

The Relationship between Self-Esteem of Mothers and Depression among Male Secondary School Students in District 2 in Zanjan, Iran

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Abstract

The self-esteem impacts on all aspects of human existence. It controls workmanship, way of dealing with people, the progress and success rate, and how the relationships be created with spouse, children, parent, and friends. This study aimed to investigate the relationship between self-esteem of mothers and depression among male secondary school students in Zanjan in 2009- 2010. The sample was selected using cluster, stratified, and random sampling method (n=100). The Bag's Depression Questionnaire and Coppersmith's Self Esteem Questionnaire were used for measuring the depression in students and self-esteem in parents, respectively. The statistical analysis results showed that there was a significant relationship between self-esteem in mothers and depression in children. The students whose mothers had lower self-esteem suffered more from depression than students whose mothers had higher self-esteem.

Keywords: Self-Esteem, Mothers, Depression, Students.

Introduction

Depression is a normal human response to the pressures of life. It is considered abnormal only when it is not commensurate with the occurred incident or continues beyond the extent that is the starting point of improvement for most people. The basic characteristics of depression are frustration and sadness. When someone feels terrible recession, cannot initiate action, cannot decide, and cannot be interested in something, he/ she will immerse in feelings of inadequacy and worthlessness. Self-esteem is a basic need for all humans that opens its way in us consciously or unconsciously. The individuals are free to understand the dynamics of self-esteem or continue to be ignorant about it. However, if the second option is chosen, its consequences should also be accepted. The self-esteem is the most important factor of personality development in children and adolescents. There is direct relationship between self-esteem and having strong will and confidence, decision-making power and innovation, creativity, and mental and thinking health. For the correction and treatment of behavioral and personality disorders in children and adolescents such as shyness and withdrawal, stubbornness and aggressiveness, and laziness, today, the sense of self-esteem, confidence, and personal and social skills are evaluated as the first and most important step. The children and adolescents should have a positive attitude towards themselves and environment and high motivation for trying to benefit from their maximum mental capacity and potential abilities.

The adolescents who have a sense of self-worth and self-esteem have undoubtedly remarkable academic achievement than their peers in similar situations. The people with divergent thinking and creative people have high self-esteem. The development of self-esteem in children and adolescents is the most important task of family and those involved in education. In this regard, the behavioral modeling factors have the most important role.

The self-esteem is defined as the degree of value judgments that people have about themselves. One of the social problems of modern societies is the social, behavioral, psychological, emotional abnormalities, and their coping methods. In addition to identifying the causes of problems, disorders, aggressions, and depressions, the problems can be solved and better compatibility can be created with the environment. Depression is the most common emotional disorder that is not specific to a given social class or country. Its symptoms can be found among the people including rich and poor, learned and illiterate, and believers and non-believers around the world. In fact, from the beginning of creation, the depression has suffered groups of people in every country and continent. The individuals complain from variety of physical and mental pains and do not know their roots. After a while, they refer to a doctor and realize they are depressed. However, drug treatment is not a definite and permanent remedial (Shams, 2011).

The main research question is: What is the relationship between self-esteem and depression in mothers and their children. Therefore, this study seeks to answer the above question to provide strategies for teachers and mothers for promoting self-esteem and preventing depression among students.

Methodology

This was a descriptive, retrospective, and application survey research. The population consisted of all male students at the secondary school in Zanjan in the academic year 2009- 2010 (N= 3654). The sample in this study was selected based on Morgan table (n=100) and was distributed by stratified cluster random sampling method among the male students. The data were collected using Coppersmith's Self Esteem and Beck's Depression tests with Alpha Cronbach 0.93 and 0.89, respectively. The questionnaires were delivered in approximately 10 days. The data were scored and coded; then, they were analyzed using Spss software at two statistical descriptive and inferential levels.

Research findings

A: descriptive research findings:

Table 1. Descriptive measures for depression scores of students

Boys	Number	Mean	Standard deviation	Variance	Highest score	Lowest score
Depression	100	1.64	90.90	88.05	7	1

According to Table 1, in terms of depression among male high school students, the mean, standard deviation, variance, highest score, and lowest score are equal to 11.64, 9.90, 98.05, 47, and 1, respectively.

