

Relationship between self-esteem and depression among adolescents and young adult students in selected college of nursing, Purulia, West Bengal

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Abstract

A descriptive Cross sectional research study was adopted on Relationship between self-esteem and depression among adolescents and young adult students in Government College of Nursing, Purulia, West Bengal. The objectives of the study were to assess the self-esteem and depression of adolescents and young adult, to find out the relationship between the self-esteem and depression of adolescents and young adult and to determine the association between self-esteem and depression score of respondents with their selected demographic characteristics. Consecutive sampling technique was adopted to select was used to select 263 adolescent and young adult students. Semi-structured demographic profiles and Rosenberg self-esteem scale and CES-D scale were administered to collect data regarding student's demographic characteristics, self-esteem and depression. The study findings revealed that majority (50.95%) students were suffering from low self-esteem where only 49.05% have high self-esteem and 74.91% students have depressive symptoms whereas only 25.09% were non depressive. There was a negative correlation between self-esteem and depression of adolescent and young adults ($r = -0.05, p = 0.02, df = 261$) which was statistically significant at 0.05 level of significance. Data also showed that there was an association between self-esteem and area of residence as well as birth order of adolescents and young adult students at 0.05 level of significance The study has implication for nursing practice, education, administration, research. This type of study can be conducted with a large sample in different settings for wider generalization. Hence, it can be concluded that, higher self-esteem lowers the depression of adolescents and young adult students.

Keywords: Self-esteem, depression, adolescents, young adults