

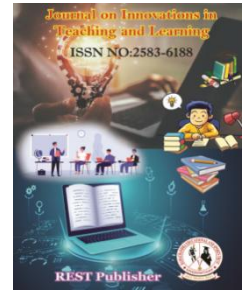
## Journal on Innovations in Teaching and Learning

Vol: 2(2), June 2023

REST Publisher; ISSN: 2583-6188 (Online)

Website: <http://restpublisher.com/journals/jitl/>

DOI: <https://doi.org/10.46632/jitl/2/2/5>



# How College life Affects One's Self-esteem Using SPSS Statistics

\*<sup>1</sup>Sudha Rani Alamanda, <sup>2</sup>Yakaiah P

<sup>1</sup>Barnwell School District #45, South Carolina, USA.

<sup>2</sup>NSR College of Education, Hyderabad, India.

\*Corresponding Author Email: [sudharanialamanda@gmail.com](mailto:sudharanialamanda@gmail.com)

**Abstract.** College life can have a significant impact on an individual's self-esteem. Transitioning from high school to college is often accompanied by a number of new experiences and challenges, which may have an impact on how a person views themselves in both positive and negative ways. This stage of life is marked by growing independence, academic pressure, social contacts, and self-discovery, all of which may have an impact on one's self-esteem. The academic demands of college may be challenging, and students may feel immense pressure to excel academically. Struggling to meet these expectations or experiencing setbacks such as poor grades or difficulties comprehending course content may have a negative impact on one's self-esteem. Constant comparison with others, along with the fear of failure, can lead to feelings of inadequacy and poor self-worth. Furthermore, college life involves navigating new social dynamics and forming new connections. Making new acquaintances and integrating into social circles can be challenging for certain individuals, resulting in feelings of isolation, loneliness, and a sense of not belonging. These experiences can have a negative influence on self-esteem as individuals begin to doubt their likability and social abilities. However, there are also beneficial outcomes associated with attending college, such as the chance to improve oneself. In this article, it is explored how the software SPSS is utilized as an analytical tool to investigate the impact of college life on an individual's self-esteem. The impact of college life on an individual's self-esteem is a topic of significant research interest. Understanding this relationship is critical because college is a formative period in a person's life during which they go through many changes and transitions. Developmental stage, academic performance, social relationships, and body image and appearance are some of the key points highlighting the significance of the research. College is a crucial developmental stage during which personal identity exploration, increased autonomy, and the development of social connections all take place. As an individual navigates new experiences and challenges, this period can have a profound impact on their self-esteem. Within the academic performance part, exams, assignments and grading systems are common academic demands in college. Success or failure in these areas can have an impact on a person's self-perception and confidence. Academic achievement, feedback, and educational environments can all be studied to see how they affect self-esteem. Under the heading Social Relationships, college allows students to make new friends, participate in social activities, and build support networks. Positive social interactions can boost self-esteem, whereas social isolation or negative relationships can be harmful. In college, studying social dynamics can shed light on their impact on self-esteem. Under the category of body image and appearance, college can expose students to new societal pressures and expectations, including body image ideals. The study aims to examine the effects of these above mentioned pressures, in conjunction with prospective changes in one's way of life, on the individual's self-esteem and impression of body image. In this study, the software SPSS was utilized as an analytical tool to investigate the impact of college life on an individual's self-esteem. The research will be conducted using the capabilities of the SPSS software. Input Parameters taken as age, Gender, Occupation, Educational Qualification, Where do you reside, and Stream. Process Parameters taken as Rate how your social media affects your self-esteem, Rate how your college life affected your self-esteem, Rate how your self-esteem affects your college life, Rate how your college helps in your development of self-esteem, and Rate how your self-awareness helps in developing your self-esteem. The impact of college on an individual's self-esteem varies greatly depending on the individual and their experiences. However, based on common patterns and observations, some broad conclusions can be drawn. College life can have an impact on self-esteem in both positive and negative ways. On the one hand, the college setting frequently provides opportunities for personal development, academic achievement, and the acquisition of new skills and abilities. Participating in these activities and achieving success can boost self-confidence and improve self-perception. Furthermore, college allows students to meet new people, form friendships, and develop social connections. Positive social interactions and a sense of belonging can help boost self-esteem. One's self-esteem can rise significantly as a result of belonging to a community and experiencing peer acceptance and value.

