Research Article

Self Esteem and Interpersonal Relationship leads to Integrating Social Values among Higher Secondary Students

G. B. John Louis,   **Dr. Mrs. A. Alma Juliet Pamela**

Research Scholar,   Associate Professor of Education,

Stella Matutina College of Education   Stella Matutina College of Education

ABSTRACT

This Study discusses about the role and significance of building up of Social Values with good Self-Esteem and Effective Interpersonal Relationship. Self-esteem is an individual's overall subjective emotional of his or her own worth. It is the decision made by an individual as an attitude towards the Self-esteem includes beliefs about oneself, as well as emotional states such as triumph, despair, pride. An Interpersonal relationship is a strong, deep or close association between two or more people that may range in duration from brief to enduring. Social values are the values which is accepted and credited by the local people. This study is to analyse the importance of Self- Esteem and Interpersonal Relationship within the Family which naturally integrates the Social Values. It is done from the school level students for the better understanding of the importance of Parents and School in the formation of effective leader of the society. Self Esteem is the quality that which enriches the character, enriched character makes a student to be a good leader in the society.

Keywords: Self Esteem, Interpersonal Relationships, Social Values, Higher Secondary Students, Character Education

INTRODUCTION

This idea emerged from the place where the researcher resides (Thiruvalangadu, Tamilnadu) The parents of this particular village strive to spend money in finding quality schools and they hope on the schools for the development of their sons, morally, psychologically, physically, socially, culturally, politically and bringing up of Mental Aptitude but the School teachers also think that it is the responsibility of the parents to bring up the self esteem within the students. Thus, this paves the way for school going students to get addicted to technology which naturally draws them out of all these and makes the student as a crime centered person.

SELF - ESTEEM

According to Jack Canfield (1994), Self Esteem is made up of two things: feeling lovable and feeling capable_ Louise Hart (1998) also says that, Self-Esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness. Self-Esteem first became a widely used conception within social learning theory in the l 960's and l 970's. At present, it is considered not only as scientific research quality alone rather it went upto the key factor in the educational success. Rather more, in psychology it refers to a person's assessment or appraisal of their own worth. Self-esteem is currently considered a universal psychological quality of utmost importance for personal well-being within mainstream of Human Person.

FAMILY

Family is the first school for every child, it is here we grow in every sphere of our life. When a parent takes meticulous care in upbringing of one's child, naturally he or she will build up one's self esteem. If that is not happening in the family, one's self esteem takes the opposite side as self-depression. Every parent should be taught well about this way of nurturing the child. In my village parents more worry about earning money for livelihood and enquire about best school in that locality and admit them and never bother about his or her growth in all the Specters of the child. First of all, parents should have good self-esteem to educate his or her child in high self-esteem. Parents should trust the school for education alone not in all the spheres of life. Children go to school and get educated for 7 hours or 8 hours but all the other time they live in the family. Thus, it is the duty of the parents to take extra care and support in building up of the self-esteem in each children.

SCHOOL (AN INSTITUTION)

School is the second place where we get educated, where we are introduced, where one invents, where each student aspire to get good marks, morality, and discipline also matters to certain extent. It doesn't mean that the school is fully in charge of formatting other than education. Although it helps the students to be more disciplined, more punctual, it always looks into the better teaching, better name in and around the locality. It strives to cam money and cares the students on the whole not in particular. Only at home a boy or a girl can be observed

and would be corrected according to the norms of the society. It would teach which would be wrong and which would be right.

ENVIRONMENT

It also should show the conducive environment for the child to grow in multifaceted way. If a boy or Girl living in a slum, that environment will be a stumbling block to get smarter or to get brighter. Self-esteem emerges only when we are comfortable in our livelihood like, house, food, clothes. In the places of slum and uncomfortable living places drags one, out of the way. There are also some students who shine well even when he lives in poor background. But it is the exceptional cases and not for all. Sometimes, the classmates and local people divert one's mind and heart by comparing with forefathers and past history. The multiple introduction of multimedia's also diverts the mind of students and children. It is here what technology shows as right becomes right to them. Multimedia portray bad qualities, lower self-esteem as good. The technology overtakes upper hand in displaying the young generation.

