

Impact of Spiritual Orientation on Self-Esteem of Adolescent Students

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Abstract

Self-esteem and spirituality are vital for effective human behavior and the maintenance of equilibrium. Researches have proven that numerous psychological factors contribute systematic methodologies to the maintenance of adequate and appropriate behaviors in adolescents. Transpersonal psychology seems to show positive signs in enhancing well-being in adolescence. Systematic investigation shows that high spiritual orientation energizes individuals to strengthen their psychological features and enables them to face the difficulties of life easily. Present study tried to unearth the effect of spiritual orientation on self-esteem, to identify the gender variations, family type and to recognize the effect of parenthood on self-esteem of the adolescents. The study utilized Descriptive Survey Research Design in urban and sub-urban Higher Secondary School Students (n=450) of six different schools of Thrissur district, Kerala. Purposive Sampling technique was employed. Spirituality Index of Well-Being (Daleman, 2004) and Self-Esteem Scale (Rosenber, 1979) were used. Correlation and ANOVA, were used to analyze data. Results revealed positive relationship between spiritual orientation and self-esteem. With greater levels of Spiritual Orientation, in both boys and girls, Self-Esteem remained the same.

Key Words: Spiritual Orientation, Self-Esteem, Adolescence.

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