**Keywords:** Self-esteem, self-awareness, college life, social relationships, SPSS.

## 1. INTRODUCTION

The impact of college on an individual's self-esteem varies greatly depending on the individual and their experiences. However, based on common patterns and observations, some broad conclusions can be drawn. College life can have an impact on self-esteem in both positive and negative ways. On the one hand, the college setting frequently provides opportunities for personal development, academic achievement, and the acquisition of new skills and abilities. Participating in these activities and achieving success can boost self-confidence and improve self-perception. Furthermore, college allows students to meet new people, form friendships, and develop social connections. Positive social interactions and a sense of belonging can help boost self-esteem. One's self-esteem can rise significantly as a result of belonging to a community and experiencing peer acceptance and value. Self-esteem refers to an individual's comprehensive opinion and perception of themselves. It is the evaluation of one's worth, value, and attributes that influences how one perceives and interacts with the world around them. Self-esteem has a significant impact on an individual's beliefs, emotions, behaviors, and well-being as a whole. It is frequently divided into two categories. High self-esteem and low self-esteem, have distinct effects on an individual's existence. Self-esteem is correlated with positive emotions, self-assurance, and a sound sense of self-worth. In contrast, low self-esteem can result in negative self-perception, self-doubt, and a lack of confidence. Self-esteem is not fixed or permanent, and it can fluctuate and be influenced by a variety of variables, including experiences, interpersonal relationships, and personal accomplishments. Individuals must develop and maintain a healthy sense of self-worth in order to lead fulfilling and successful lives. Positive self-esteem contributes to mental and emotional health, resiliency, and the capacity to deal with obstacles and difficulties. People with a high sense of self-worth tend to have healthier relationships, make wiser decisions, and pursue their goals with determination. Low self-esteem, on the other hand, can result in feelings of insecurity, anxiety, and difficulty asserting oneself. Family dynamics, education, social interactions, and individual accomplishments throughout childhood and adulthood all have an impact on self-esteem. Parents, educators, and society must cultivate an environment that encourages healthy self-esteem in people of all ages. Recognizing and challenging negative self-talk, setting realistic goals, and celebrating personal accomplishments all contribute to the development of self-esteem. Overall, self-esteem is an important aspect of an individual's identity and has a profound effect on various aspects of life, including relationships, career decisions, and well-being. College's influence on a person's feeling of self-worth is a key topic of research. A broad spectrum of instances may be used to demonstrate how college might influence a person's sense of self-worth. A phase of change College is a time of transition from high school to maturity, which can result in feelings of insecurity and anxiety, which can have a negative impact on self-esteem. College places a strong emphasis on academic accomplishments, and poor academic performance or difficulty keeping up with coursework can have a negative effect on self-esteem. The competitive nature of college can lead to comparisons with peers, which may result in feelings of inferiority or inadequacy, thereby lowering self-esteem. The college experience frequently involves meeting new individuals and forming new relationships. The difficulty of establishing friends or experiencing rejection can have a negative impact on self-confidence. Under "peer pressure," the urge to follow social norms, do certain things or meet peers' unrealistic standards can lead to low self-esteem.

Due to factors including changes in appearance, societal pressures, and exposure to inappropriate comparison, college can exacerbate body image concerns. Presentations, examinations, and public speaking engagements that are common in college can cause performance anxiety, which can erode self-esteem. Many college students experience impostor syndrome, in which they feel inadequate despite their accomplishments. This may result in decreased self-esteem and self-doubt. The college years are a period of self-discovery and exploration. During this process, however, grappling with questions about personal identity, values, and future goals can have an impact on self-esteem. The financial burden of college, including tuition fees, living expenses, and student loans, can cause tension and lower one's self-esteem, especially if the individual feels overwhelmed or dependent on others. Rejection or failure can have a negative effect on self-esteem. Rejection from societies, organizations, internships, or scholarships, as well as academic or personal failure, can have a negative effect on self-esteem. Managing a balance of responsibilities can be overwhelming, including academics, extracurricular activities, part-time employment, and a personal life. Struggling to find a balance and feeling inadequate in managing responsibilities can affect self-esteem. Lack of access to support systems, such as family and close acquaintances, can contribute to feelings of isolation and negatively affect self-esteem, especially during difficult times. Cultural or social backgrounds in college environments can be diverse, and students from marginalized or underrepresented backgrounds may encounter unique obstacles that can have a negative impact on self-esteem, such as discrimination or a lack of inclusivity. Personal expectations, such as setting high academic, social, or professional expectations for oneself can create pressure and, if not met, lead to feelings of disappointment and diminished self-esteem. It is important to observe that the effect of college life on one's self-esteem can vary greatly between individuals. Others may find college to be a transformation and confidence-building experience, whereas some individuals may experience negative outcomes.

