest reliability of this scale is 0.86 and 0.82. The validity of this scale is 0.89.

Procedure

Unemployed women were selected randomly through tossing a coin and using GHQ-12 scale for identifying their health status. At the very outset, PDQ and self-esteem scale was operated on selected women. Afterwards, all 200 women were invited to attend guidance program for an hour (10.00 am to 11.00 am) on daily basis for the period of 2 months regularly. The guidance program was held in the department of Psychology, at VKSU, Ara. After the completion of 2 months guidance program, they were again operated self-esteem scale. SPSS version 16 was used for the treatment of data.

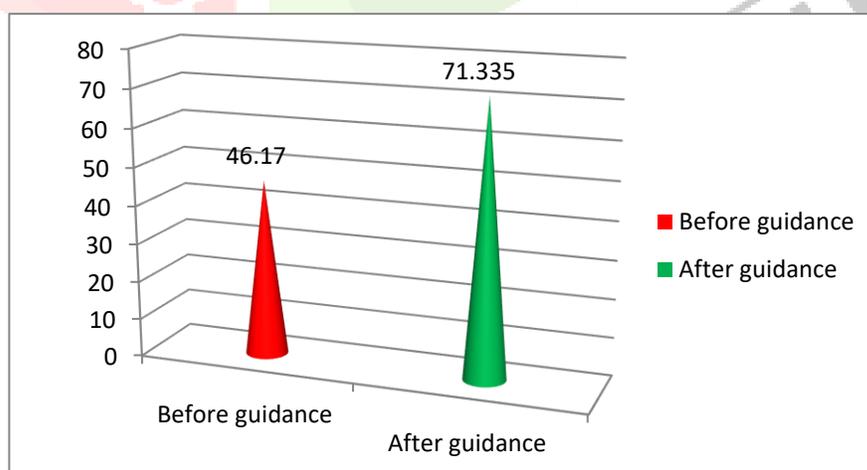
Results-

Table- 1

Comparison of self-esteem before and after 2 months of guidance

Group	N	Mean	SD	r	t-value	df	P
Before guidance	200	46.1700	8.12472	.068	19.949	199	0.01
After guidance	200	71.3350	16.44338				

Graph-1 (bar- diagram) showing Mean score of self-esteem before and after guidance



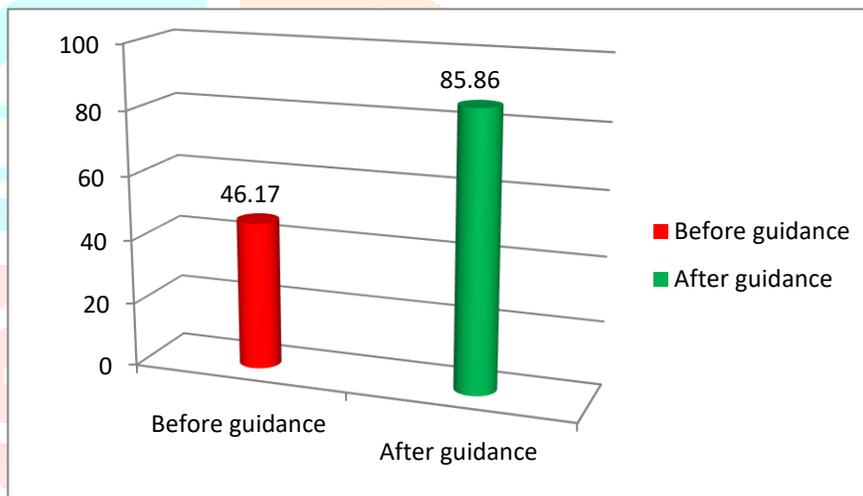
Above table and graph show that before guidance the Mean score of unemployed women on self-esteem scale is 46.1700 and after guidance mean score is 71.3350. High score indicates greater level of self-esteem. t-value 19.949 is significant on 0.01 level. This is clear that guidance significantly influences the level of self-esteem. Thus, the proposed hypothesis is accepted.

