



## SELF-ESTEEM AND RISK TAKING BEHAVIOUR

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### *Abstract*

*In the present study, an attempt has been made to find out the self esteem and risk taking behaviour of adolescents. The results reveal that there is significant difference among male and female, high and moderate behavior of male, high and moderate behaviour of female, high and moderate behaviour of rural, high and moderate behaviour of Urban adolescents in relation to risk taking behaviour and difference among self esteem of rural and urban adolescents. There is no significant difference among male and female adolescents in relation to self esteem and rural and urban adolescents in relation to risk taking behaviour.*

**Key Words:** self-esteem, risk, behaviour

### INTRODUCTION

To get satisfaction in life is not an easy task, because life is very complex and full of struggle. It has been rightly said that life is a continuous process of struggle for existence and survival. This statement is very fit and correct, as we find out in day & today life. Life all round us seems to be moving very fast. There is a cutthroat competition in all fields of life. The heavy and healthy

competition bounds and forces to opt more risk in life to survive. It is also said that more risk, more benefit as per economic theory and law. The risk taking ability is very important in every walk of life because there would have been no triumph or success, if there had been no hazard of failure. The risk ability of an individual is largely influenced by his personality characteristics.

It is the age of competition in which, human being is busy to keep his in a leading position specially in 21<sup>st</sup> Century. It has been observed that risk takers are more successful and leading in position. Risk takers have different attitudes, values and perceptions about society and themselves than non-risk takers.

The term 'risk' means a dangerous element or factor, where individually does work willingly/unwillingly. It is totally concerned with probability of success and failure. The nature of risk varies with the situations ranging from physical survival, material gain and achievement to obsession for ethical work.

Chaubey (1974), opinion that risk is a condition where both the aspects of a thing are clearer to individual and the outcome clearly defines the success and failure.

Kagan and Wallach (1967), described that risk taking behaviour based on kind of situation, where, there is a desirable goal and lack of certainty that can be obtained.

### **SELF-ESTEEM**

Self esteem is set of attitudes and beliefs that a person brings with him or herself when facing the world. It includes beliefs as to where he or she can expect success or failure, how much efforts should be put forth, whether failure at a risk will hurt and whether he or she will become more capable as a result of different experiences. Self esteem provides a mental set that prepares the person to respond according to the expectations of success, an acceptance and personal strength. Self esteem is an important integral part of performance. The term self esteem refers to the evaluation as person makes and customarily maintains with regards to him or himself.

Self esteem consists for aspects (according to Symonds, 1961)

i) What he thinks of himself ? ii) How he attempts through various activities to enhance or define himself? Iii) How a person preceive himself ? iv) How he values himself ?

### **ADOLESCENCE:**

The word adolescence is Latin in origin, derived from the verb *adolescere*, which means "to grow into adulthood." Adolescence is a time of moving from the immaturity of childhood into the maturity of adulthood. There is no single event or boundary line that denotes the end of childhood or the beginning of adolescence. Rather, experts think of the passage from childhood into and through adolescence as composed of a set of transitions that unfold gradually and that touch upon many aspects of the individual's behavior, development, and relationships. These transitions are biological, cognitive, social, and emotional.

**IMPORTANCE OF STUDY:**

It is age of science and technology and everyone has to face the competition to get success. In which human being is busy to keep him in a leading position. It has been observed and seen that risk takers are more successful and in leading position. It is totally concerned with probability of success and failure. Risk takers have different attitudes, values, and perceptions about society and themselves than non-risk takers. In this study investigator has been made efforts to find out difference among male and female, rural and urban adolescents of risk taking behaviour and self esteem. This study would be very helpful to understand the characteristics of male and female and rural and urban adolescents.

**STATEMENT OF PROBLEM:**

“SELF-ESTEEM AND RISK TAKING BEHAVIOUR OF ADOLESCENTS”

**OBJECTIVES OF STUDY:**

1. To study the risk taking behaviour.
2. To study the male and female and urban and rural adolescents in relation to risk taking behaviour.
3. To study the difference among male and female and rural and urban adolescents in relation to self esteem.

**HYPOTHESIS:**

1. There is no significant difference among male and female adolescents in relation to risk taking behaviour.
2. There is significant difference among rural and urban adolescents in relation to risk taking behaviour.

3. There is significant difference among high and moderate male risk taker behaviours.
4. There is no significant difference among high and moderate female risk taker behaviour.
5. There is no significant difference among high and moderate rural risk taker behaviour.
6. There is no significant difference among high and moderate urban risk taker behaviour.
7. There is no significant difference among male and female in relation of self esteem.
8. There is no significant difference among rural and urban adolescents in relation to self esteem.

**SAMPLE:**

In the view of the time and the disposal of the investigator and also the scope of study, the sample was selected on the basis of his convenience and therefore the sample of 200 respondents, including male and female, rural and urban areas adolescents, of ix and x level studying in the schools of district Una (HP) was taken.

**TOOLS:**

Risk taking Questionnaire (RTQ), developed by Arora and Sinha (1983) and self-esteem inventory (SEI), developed by Stanley Coopersmith (1987) were used.

**STATISTICAL TECHNIQUES:**

“t” test has been applied/used to find out difference.

