

**“A STUDY TO ASSESS THE KNOWLEDGE ON THE EFFECT OF SELF-ESTEEM ON  
SOCIAL LIFE AND LEADERSHIP IN ADULTS.”**

Submitted By

**Bernice Cudjoe**

4<sup>th</sup> year B.Sc N

**Research Project Work Submitted to**



**Under the Guidance of Mrs Nagammal**

**Assist Professor**

**Department of Obstetrics and gynaecology**

**Smt. Nagarathnamma College of Nursing,**

**Acharya Institutes**

**Dr. Sarvepalli Radhakrishnan Road,**

**Soldevenahalli, Bengaluru-560107**

**2020**



## TABLE OF CONTENTS

<u>SI.NO.</u>	<u>CONTENT</u>	<u>PAGE NO.</u>
1.	INTRODUCTION	1-4
2.	NEED FOR STUDY	5
3.	OBJECTIVES	6
4.	REVIEW OF LITERATURE	7-28
6.	METHODOLOGY	29-36
7.	RESULTS	37-42
8.	DISCUSSION	43-44
9.	CONCLUSION	45-46
10.	SUMMARY	47-48
11.	REFERENCE	48-50
12.	ANNEXURE	51-53

## ABSTRACT

### **BACKGROUND**

Self-esteem is how one sees his or herself. Self-esteem can either be positive or negative.

Our self-esteem is determined by many factors including how well we view ourselves, our performance and appearance, and how we are satisfied with our relationship with others

Self-esteem is in part a trait that is stable over time, with some people having relatively high self-esteem and others having lower self-esteem. Self-esteem can vary from day to day and hour to hour.

When we have succeeded in an important task, when we have done something which is useful or important, when we feel accepted and valued by others, our self-concept will contain many positive thoughts and we will therefore have high self-esteem. When we have failed, done something harmful, or feel that we have been ignored or criticized, the negative aspect of the self-concept are more accessible and we experience low self-esteem. And our self-esteem can therefore affect our social life and even our leadership skills.

### OBJECTIVES OF THE STUDY

1. To assess the knowledge on how adults think self-esteem can affect social life and leadership
2. To assess the knowledge of adults, whether high self-esteem is a contributing factor to leadership and social relationships.

## **ASSUMPTION:**

1. The adults selected online will have some knowledge regarding self-esteem and its effect on individuals
2. Level of knowledge regarding the effect of self-esteem on social life and leadership can be measured by structured questionnaire.

In the present study, descriptive approach was selected. The structured questionnaires were developed by the researcher and were adapted to collect data. Main study was collected online with 30 samples. The sample was selected by purposive sampling technique and the collected data was analysed and interpreted based on the descriptive and inferential statistics

## **RESULTS**

The analysed data in the study revealed that majority of the group belongs to the age group between 20-25 years.

And there was an equal gender with maximum qualification of bachelor degree.

The adults online have an average knowledge regarding the effect of self-esteem on leadership and social life.

## **CONCLUSION**

The present study is to assess the effect of self-esteem on social life and leadership, of which the knowledge of adults online were tested and most of them had an average knowledge on self-esteem can either help you or limit you.