

Self esteem and mental health among adolescent

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Abstract

The present study was conducted to find out the relationship between self esteem and mental health of adolescents with reference to gender. The samples consisted of 60 adolescent among them 30 boys and 30 girls adolescent are selected in Aurangabad city. The age range of selected samples is 15 to 19. In this research self esteem measured by self esteem scale developed by Dr. R. N. Singh and Dr. Ankita Srivastava and mental health measured by mental health battery developed by Dr. Arun Kumar Singh and Alpana Sen Gupta. The proposed statistical procedure is descriptive statistics i.e. Mean, Sd, t-test and Pearson product moment correlation coefficient is used. The results of the findings are there is significant and positive relationship between Self Esteem and Mental Health. Also the significant difference is found to boys and girls Adolescent on self esteem. Also the study is showing that there is a significant difference between boys and girls adolescent on Mental Health.

Keywords: *Self Esteem, Mental Health and Adolescent.*

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