Effectiveness Of NLP In Enhancing The Self Esteem Among The Adolescence

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Abstract

Self esteem is considered as an important aspect of human development. Low level of self esteem has a significant impact on the well being of the individual. Adolescence faces various issues in their stage of development due to low self esteem. There are various techniques to enhance the self esteem of the adolescence. Neuro Linguistic Programming is a technique which is used to enhance the psychological aspects of the individual. This study thus focused on the impact of self esteem Neuro linguistic programming on the self esteem of the school adolescence.

Self Esteem, NLP, Adolescence, School

Introduction

Over the past decade, self esteem is been recognized and focused upon as an important aspect of adolescence development were transitions takes place in social, psychological and psychical aspects. Low level of self esteem in adolescence is associated with various risk behavior like drug abuse, smoking, sexual activity. Adolescence who engage themselves in such behavior subsequently face serious health problems, like addiction in alcohol and drug, sexual activities, etc. Various psychological techniques are been employed to support the adolescence to enhance their self esteem through which one can succeed in their life. .

Self esteem is a major input for an individual to succeed in their life. The development of positive self esteem is highly important for an individual to adjust with the society and lead a good life. It is considered as an perception or appraisal of an individual of his own self worth,

self confidence, self respect and the level to which one has a positive or negative opinion about self. The feeling of positive can be extent to the group in which one lives which is known as collective self. Collective self esteem is referred as the feeling and evaluation of self worth of a social group like ethnic, race, work group, etc. There are few studies which have found that strong collective self esteem significantly influences the positive mental health of the group by means of increasing the life satisfaction and well being.

Low self esteem among school adolescence is associated with behavioral problems and low academic performance which can lead to serious behavior problems like suicidal tendencies, depression, anxiety, loneliness, alienation, etc. It also leads to problems related to managing relationships with parents and peers. There are numerous treatment methods like psychotherapies, counseling, intervention programmes for handling and enhancing life esteem of an individual.

Neuro linguistic programming (NLP) is a technique which actively tries to control the mental state and emotional of an individual. It is a unique approach to communication skills, personal and psychotherapy development. It is a powerful technique which brings significant improvement ones professional and personal life. It helps to make reliable plans and engage in achieving them. It enhances the self confidence and self respect of an individual it increases the skills like leadership, improve charisma, persuasive language, etc. Thus, the present study tries to explore the impact of NLP on the self esteem of the adolescence school children.

Review of Literature

Nooshin Sabour Esmaeili. (2012) in their study on self esteem of adolescence they found that even though the self esteem was found to be same in childhood, there is a difference in the self esteem among boys and girls in the adolescence stage. The findings reveal that boys have higher self esteem compared to girls. The developments of the girls are largely affected by the low level of self esteem. Abu SM, Ike-Oluwapo O, Ajayi AE, Irabor MM, Ladipo A (2010) their study results reveals that those adolescents who experience higher parental conflict, poor parent child relationship and maternal distress were having lower level of self esteem compared to others. Cantin S, Boivin M. (2004) has stated in her article that low level of self esteem have a negative effect on the adolescence development. Low level of self esteem leads to negative views of one self, unworthy, incompetent and unlovable. These may induce negative behavior in self adolescence. Wang Q, Leichtman MD, Davies KI. (2010) has found that the level of self esteem was found to be 18% and this low level of self esteem is linked to various factors like lower divorced rate, lower parental divorce and higher competency feeling among children. Crocker J. (2002) in his study found that children want to be free from parents control, self expressive, personal uniqueness and self sufficient which may cause grater conflict and lessen the relationship with parents, which often leads to negative effects on the psychological well being.

Objectives

1. To study the personal profile of the adolescence school children
2. To assess the self esteem of the adolescence school children
3. To study the influence of demographic variables on the self esteem of the adolescence school children.
4. To study the impact of Neuro linguistic programming (NLP) on the level of self esteem of the respondents.

Methodology

The study is descriptive in nature. It tries to explain the characteristics of the phenomena under study. The universe of the study constitutes the selected schools in Srilanka. Out of the total population, 10 schools were randomly selected for the present study. Purposive sampling technique was adopted to select the samples for the study and the sample size was confined to 696. Out of which, those respondents who had low self esteem was taken for the NLP intervention. Two homogenous groups (control and experimental) were taken and the NLP programme was administered for a period of 12 weeks. The pre-test and post test scores were compared for measuring the effectiveness of the NLP programme using paired t-test. The researcher used questionnaire for the purpose of collecting data from the respondents. The questionnaire consists of two sections namely personal profile and self esteem. The self esteem of the respondents was measured using a standardized scale which consists of 20 statements with 5 point rating scale. Higher the score higher is the self esteem. Both primary and secondary data were used in the present study. The scale is subjected to reliability and validity. The reliability of the scale was found to be 0.73 and face validity was administered. The statistical tools namely simple percentage analysis, t-test, ANOVA and paired t-test were used to analyze the data.

Analysis and Interpretation

Personal Profile

Table 1

Personal Profile of the Respondents.