## 2. MATERIALS AND METHODOLOGY

SPSS is a software package widely used in the social sciences, particularly for statistical analysis, data management, and data visualization. It provides a user-friendly interface that enables researchers to execute a wide range of statistical procedures without requiring extensive programming expertise. SPSS features descriptive statistics, hypothesis testing, regression analysis, factor analysis, and cluster analysis, among others. The software allows users to import data from a variety of file formats, including Excel, CSV, and databases and provides tools for data cleansing and manipulation. SPSS employs a point-and-click interface, making it accessible to users unfamiliar with coding and programming languages. In addition, it provides a syntax editor that enables users to write and execute programs for more complex analysis or the automation of repetitive tasks. SPSS offers numerous graphical options for data visualization, including histograms, scatter plots, bar charts, and pie charts. It includes t-tests, chi-square tests, ANOVA (analysis of variance), correlation analysis, and non-parametric tests. SPSS enables users to generate customized tables and reports, which can be readily exported to other formats for additional analysis or incorporation into research papers. The software supports both numeric and categorical data types and includes tools for re-coding variables, calculating new variables, and managing missing data. The SPSS data editor allows users to view, modify, and manage their datasets. It supports data transformations and variable and value identifiers. It provides a vast array of statistical procedures for survey research, such as complex sample analysis, weighting, and clustered data management. SPSS provides a powerful tool called "Data Analysis" that guides users through the process of selecting and running appropriate statistical procedures based on their research queries. Using techniques such as data reduction, factor extraction, and principal component analysis, the software facilitates advanced data exploration. SPSS produces summaries, tables, charts, and graphs that facilitate the interpretation and communication of statistical findings. SPSS is a flexible and user-friendly software program that enables researchers to analyze and visualize data, conduct statistical tests, and generate reports for a variety of social science research applications.

**Age:** Age refers to the amount of time that has elapsed since the birth of a person or the creation of an object or event. Age is frequently employed to describe a person's stage of existence or level of development. It is commonly measured in years but can also be expressed in months, weeks, days, or even seconds, depending on the context. Age is relevant in numerous aspects of existence. It can influence a person's legal rights and responsibilities, social expectations, physical and cognitive abilities, and overall comprehension of their life experiences. Age can be used to classify individuals into distinct groups or generations, and it is frequently a factor in determining eligibility for certain privileges or benefits, including voting, driving, and retirement.

**Gender:** Gender refers to the roles, behaviors, and expectations that society deems appropriate for individuals based on their perceived sex. Historically, gender has been regarded as a binary concept consisting of two distinct categories: male and female. This binary understanding of gender is typically associated with biological sex, in which males are given the male gender at birth and females are assigned the female gender. However, it is essential to note that biological sex is not the sole determinant of gender. Gender is a complex social construct encompassing a variety of identities, manifestations, and experiences. Some people may identify with the gender assigned to them at birth (cisgender), while others may identify with a distinct gender (transgender).

**Occupation:** Depending on the context, occupation can have a variety of meanings. Typical interpretations include Gainful employment: Typically, occupation refers to a person's job, profession, or means of making a livelihood. It is the specific role or labor that a person engages in to sustain themselves financially. A person could, for instance, be a doctor, teacher, engineer, or any other profession. This term is used to characterize the control and administration of a nation or territory by another, typically through the presence of armed forces. The occupying power typically exercises authority, makes decisions, and maintains order.

**Educational Qualification:** Educational qualifications refer to an individual's level of education and credentials. It signifies formal recognition of a person's knowledge, skills, and abilities in a particular field or subject. Typically, educational qualifications are obtained through multiple phases of education, beginning with elementary school and progressing through secondary education, higher education, and possibly advanced degrees or certifications. This can include diplomas, degrees, certificates, and licenses. Educational credentials perform multiple functions. They provide individuals with specialized knowledge and skills, thereby fostering their personal and professional growth. Furthermore, educational credentials play a significant role in employment and career opportunities.

**Where do you reside:** It refers to the person of a group of people and their location and address in the present situation in life.