Table- 2

Comparison of unmarried women before and after 2 months of guidance

Group	N	Mean	SD	r	t-value	df	P
Unmarried women (Before guidance)	100	46.1700	8.14522	.176	46.607	99	0.01
Unmarried women (After guidance)	100	85.8600	4.30649				

Graph-2 (bar- diagram) showing Mean score of self-esteem before and after guidance in unmarried women



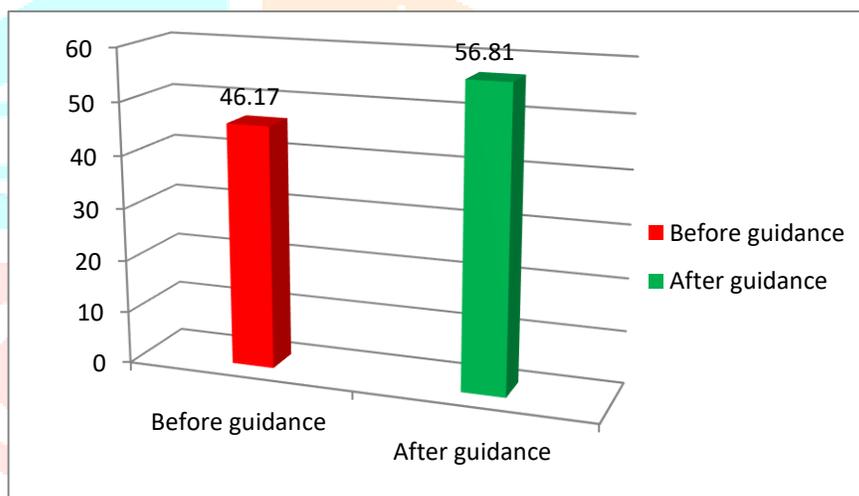
Above table and graph show that before guidance the Mean score of unemployed unmarried women on self-esteem scale is 46.1700 and after guidance mean score is 85.8600. High score indicates greater level of self-esteem. t-value 46.607 is significant on 0.01 level. This is clear that unmarried women are significantly influenced by guidance. Thus, the proposed hypothesis is accepted.

Table- 3

Comparison of married women before and after 2 months of guidance

Group	N	Mean	SD	r	t-value	df	P
Married women (Before guidance)	100	46.1700	8.14522	.149	8.960	99	0.01
Married women (After guidance)	100	56.8100	9.93687				

Graph-3 (bar- diagram) showing Mean score of self-esteem before and after guidance in married women



Above table and graph show that before guidance the Mean score of unemployed married women on self-esteem scale is 46.1700 and after guidance mean score is 56.8100. High score indicates greater level of self-esteem. t-value 8.960 is significant on 0.01 level. This is clear that married women are also influenced by guidance. Thus, the proposed hypothesis is accepted.

Discussion-

Most of the unemployed women feel helpless because they are completely dependent on their families for any work. Lots of unemployed women think that their lives are for caring children and doing household works. They have to follow the instruction of their husbands or fathers and spend their lives accordingly. Therefore, they have low self-esteem and low self-confidence. Thus, they are unable to take important decisions

of their lives. Guidance is one of the useful strategies to enhance the self-esteem of women for empowering them. In this study, guidance strategy was applied for two months to increase the level of self-esteem of unemployed women.

Result table -1 shows that before 2 months of guidance the level of self-esteem was very low in unemployed women. But after two months of guidance self-esteem level enhanced. During guidance all women were consulted to the counselor. They share their problems and get scientific ideas. Therefore, the level of self-esteem enhanced among all unemployed women. Vatankhah, Daryabari et al. (2013) and Musset & Topping (2017) also found that guidance increases the self-esteem level.

According to the second result table and graph, it was found that unmarried unemployed women were so much influenced by guidance. Unemployed unmarried women want to change their lives. They want to be economically independent. Unmarried women do not have family burden. So, they were much concentrated due to guidance program.

Third result table show that married unemployed women were also influenced by guidance process. But this difference is less than unmarried women. Married women have various responsibilities of their families. They have to spend their lives according to their husband.

Conclusion

This study reveals that guidance play an important role to enhance the level of self-esteem of unemployed women. Unmarried women more influenced by guidance than married women.

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