

# Relationship between Self-esteem and Academic Achievement amongst University Students

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## **Abstract**

### **Introduction:**

Self-esteem is the evaluation of a person's overall sense of self-worth or personal beliefs about skills, abilities, social relationship and future outcome. Too low or too high self-esteem can affect academic achievement of university students.

### **Objective:**

To study the relationship between self – esteem and academic achievement among University Students.

### **Methods:**

A cross-sectional study was conducted among 418 private university students of Noida, Uttarpradesh. Socio demographic and academic related information was collected by using a self administered survey. Self esteem was assessed using Rosenberg's scale. Data was analysed using SPSS version 23. Descriptive Statistics was used for frequencies and summary statistics. Chi square was used to study the association and  $p < 0.05$  was considered statistically significant.

### **Results:**

There are 418 study participants out of which 50.7% are females and 49.3% are males. Median age was 21 years with inter quartile range of 5 years. 60.5% of the students were pursuing post graduation while 39.5% of the students were enrolled in under graduate courses.

In the last exam, 13.2% of the students scored 60%-70%, 53.4% of the students scored 70%-80% and 31.6% of the students scored 80%-90%. Only 2% scored above 90% in their last semester exam. 7.7% of the students showed low self-esteem, 87.6% showed average self-esteem while only 4.8% showed high self-esteem. There is a significant association between the marks scored in last examination and self esteem. ( $p < 0.001$ )

### **Conclusion:**

There is a need for educators, counselors and teachers to apply strategies to prevent imbalance in academic achievement and self-esteem among students in the classrooms.