**Stream:** This is referred to the educational stream in which they are currently studying or pursuing.

**How your social media affects your self-esteem:** Depending on how it's used and the individual's relationship with it, social media can have both positive and negative effects on self-esteem. A few considerations, like comparisons. Social media platforms often present an idealized version of people's lives, showcasing their achievements, appearances, and experiences. When individuals compare themselves unfavorably to others, constant exposure to these curated highlights may cause feelings of inadequacy and

reduced self-esteem. The feedback received on social media, such as likes, comments, and shares, can have an effect on self-esteem. Positive feedback can temporarily enhance self-esteem, whereas lack of engagement or negative comments can have a detrimental effect. Unrealistic beauty standards can be perpetuated through social media platforms, which also tend to present a false reality. Constant exposure to severely edited or filtered images may result in a negative body image and lowered self-esteem. Online harassment, cyberbullying, and negative comments can have a significant impact on self-esteem. The anonymity and separation afforded by social media can make it easier for individuals to engage in harmful behavior, which can have negative effects on the mental health and self-esteem of those targeted. On the other hand, social media can also foster positive communities and provide support. Engaging with communities that share similar interests and values can boost self-esteem and foster a sense of belonging. It is essential to recognize that everyone's social media experience is unique. Some people may be more susceptible to negative effects, whereas others may be able to mitigate or avoid them. In the digital age, self-awareness, mindful media consumption, and a balance of online and offline activities can help maintain healthy self-esteem.

**How your college life affected your self-esteem:** Multiple factors can have a significant impact on an individual's self-esteem in college. Several things need to be taken into account, including academic performance. Increased academic challenges and expectations are frequently a part of college. Academic difficulties or receiving lower-than-expected grades can sometimes have a negative effect on self-esteem, particularly for those who place a high value on their academic achievements. College is a time of transition and meeting new people through social interactions. Developing new alliances, navigating social dynamics, and fitting in can have an effect on one's sense of self-worth. Positive social experiences can boost self-esteem, whereas social difficulties and feelings of exclusion can potentially lower it. College environments can cultivate a sense of competition and comparison among students. Comparing oneself to others, especially in terms of accomplishments, popularity, or physical appearance, can result in feelings of inadequacy and a decline in self-esteem. College is frequently a time for self-discovery and the investigation of personal values, beliefs, and interests. As individuals navigate their identities and find their position in the college community, this journey of self-discovery can have an effect on self-esteem. The demands of college life, including academic workload, deadlines, and extracurricular obligations, can cause tension and pressure. Effectively, coping with these pressures can boost one's self-esteem, whereas struggling to do so may have the opposite effect. It is essential to observe that college can have different effects on one's self-esteem. Some people may flourish and acquire confidence, whereas others may encounter obstacles that temporarily diminish their self-esteem. Developing a support system, seeking assistance when necessary and engaging in self-care practices can be beneficial for maintaining a healthy sense of self-worth throughout college.

**How your self-esteem affects your college life:** Self-esteem, which is a person's overall perception of their own worth and value, can have a big impact on a lot of different aspects of college life. A few ways in which self-esteem can influence the college experience are through academic performance. Self-esteem can affect academic performance. People with higher self-esteem frequently have more optimistic perspectives on their skills and are more likely to set challenging goals, persist through difficulties, and have faith in their ability to succeed. On the other hand, having low self-esteem can make it difficult to accomplish academic goals and cause self-doubt and a lack of motivation. Next is Social interactions. Self-esteem can influence how individuals engage in social interactions during college. It is easier to establish and maintain relationships, take part in group activities, and attend social events when one has higher self-esteem because these traits are frequently correlated with confidence, assertiveness, and a positive self-image. Low self-esteem can lead to feelings of inferiority, social anxiety, and trouble forming relationships. Another example is decision-making and risk-taking. Self-esteem can impact on an individual's willingness to take risks and make decisions. Higher self-esteem can give people the courage to seize opportunities, assume leadership positions, and explore new experiences. Low self-esteem can cause indecision, a fear of failing, and a reluctance to venture outside of one's comfort zone. Well-being and mental health Self-esteem plays a crucial role in overall well-being and mental health. Higher levels of self-esteem are linked to more emotional stability, resilience, and a positive outlook on life, all of which can improve coping skills and overall satisfaction during the college years. On the other hand, low self-esteem raises the possibility of developing anxiety, depression, and other mental health issues. It's critical to remember that self-esteem is a complicated and multifaceted aspect of a person's life and that each person's experience with college will be affected differently by this factor. Enhancing self-esteem and having a positive impact on the college experience can be accomplished by practicing self-compassion, asking for help from friends and mentors, and participating in self-care and self-growth activities.

