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## The impact of six months psychological skill training program on self-esteem of school students

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### Abstract

The present study aims to investigate the impact of six months psychological skill training (PST) program on self-esteem of school students, in which 40 children from Jawahar Navodaya Vidyalaya, age ranged of 12-14 years were randomly selected for the study. PST program was administered for 6 months, 4 sessions a months, 1 session a week of 30-40 min and total of 24 sessions for each child. Pre data and Post training data was collected by using Self-esteem Scale (RSE) (Rosenberg, 1965) and statistically analyzed by employing paired t-test at the significance level of 0.05. The obtained result indicated that students have improved their self-esteem after undergoing the structured PST program.

**Keywords:** Psychological skill training (PST), self esteem

### Introduction

Self-esteem is a person's inner appreciation or assessment of him or herself. It matters because people who do not value themselves—who have low self-esteem—treat themselves and others badly. Thus low self-esteem can be seen as a major factor in abuse, addiction, crime, depression, loneliness, low educational achievement, mental illness and unhappiness. People high in self-esteem are often creative, joyful, fun to be with and productive.

Grantham and Ford (2003) <sup>[4]</sup> elaborate that students with high self-esteem set higher goals in life and strive to achieve them with determination, commitment and steadfastness. Such students do not lose hope even in the face of failures. Because, such students have never ceasing belief and the will to attain the goal and they achieve it ultimately. Self-esteem is confidence in yourself and a belief in your qualities and abilities (Cambridge Advanced Dictionary 2004).

Psychological skills are internal capabilities that help people to control their mind efficiently and consistently while achieving goals. Hardy and Nelson (1996) stated that imagery, mental preparedness, self-confidence, anxiety, relaxation and concentration are important in life. So keeping in mind the important role of Psychological Skill Training program to develop Self Esteem. The obtained result indicated that students have improved their self-esteem after undergoing the structured Psychological skill Training (PST) Program.

### Objective

The objective of the study was to find out the impact of a six months psychological skill training (PST) program on Self Esteem of school students.

### Methodology

#### Participants

A total of 40 (forty) students from Jawahar Navodaya Vidyalaya, age ranged 12-14 years at 7th standard were randomly selected for the study and voluntary permission was taken from the subjects.

#### Criterion measure

#### Questionnaire

A validated questionnaire- Self-Esteem Scale (RSE) (Rosenberg, 1965).

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**Preparation of training program**

A PST program for 6 months, 4 sessions a months, 1 sessions a week of 30-40 min for each child and total of 24 sessions was developed to develop the selected variables i.e. anxiety, Concentration, imagery, goal setting, motivation and relaxation of the participants. A variety of exercises under each factor were selected to ensure the progression of training throughout the training program of 6 months. The selected training items were planned and administer to have an impact on the self-esteem of the children. To finalization the Psychological Skill Training Program various expert advices was taken.

**Administration of the psychological skill training program**

Psychological Skill Training Program: Psychological skill training program on various factors was administered for 6 months, 4 sessions a month, 1 session a week of 30-40min and total of 24 sessions for each child.

Self-Esteem Questionnaire was filled at two stages Pre data before starting the psychological skill training program then again for post data after finishing the training program.

**Statistical analysis**

In this study paired t-test was used to compare the impact of

six months Psychological Skill Training program on self-esteem of school children. The level of significance was set at 0.05.

**Results**

This presents the findings on the impact of Psychological Skill Training Program on Self Esteem of school students, on the basis of pre and post test conducted. Findings are presented in table no 1.

**Table 1:** Descriptive statistics of paired self esteem

Performance	Mean	N	Std. Deviation	Std. Error Mean
Pre	19.16	40	1.41	.23
Post	21.88	40	1.12	.18

Table explains the descriptive analysis of the Self Esteem score of pre and post training program. It represents pre-test mean is 19.16 (SD 1.41) whereas the post mean shows 21.88 (SD 1.12) respectively.

The paired t-test analysis was computed to check whether there was any statistical significant difference between pre and post Self Esteem scores. Result is shown below in table 2.

**Table 2:** Analysis of paired t-test of Self Esteem within pre and post scores

Performance	Paired Differences				t	DF	Sig. (2-tailed)	
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower				Upper
Pre- Post	-2.73	.97	.16	-3.04	-2.42	-17.95	39	.001

\*P < 0.01

Table 2 shows that the obtained paired value of Self Esteem scores in pre and post training. As the calculated t value (-17.95) was noted to be higher than the tabulated P value (.001) the pre-test and post-test shows statistically significant differences at 0.05 level of significance.

**Discussion and conclusion**

The present study concludes that there was a significance difference found due to six months Psychological Skill Training (PST) program on Self Esteem. The obtained result indicated that when students go through specific psychological skill training program to get better results in Self Esteem. Since SPSS provides significance value of two-tailed testing no more conclusions can be drawn about Psychological Skill Training of Self Esteem. However to conclude the Psychological Skill Training Program was effective or not, One-tail test should be used. Where null hypothesis may be rejected and it can be concluded that Psychological skill Training program was Effective on Self Esteem.

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