Variables	Particulars	Frequency	Percent
Age	16	2	6.7
	17	10	33.3
	18	7	23.3
	19	11	36.7
Gender	Male	15	50.0
	Female	15	50.0

Education	Ordinary	3	10.0
	Advanced	27	90.0
Domicile	Rural	22	73.3
	Semi Urban	6	20.0
	Urban	2	6.7
Birth Order	I	9	30.0
	II	12	40.0
	III	9	30.0
Family type	Nuclear	25	83.3
	Joint	5	16.7
Parents	Both parent	2	6.7
	Single parent	28	93.3

The above table reveals that 36.7 percent of them belong to the age group of 19 years, 50 percent of them were male, 90 percent of their education level was advanced, 73.3 percent of them were residing in rural areas, 40 percent of their birth order was second order, 83.3 percent of the respondents belong to nuclear family and 93.3 percent of them were having single parent.

Self Esteem of the Respondents

Table 2

Performance Self Esteem of the Respondents

Factors	N	Minimum	Maximum	Mean	Std. Dev.
Performance Self Esteem	126	10.00	25.00	19.3095	3.24090
Social Self Esteem	126	8.00	22.00	17.5952	3.55118
Appearance Self Esteem	126	14.00	25.00	17.5794	2.36424
Overall Self Esteem	126	41.00	60.00	54.4841	4.57949

The above table depicts that, the mean performance self esteem of the respondents was found to be 19.3 and social self esteem was found to be 17.5 and appearance self esteem was found to be 17.5. The overall self esteem mean was found to be moderate which has a mean value of 17.5.

Influence of Personal Variables on Self Esteem

Table 3

Influence of Personal Variables on Self Esteem

Variables	Test	Value	Result
Age	$r = -.214^*$	.031 (p<0.05)	Significant
Gender	t = 6.395	.000 (P<0.01)	Significant
Education	t =4.102	.045 (p<0.05)	Significant
Domicile	F=1.391	.253 (p>0.05)	Not Significant
Birth Order	F= 2.120	.124 (p>0.05)	Not Significant
Type of family	t =-1.274	.215 (p>0.05)	Not Significant
Parents	t = -.781	.436 (p>0.05)	Not Significant

The table reveals that there is a significant inverse relationship between the different age of the respondents at 0.05 level of significance. The t-test shows that there is a significant difference in the level of self esteem between male and female respondents at 0.01 level of significance. The t-test value reveals that there is a significant difference in the level of self esteem between advanced and ordinary educational levels of the respondents at 0.05 level of significance. The ANOVA value reveals that there is no significant difference in the level of self esteem based on domicile and birth order of the respondents at 0.05 level of significance. The T test value shows that there is no significant difference in the level of self esteem based on type of family and parents of the respondents at 0.05 level of significance.

Impact of NLP on Self Esteem

Table 4
Significance Test (Paired test) for Overall Self Esteem between Pre and Post test Control group

Paired Samples Statistics

Overall Self Esteem	Mean	N	Std. Deviation	Std. Error Mean
Pre test	54.3651	63	4.64654	.58541
Post test	53.8571	63	5.67637	.71516

Paired Samples Test

t	df	Sig. (2-tailed)
1.669	62	.100

From the above table it is clear that, the t-test value shows that there is no significant difference in the pre test and post test self esteem scores of the control group at 0.05 level of significance. It is inferred that there is no change in self esteem score in the control group.

Table 4

Significance Test (Paired test) for Overall Self Esteem between Pre and Post test Experimental group

Paired Samples Statistics

Appearance Self Esteem	Mean	N	Std. Deviation	Std. Error Mean
Pre test	54.6032	63	4.54561	.57269
Post test	75.1111	63	8.70134	1.09627

Paired Samples Test

t	df	Sig. (2-tailed)
-16.307	62	.000

From the above table it is clear that, the t-test value shows that there is a significant difference in the pre test and post tests self esteem scores of the experimental group at 0.01 level of significance. It is inferred that there is a change in self esteem score in the experimental group before and after intervention. Thus NLP have a significant positive impact over the self esteem of the respondents.

Salient findings

- More than one third (36.7 percent) of them belong to the age group of 19 years.
- Half (50 percent) of them were male.

- Majority (90 percent) of their education level was advanced
- Majority (73.3 percent) of them were residing in rural areas
- Two fifth (40 percent) of their birth order was second order
- Majority (83.3 percent) of the respondents belong to nuclear family
- Majority (93.3 percent) of them were having single parent.
- The mean performance self esteem of the respondents was found to be 19.3
- The mean social self esteem was found to be 17.5
- The mean appearance self esteem was found to be 17.5.
- The overall self esteem mean was found to be moderate which has a mean value of 17.5.
- The table reveals that there is a significant inverse relationship between the different age of the respondents at 0.05 level of significance.
- The t-test shows that there is a significant difference in the level of self esteem between male and female respondents at 0.01 level of significance.
- The t-test value reveals that there is a significant difference in the level of self esteem between advanced and ordinary educational levels of the respondents at 0.05 level of significance.
- From the above table it is clear that, the t-test value shows that there is a significant difference in the pre test and post tests self esteem scores of the experimental group at 0.01 level of significance.

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