Self-Esteem and Resilience as determinants of Academic Achievement of learners

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Abstract

Education is one of the mean for the all-round development of the individuals. It has to bring out the best from the individuals. It is the process whereby mankind is working out into fruition of its own inner nature; it is man’s means of realizing his ultimate destination of joy and service. The effectiveness of education depends on the performance of the individuals. Performance of the individual is nothing but the academic achievement of an individual. The influence of self-esteem and resilience on academic achievement is supported by many studies. Man has to evaluate himself or herself. Man has been created to live every moment of life. He or she has to experience various situations throughout the journey of life. Modern science acts as a facilitator for the advancement of mankind and enables us to conquer time, distance and many more things. It has improved the conditions and quality of life. But to improve the quality of life education is necessary and the outcome of education depends on the academic performance of the individuals. The same is related to self-esteem and resilience of the learners. The present paper is designed to study how self-esteem and resilience influence academic achievement of the students. This paper is an extract of M.Phil Dissertation.

Key words: Education, Self-esteem, Resilience, Academic achievement and Individuals.

Introduction

Education today has become a powerful instrument for the development of the society. Education is considered as a device for social changes which results industrialization, urbanization and modernization. But the main question is whether education is able to solve the problems of the society generating from social process. In the opinion of many educators education should also consider this added function within its purview. As we can see the modern school of the present society is community centred i.e. they involve the community members in the school affairs. The school is a miniature society which is assigned with the duty of bringing up the students to partake effectively, efficiently and harmoniously in the community to which they belong so that they understand the liabilities towards the community and perform the duties of the same. The school cannot be considered as information shop and the learning experience should not be confined within the four walls of the classroom. The school should give the students several chances to take part in various community activities like awareness campaigns, health campaigns, environmental activities like tree plantation, literacy derives and some sort of public services which has educational value. Through these activities the students start to know the real world around them and the
real problems of the society. The school as social institution help the students to learn how to deal with the difficulties of the world around them, how to cope with problems of the society.

Education helps the student how to face challenges and difficulties of the life and how to get rid of those problems and get back to normal life. Education gives the student a positive outlook towards life and the world around them. Education should develop the self-esteem of the students because self-esteem essential for emotional maturity, personality development, social competence.

Self-esteem is a crucial element of the confidence and motivation. Motivation is important for academic activities because students in the school engage in various activities apart from study. The aim of education is the overall development of the student, so for overall development mere securing good marks is not enough.

Self-esteem is opinion of oneself. Self-esteem refers self-concept or perception which people hold about himself or herself. It is what one believes to be true about oneself rather than the fact about oneself. In the words of Rosenberg (1965) self-esteem is the complete positive evaluation about self. Perhaps it is the simplest definition of all. He also mentioned that an individual respecting himself and considering himself worthy having high self-esteem. Thus self-esteem makes the person feel that the individual is worthy enough and he or she can do what everybody is able to do.

Some studies say that Self-esteem and academic achievement significantly correlated. Poor academic achievers have low self-esteem. It is related to beliefs of someone about one’s own skills, capabilities, and relationship with others. Self-esteem can be considered as a tool for self-assessment involving mental judgments about own worthiness. Metacognition increase the self-esteem. Thus self-esteem involves an evaluation of himself or herself involving asensitive response towards oneself. The key elements which are present in all definitions and theories of self-esteem are self-evaluation and emotional reaction.

Thus by self-esteem one can understand that the way one usually feel about oneself, i.e., feelings of liking for oneself, it also involves self-evaluation of how others evaluate skills, abilities, competence and performance of another individual and it also refers to temporary state of emotion, e.g., one may feel that his or her self-esteem is very high after getting the thing of his or her own choice and likewise when one fail to achieve his or her self-esteem may drop.

Academic achievement is a key factor of educational development. It may be defined as the outcome of Education. It is the means by which one can measure the student’s attainment in educational goal i.e. achievement of what they do in a class, in a laboratory, library or fieldwork etc. and other fields like sports, music, dance drama etc. In the words of some educationist academic achievement is the attainment of knowledge or development of skill in the school subject, which is usually, evaluated by test scores or marks assigned by the teacher. In common words, it refers to the result of academic performance, like examination. Crow and Crow (1969), defined “academic achievement as the extent to which a learner is profiting from instructions in a given area of learning i.e., achievement is reflected by the
extent to which skill or knowledge has been imparted to him”. It shows that academic achievement means how much a learner benefited from the skill that he or she has learned from the knowledge imparted to him.

Academic achievement cannot merely be seen as the execution of a task without assistance, but is how far the learner tries to perform well with the aim of stimulating positive reinforcement for his or her demonstrated competence.

Academic achievement now a day has become an indicator of a learner’s future in this world of competition. To be more specific, achievement of a student refers to the scholastic or academic achievement most of the time. But sometimes it is seen that despite of getting similar educational environment and facilities, objective and even intellect and aptitude some students do very well and some don’t, their achievement level are different.

When the student starts performing better they develop self-satisfaction and in this way they become satisfied in their life. Life satisfaction is essential component for resilience, less life satisfaction shows less resilience. Life without resilience would be miserable and broken into pieces. Resilience is commonly explained with respect to adversity in life and the positive adjustment.

Resilience is the capacity to get back to the normal life after going through the difficult and traumatic phase. It is the process of handling difficult, miserable and traumatic life events in way that strengthen an individual with added adjustment skills and protective capability than past to that difficulties which results from that particular event.

Although several definitions of resilience have been propounded so far, yet there is no consensus on a single one fit all definition. After the careful perusal of several definitions the following seems to be worth mentioning:

Resilience is the process of get rid of the ill effects of exposure of jeopardy, dealing effectively with distressing experiences of events of life and avoiding the negative trajectories associated with risks and get back to normal life and make a new start with new enthusiasm.

Though there is a series of definitions of resilience, most of them agree that resilience involves children showing adjusting and coping behaviour. Despite exposure to high levels of difficulties, jeopardy or hardship the children with high resiliency shows competent functioning. Presence of two factors- adaptive functioning and exposure to risk or adversity are very essential for the occurrence of resilience.

Religious beliefs of an individual have an impact on resilience. It is suggested in some studies that function based on religious beliefs and resilience in academic students are positively related. It is also further said that Resilience could be predicted by function based on religious beliefs.

Some studies suggests that usually academic performance is not directly affected by the resilience, rather resilience act as a mediator and/or moderator of other components such as cognitive skills, self-esteem, etc. which may have direct affect on academic performance. But
study supports that the students with high resiliency are academically sound. They perform better in every activity. They are socially competent and they maintain good relationship with others which is essential to become a good member of a society.

**Conclusion**

Self-esteem and resilience to large extent influence academic achievement i.e. in a one way or other they are related. Self-esteem is vital to our survival and is the basis of our wellbeing. Low self-esteem tends to develop emotional problems which must effect over all development of the student which is the prime concern of education. Self-esteem is highly associated with confidence, happiness and a reasonable relationship with academic achievement. Grades and school achievement can be expected by Self-esteem. Resilience, the important component of educational domain plays a vital role in achievement and success. Academic achievement can be enhanced through development of resilience skills of the students.

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