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SELF ESTEEM, IDENTITY AND MENTAL HEALTH: A COMPARATIVE STUDY OF INDIAN AND IRANIAN ADOLLESCENTS

Adolescence is characterized by significant physical changes, enhanced hormone production, sexual maturation, increased cognitive functioning, formative identity development, increased independence, and possible experimentation with sex and substances. During adolescence, increased hormone production result in a period called puberty, during which persons become capable of reproduction. The purpose of the present research was to study the Self esteem, Identity style and Mental Health of Indian and Iranian male and female adolescents. A total sample of 240 adolescents, 120 each from India and Iran, with equal number of boys and girls (60 in each group) were randomly selected from the school of Delhi and Tehran in the age range of 14-17 years. The following tools were for data collection:

1. Self Esteem Inventory (SEI) developed by cooper smith (1982) .2. Identity Style Inventory (ISI3) by developed Berzonsky (1997) and Youth Self Report (YSR) developed by Achenbach (1991). Analyses were carried out by t-test and Pearson's Product Moment method of coefficient of correlation. The result showed Indian adolescents had significantly higher mean scores than Iranian adolescents on the measures of diffuse identity, commitment identity; mental health dimension of withdrawn depressed and externalizing whereas Iranian adolescents had significantly higher mean scores than Indian adolescents on the measures of social self- esteem, informational identity; and mental health dimension of anxious depressed and thought problem. However no significant differences were observed between male and female adolescents, and Indian male and Indian female adolescents. Also For Indian adolescents, results showed a significant positive correlation of informational identity with home parents; and commitment identity with anxious depressed. Significant negative correlation was also observed between diffuse identity and anxious depressed; informational identity, normative identity and somatic problems; normative identity and internalizing behavior; commitment and rule breaking

behavior; and overall self-esteem and thought problems. In case of Iranian adolescents, significant positive correlation of overall identity style with overall mental health and school academic with anxious depressed was observed. However, overall identity style exhibited significant negative correlation with thought problem, and overall self-esteem with withdrawn depressed. For male adolescents, significant positive correlation of normative identity with home parents and diffuse identity with thought problem, and significant negative correlation of general self-esteem with withdrawn depressed were found. For female adolescents, only negative correlations were noticed between overall identity style and attention problem, commitment identity and withdrawn depressed, home parents with withdrawn depressed and social problems.