

Index of self-esteem

The level of self-esteem tends to increase with age

Self-esteem measurement (0–18)

1. The *high* group included more males than females.
2. The great majority scored more than 10/14, and more than a third of the whole sample were in the *high* group.
3. The level of self-esteem tends to increase with age.

Comments

1. This measurement is derived from the responses to a set of nine statements, taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence 1981).
2. Many health educators believe high self-esteem may motivate positive behaviour, as well as being a general contributor to emotional well-being.
3. The gender differences are a challenge: we do not see them in every school, which means that they are more marked in some other schools.