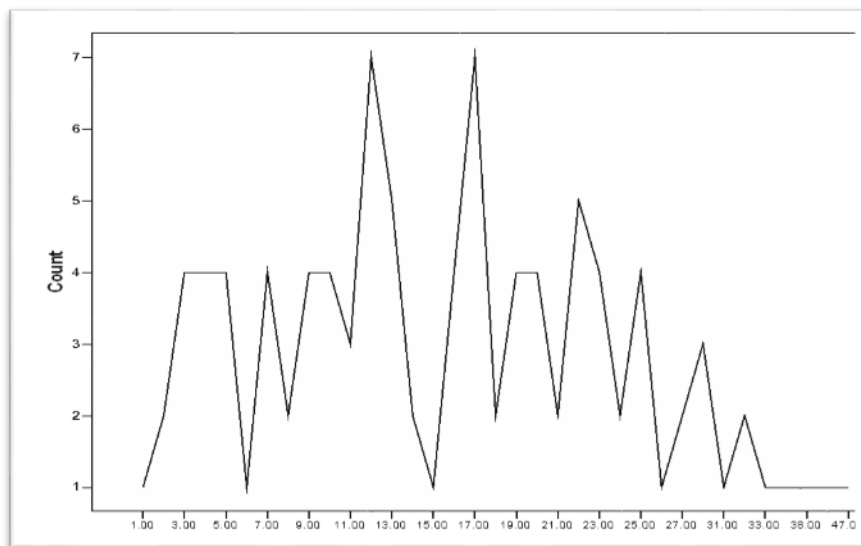


Figure 1 - Linear chart of descriptive indices for depression scores of students

Table 2 - Descriptive measures for self-esteem of students

Parents	Number	Mean	Standard deviation	Variance	Highest score	Lowest score
Self esteem of mothers	100	31.08	10.66	113.73	43	0
Low self esteem of mothers	16	11.37	11.92	142.08	25	0
High self esteem of mothers	84	34.83	4.56	20.79	43	25

According to Table 2, in terms of mothers' self esteem, the mean, standard deviation, variance, highest score, and lowest score are equal to 31.08, 10.66, 113.73, 43, and 0, respectively.

According to Table 2, in terms of mothers' self esteem, the mean, standard deviation, variance, highest score, and lowest score are equal to 34.83, 4.56, 20.79, 43, and 25, respectively.

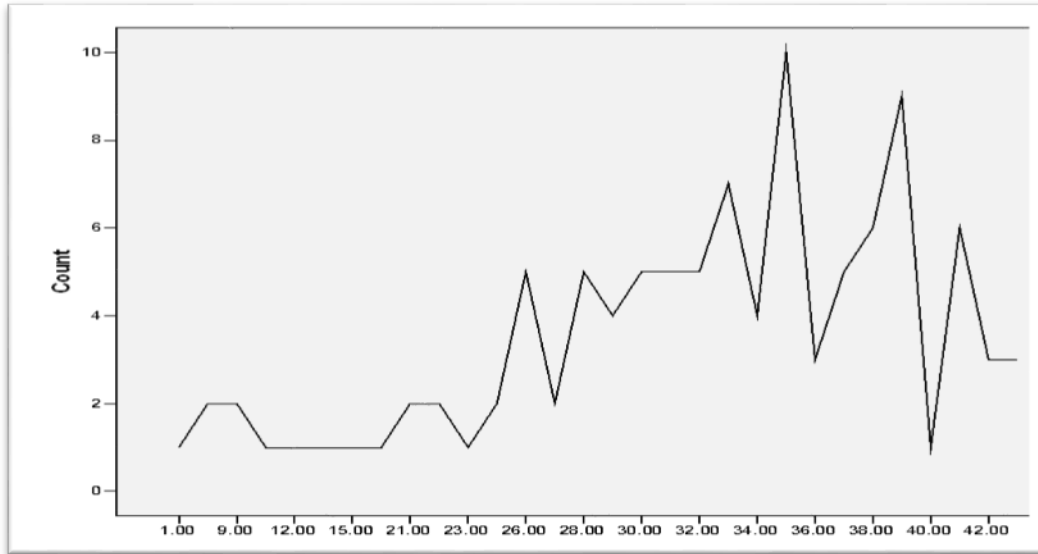


Figure 2 - Linear chart of descriptive indices for self esteem scores of student

B: Analytical research findings:

First research hypothesis: there is a significant relationship between the level of self-esteem in mothers and depression in students.