**RESULTS AND DISCUSSION:**

**Table:1**

**‘t’ Value for risk taking behaviour of male and female adolescents**

Sex	N	Mean	SD	t Value
Male	55	7.6	2.6	3.29 **
Female	55	5.7	3.4	

*Significant and 0.05 and 0.01 level of confidence.*

Table-1 reveals that the mean difference in the risk taking behaviour of male and female adolescents is (3.29) highly significant at 0.05 and 0.01 level. Hence, Ho1 is rejected. It means that there is significant difference among male and female adolescents. It mean that male adolescents are more in risk taking behaviour than female adolescents.

**Table:2**

**t-Value for risk taking behaviour of rural and urban adolescents**

Area	N	Mean	SD	t Value
Rural	55	11.4	1.9	1.46
Urban	55	10.6	2.2	

*Not significant at 0.05 and 0.01 level of confidence*

Table-2 indicates that the mean difference in risk taking behaviour of rural and urban adolescents is not significant (1.49) at 0-05 level and 0.01 level. Hence, Ho2 is accepted. It means that there is no difference among rural and urban adolescents in risk taking behaviour.

**Table:3**

**‘t’ Value for risk taking behaviour of high and moderate risk taker male behaviour**

Risk Taker	N	Mean	SD	t Value
HRT	45	9.3	2.3	4.06
MRT	45	7.2	2.6	

Significant at 0.05 and 0.01 level of confidence.

Table-3 reveals that mean difference in risk taking behaviour of high and moderate male adolescents is significant at 0.05 and 0.01 level of confidence. Hence Ho3 is rejected. It means that there is significant difference among male HRT and MRT.

**Table: 4**

**‘t’ value for risk taking behaviour of High and moderate Female risk taker behavior**

Risk Taker	N	Mean	SD	t Value
HRT Rural	45	10.09	1.83	7.07*
MRT Rural	45	8.38	2.74	

Significant at 0.05 and 0.01 level of confidence.

Table-4 reveals that mean difference in risk taking behaviour of HRT and MRT female adolescents is significant (7.04) at 0.05 and 0.01 level of confidence. Hence Ho4 is rejected. It means that there is difference among HRT and MRT female adolescents.

**Table:5**

**‘t’ Value for risk taking behaviour of High and moderate rural risk taking behaviour:**

Area	N	Mean	SD	t Value
HRT	45	10.9	2.0	13.72
MRT Urban	45	7.3	2.7	

Significant at 0.05 and 0.01 level of confidence

Table-5 shows that the mean difference of HRT and MRT male adolescents is significant (13.72) at 0.05 and 0.01 level of confidence. Hence Ho5 is rejected. It means that there is significant difference among HRT and MRT of male adolescents.

**Table: 6**

**‘t’ value for high and moderate risk taking behaviour of urban adolescents risk taker**

Area	N	Mean	SD	t Value
HRT Urban	45	8.4	2.71	3.04
MRT Urban	45	7.4	2.73	

Significant at 0.05 and 0.01 level of confidence,

Table-6 reveals that the mean difference of HRT and MRT urban adolescents is significant at 0.05 and 0.01 level of confidence. Hence Ho6 is rejected. It means that there is significant difference among HRT and MRT urban adolescents.

**Table:7**

**‘t’ value for self-esteem of male and female adolescents**

Sex	N	Mean	SD	t Value
Male	55	9.1	2.8	1.09
Female	55	8.8	3.0	

*Not significant at 0.05 and 0.01 level of confidence.*

Table-7 shows that the mean difference of male and female adolescents in relation to self esteem is not significant at 0.05 and 0.01 level of confidence. Hence Ho7 is accepted. It

means that there is no significant difference among male and female in relation to self esteem.

**Table: 8**

**‘t’ value for self esteem of male and female adolescents**

Area	N	Mean	SD	t Value
Rural	55	7.1	2.5	5.16
Urban	55	9.8	3.0	

*Significant at 0.05 and 0.01 level of confidence.*

Table-8 reveals that mean difference of self esteem of rural and urban adolescent is significant at 0.05 and 0.01 level of confidence. Hence  $H_0$  is rejected. It means that there is significant difference among rural and urban adolescents in relation to self esteem.

## **FINDINGS**

1. Male adolescents have more risk taking behaviour than female adolescents.
2. Rural and Urban adolescents have no difference in risk taking behaviour.
3. There is significant difference among high and moderate risk taking behaviour of male adolescents.
4. There is significant difference among high and moderate risk taking behaviour of female adolescents.
5. There is significant difference among high and moderate risk taking behaviour of rural adolescents.
6. There is significant difference among high and moderate risk taking behaviour of urban adolescents.
7. There is no significant difference among male and female adolescents in relation to self esteem.
8. There is significant difference among urban and rural adolescent in relation to self esteem.

## **CONCLUSION & EDUCATIONAL IMPLICATIONS**

After the deep discussion with the head of institutions, teachers, and educationists and on the basis of results following conclusions are drawn:

Male and Urban area adolescents are more bold and confident, in taking the risk than the female and Rural area adolescents. There is difference among rural and urban adolescents in relation to self esteem. Main reason is that female and rural area adolescents have shyness and hesitation mostly, while male and urban area adolescents have no shyness and hesitation.

More facilities should be provided to female and rural area students so that they could get more and more knowledge and sense of boldness and confidence could be developed themselves. Visits and tours should be organised by the schools. Even, seminars, workshops, exhibitions should also be organised.

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