

# University of Galway Research Repository

## Self-esteem norms for Irish young people.

Title	Self-esteem norms for Irish young people.
Author(s)	Nic Gabhainn, Saoirse
Publication Date	2003-06
Publication information	Nic Gabhainn, S., & Mullan, E. (2003). Self-esteem norms for Irish young people. . Psychological Reports, 92(3), 829-830.
Publisher	Ammons Scientific
Link to publisher's version	<a href="http://dx.doi.org/10.2466/pr0.2003.92.3.829">http://dx.doi.org/10.2466/pr0.2003.92.3.829</a>
Item record	<a href="http://hdl.handle.net/10379/2385">http://hdl.handle.net/10379/2385</a>

## SELF-ESTEEM NORMS FOR IRISH YOUNG PEOPLE 1

S. NIC GABHAINN AND E. MULLAN

*National University of Ireland*

Summary.--- Self-esteem scores from the Rosenberg Self-esteem scale collected from a large sample of Irish young people are presented as norms for this population.

The Rosenberg Self-esteem scale (10) is one of the most frequently used measures of self-esteem, a construct frequently employed as an explanatory variable in studies of risk behaviour and of psychological and physical health (3,7). To date, it is unknown how this measure performs among representative samples of Irish youth. The data presented here are drawn from the World Health Organization Collaborative Health Behavior in School-aged Children cross-national survey, which, in Ireland, also included the 10-item Rosenberg Self-esteem scale. Self-completion questionnaires were administered to pupils in randomly selected classrooms which were stratified for geographical location. Details of the sampling procedure and survey development have been reported elsewhere (4, 5, 8). Complete data for the Rosenberg Self-esteem scale was obtained from 7,706 young people aged 10 to 17 years, representative of the social class and geographical distribution of young people in Ireland (5). Table 1 presents Self-esteem scores by age group (10-12 yr.; 13-14 yr.; 15-17 yr.), for girls and boys separately.

TABLE 1  
ROSENBERG SELF-ESTEEM SCALE SCORES BY AGE AND SEX FOR  
YOUNG IRISH PEOPLE FROM 10 TO 17 YEARS OLD

	Age Group (yr.)											
	10-12			13-14			15-17			All		
	M	SD	<i>n</i>	M	SD	<i>n</i>	M	SD	<i>n</i>	M	SD	<i>n</i>
Boys	28.0	4.8	1,252	27.5	4.4	1,287	27.5	3.7	1,155	27.7	4.3	3,694
Girls	28.0	4.3	1,544	27.1	3.5	1,268	27.1	3.3	1,197	27.4	3.8	4,009
All	28.0	4.5	2,798	27.3	4.0	2,555	27.3	3.5	2,353	27.6	4.1	7,706

The age and sex differences, favouring boys and younger pupils, although statistically significant, are unlikely to be of clinical significance (6) and illustrate that Irish youth report similar patterns of self-esteem to those in other English-speaking countries (1, 2, 9). These findings provide reference data on Irish initiatives on school health and adolescents from which one can assess target populations and evaluate progress.

## REFERENCES

1. ALASKER, F. D., & OLWEUS, D. (1992) Stability of global self-evaluations in early adolescence: a cohort longitudinal study. *Journal of Research on Adolescence*, 2, 123-145.
2. BAGLEY, C., BOLITHO, F., & BERTRAND, L. (1995) Norms and construct validity of the Rosenberg Self-esteem scale in Canadian high school populations: implications for counselling. *Canadian Journal of Counselling*, 31, 82-92.
3. COLQUHOUN, D. (1997) Researching with young people on health and environment: the politics of self-esteem and stress. *Health Education Research*, 12, 449-460.
4. CURRIE, C., HURRELMAN, K., SETTERTOBULTE, W., SMITH, B., & TODD, J. (Eds.) (2000) *Health and Health Behaviour among Young People*. Copenhagen: WHO Policy Series Health Policy for Children and Adolescents.
5. FRIEL, S., NIC GABHAINN, S., & KELLEHER, C. (1999) *The National Lifestyle Surveys: Survey of Lifestyle Attitudes and Nutrition (SLÁN) and the Irish Health Behaviour in School-aged Children Survey (HBSC)*. Dublin: Department of Health and Children.
6. HANEY, P., & DURLAK, J. A. (1998) Changing self-esteem in children and adolescents: a meta-analytic review. *Journal of Clinical Child Psychology*, 27, 423-433.
7. MCGEE, R., & WILLIAMS, S. (2000) Does low self-esteem predict health compromising behaviours among adolescents? *Journal of Adolescence*, 23, 569-582.
8. NIC GABHAINN, S., NOLAN, G., KELLEHER, C., & FRIEL, S. (2002) Dieting patterns and related lifestyles of school aged children in the Republic of Ireland. *Public Health Nutrition*, 5, 1-7.
9. ROSENBERG, F., & SIMMONDS, R. (1975) Sex differences in self-concept in adolescence. *Sex Roles*, 1, 147-159.
10. ROSENBERG, M. (1965) *Society and the adolescent self-image*. Princeton, NJ: Princeton Univer. Press.

Accepted March 18) 2003.