ABSTRACT

The present study aimed to develop a measure of self-esteem for the university students and also to determine its relationship with their mental health problems. For this purpose, the research was carried out in a series of phases. In the first phase the expression of self-esteem was explored from 25 university students (15 male; 10 female) using the semi-structured interview based on the Mruk’s phenomenological definition of self-esteem (1999). After linguistic and contextual modifications, a list of 62 items was converted into a self report measure and was named as Self-Esteem Scale (SES). For establishing the psychometric properties of SES and to test other hypothesis, SES was presented along with a demographic performa, Student Problem Checklist (Mahmood & Saleem, 2011), adapted version of Adult Attachment Questionnaire (Hazan & Shaver, 1987) and adapted version of Rosenberg Self-Esteem Scale (Rosenberg, 1965) to 445 university students (226 male; 219 female). Factor analysis of SES showed a 5 factor solution namely Low Self-Esteem, Resilience, Withdrawn, Sociability and Self-Confidence. SES was found to have acceptable psychometric properties. Regression analysis showed that self-esteem has predictive relations with mental health problems. results are discussed in terms of gender differences and its implications in cultural context.