The Pearson's correlation coefficient was used to analyze this hypothesis. The data are listed in the below table:

Table 3 - Correlation coefficient between self-esteem and depression among students

Variables	Number	Correlation coefficient	Significance level
Self-esteem in mothers and depression in students	100	-0.208	0.05

The above table shows that the correlation between self-esteem in mothers and depression in students is $r = -0.208$. This correlation coefficient is significant at 0.05. Thus, we can conclude with 95% confidence that there is significant and negative relationship between self-esteem in mothers and depression in students.

Second hypothesis: the depression in students is different based on the self-esteem of mothers.

The student t test was used to analyze this hypothesis. The data are listed in the below table:

Table 4. The student t test for comparison of high and low self-esteem and depression among students

Group	Number	Mean	Standard deviation	t	Freedom degree	Significance level
Low self esteem of mothers	16	11.3750	11.92127	13.697	98	.000
High self esteem of mothers	84	34.8333	4.56765			

Given the above table, it was concluded that there was significant difference between means. However, it can be said that the students whose mothers had lower self-esteem suffered more from depression than students whose mothers had higher self-esteem.

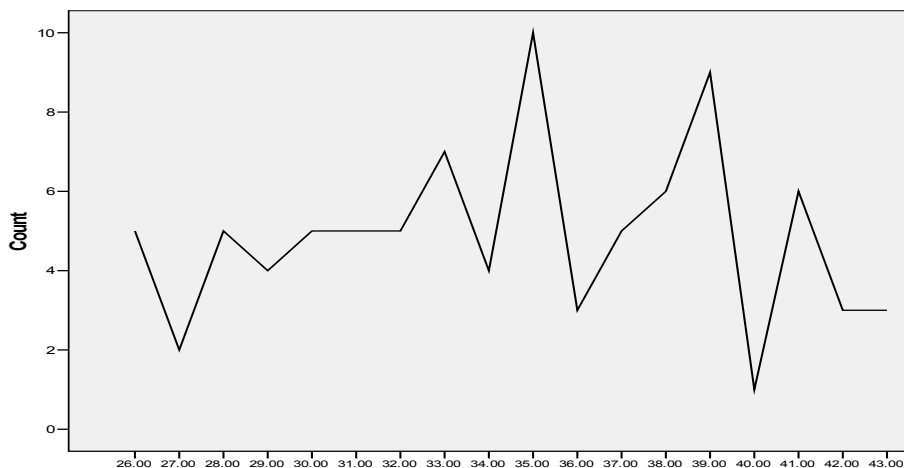


Figure 4 - Linear chart of descriptive indices for high self esteem scores of mothers

Discussion and Conclusion

The results of previous research and this research suggests that people who have low self-esteem report symptoms such as physical complaints, depression, anxiety, loss of general health, apathy, loneliness, tendency to relate their failure to others, lack of job satisfaction, reduced performance, and lack of educational success (quoted by Mir Ali Yari, 2000). Also, the relationship between self-esteem and image of people of their ability shows that if self-esteem will be reduced, the feelings of weakness will occur and vice versa. The self esteem creates positive changes such as increasing academic achievement, increased efforts to achieve

success, self-confidence and ambition, and tendency to have more and better health (quoted by Foroughi, 1996). If symptoms such as low self-esteem are seen in parents, especially mothers, their children will get depressed and their performance and educational achievement, as a result, will be decreased. Katash and Shelizinger (1981) suggested that the effects of low self-esteem should be seriously considered as a stressor. However, the low self-esteem represents the daily experience of people of their worthlessness and rejection of interaction with others (quoted by Yousefi, 1995).

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