INTERPERSONAL RELATIONSHIP IN THE FAMILY

Family is the first school for all the children. When we look into the olden days, there was only the fear upon the parents for every child. Children feared to talk with the parents, to have good fellowship with parents, to share their anxieties to the parents. As the days passed on, relationship between parents and students are furthermore getting better. Today, the development in various fields in the 21'1 century has taught so many good qualities. Instead of fear and tension, now more of love, more of compassion, more of care, more of future development still grows in interpersonal relationships basically. As a student sta11s his or her learning from home, it is the parents bond and duty of the parents to instil in them the basic value of self-esteem. When a child is taught about the positive and negative qualities of self-esteem, they will engram self-esteem as their major value of learning. If not taught about the self-esteem he or she may engulf in them the low self-esteem which drag him or her to be a dull student in their future. When a student is boosted in self-esteem he or she will exhibit their best in all their Specters that they meet in the future.

PSYCHOLOGICAL

The term 'psychology', literally means the science of the Soul (Psyche - Soul; Logos - Science). According to the Definition, psychology is the science of behavior and mind, including conscious and unconscious phenomena as well as feeling and thought. Psychology is concerned with the experience and behaviour of the individual. Behaviour is the expression

of experience, which belongs to a subject, and which is due to the interpersonal relationship of the subject and object. If there is no relationship between subject and object then there is no experience. Thus, experience, feeling, thought, behaviour are the major qualities that is build up in the home. When all these are right in the family, then naturally the psychology of a student will build up surely to become a shining star in the society and in the world. The basic instinct of psychology is learnt only from home, which positively and negatively affects very core of the student in the home. In interpersonal relationship in the family is strong and effective then the socially accepted values will sprout from within his life.

SOCIAL VALUES

Value is the description of actions which are best to do and what way is best to live. When these actions are applied in the society it is called Social Values. Every society has its own uniqueness in all actions, practices, culturals, environrnentals, morals, socials, ethicals idealogicals and mental aptitudes. It is very necessary for the students to learn all these qualities to shine well in the society. These social values are learnt in the home, developed in schools and become our own character. Students having self esteem would have all these social values as his or her own character. They are,

- ❖ **Responsibility:** Self esteemed students having this social value he or she will take up works very boldly and also will not be so critical in all the responsible works that he or she takes up. Thus, they may accept their mistakes and limitations.

- ❖ **Goal Commitment:** High esteemed students will have clear goal and purpose in whatever they do. They are not disturbed by their victory and to their down fall. They always strive for success in their entire life situation rather they don't worry for perfections in all their careers.

- ❖ **Genuineness:** The self-esteemed students will be truthful to them and also to whomever they meet in their life both in intellectually and emotionally. In all their converses with the other they are not afraid because they know about them completely about their genuineness.

- ❖ **Forgiving:** The self-esteemed students are more tolerant and accepts the shortcomings of themselves and the other. Thus, they take the first step of forgiving the other in all their lifetime not minding about others faults.

❖ **Internal Values:** Self esteemed students have their social values internally, they are much bothered about their external values of believe that they are forced to follow by force and expectations.

❖ **'Positivity:** High esteemed students won't bother the negativity in them and in other rather appreciate themselves and the other. They are basically appreciative in character for themselves and on the other.

❖ **Self - Improvement:** Self esteemed students will work from tooth to nail for their self-improvement. They even introspect themselves for their self - improvement even they will be very open to ask the other for their help because they don't think that it is shameful or negative.

❖ **Technological Communicator:** Self esteemed students naturally learn more in the technological field. He or she expresses the messages using present technological gadgets so that anyone who listens can better understand. He or she learns more from technology, he or she communicates with technology and he or she invites everybody to get to know all these as soon as possible.

❖ **Leadership:** Self esteemed person naturally grows well with high level leadership qualities. They will be perfect in all the ir1volvemental activities that they do for the society. Naturally, they will be graded by the society as a good leader.

❖ **Willingness to take Risks:** Self esteemed person will take any risk. They know that risk taking creates more success. Thus, although they fail in taking risks, they don't mind because they know that it is an opportunity to do better next time. They boldly take risk and make it grand success because of their continuous graving for perfection.

CONCLUSION

This study is enumerated for the betterment of the School going students. When a student is cultured in self-esteem and in Interpersonal relationships then those students becomes very bright and sophisticated in all their social values. If the students are not brought up in self esteemed character they become engulfed with low self-esteem which doesn't the entire student to be successful in their future career and in their life. It is the effort that was taken by the researcher for the success and for bright future starting from their childhood as students.

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