**How your college helps in your development of self-esteem:** College can play a significant role in shaping and enhancing self-esteem through various experiences and opportunities. Acquiring knowledge and skills is one way that college can help with the development of self-esteem. College is a structured place to learn and gain knowledge and skills in a wide range of academic fields. Individuals' self-confidence and self-esteem can improve as they gain expertise and competence in their chosen field of study. Then comes a stage of maturation and the discovery of one's own unique identity. College is often a time of self-discovery and exploration. It

gives people the opportunity to explore their passions, values, and interests and gain a deeper understanding of who they are. Self-awareness and self-esteem can both grow as a result of this process of self-discovery and personal development. Achievements and recognition are further essential means. The college offers numerous opportunities for achievements and recognition, such as academic awards, leadership positions, research projects, and extracurricular accomplishments. These accomplishments can give a sense of satisfaction and validation, which helps to foster a positive self-image and higher self-esteem. College campuses typically provide a welcoming social environment where students can meet and interact with people who share similar interests and values. Self-esteem and general well-being can be enhanced by fulfilling social interactions and a sense of belonging. Another method is to engage in challenging experiences. College can present challenges and obstacles, both academically and personally. Building resilience and overcoming these obstacles can boost one's self-worth. One's abilities can be put on display, and a sense of personal growth and achievement can be fostered by successfully navigating challenging situations. It's important to remember that each person's college experience and its effects on self-esteem will be unique. Some students may have more favorable experiences and find college to be a significant factor in the growth of their sense of self-worth, while others may encounter difficulties that require additional support. Building a support network, seeking guidance from mentors, and engaging in self-reflection and self-care practices can contribute to healthy and positive self-esteem during the college years.

**How your self-awareness helps in developing your self-esteem:** Increasing your self-esteem is a highly personal and individual journey that can have a significant impact on a number of areas of your life. Gaining a comprehensive understanding of strategies to improve one's self-esteem can be beneficial. One of the key components is self-awareness. Start by being aware of your self-related thoughts, beliefs, and emotions. Recognize any patterns of negative self-talk or self-criticism that may be affecting your self-esteem. Reframe negative thoughts into more positive and realistic ones. Next comes self-acceptance. Embrace your flaws, weaknesses, and imperfections. Recognize that no one is perfect and that flaws are acceptable. Concentrate on self-acceptance and compassion, and treat yourself with kindness and understanding. Things that are important setting attainable goals set attainable goals that reflect your values and interests. Achieving these goals can help to develop a sense of competence and self-efficacy, which can lead to a positive self-image and increased self-esteem. Celebrate your accomplishments. Recognize and celebrate your accomplishments, no matter how small they might seem. Recognize your efforts and credit yourself for your achievements. Positive reinforcement can boost your self-esteem and motivate you to keep striving for personal development. Always surround yourself with positive people. Surround yourself with people who are encouraging and believe in your abilities. Minimize your contact with people who bring you down or undermine your self-esteem. Develop healthy relationships that benefit your well-being. It is essential that self-care be practiced. Participate in activities that will benefit your physical, mental, and emotional well-being. Take care of your body by exercising, eating healthily, getting enough rest, and engaging in activities that bring you joy, relaxation, and fulfillment. Remember to seek assistance when needed. If you're having trouble with your self-esteem, seek help from trusted friends, family members, or professionals. Counseling, therapy, or coaching can help you improve your self-esteem by providing you with guidance, tools, and techniques. The conduct of experiments is yet another fascinating activity. Leave your comfort zone and give something new an opportunity. You can gain confidence and show your skills by trying new things, picking up new skills, and facing your greatest challenges. Remember that developing self-esteem is a lifelong process that necessitates consistent effort and introspection. Be gentle with yourself and practice self-compassion as you go. Concentrate on your strengths, build your self-esteem, and cultivate a positive self-image.

### 3. RESULT AND DISCUSSION

TABLE 1. Reliability Statistics

Reliability Statistics		
Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.393	.392	3

Table 1 shows the Cronbach's Alpha Reliability result. The overall Cronbach's Alpha value for the model is .393, which indicates 39% reliability. From the literature review, the above 39% Cronbach's Alpha value model can be considered for analysis.

TABLE 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error
X1	114	1	5	2.85	1.243	.148	.226
X2	114	1	5	3.20	1.074	-.021	.226
X3	114	1	5	3.19	1.112	.352	.226
X4	114	1	5	3.02	1.205	-.158	.226
X5	114	1	5	3.07	1.217	-.046	.226
Valid N (list wise)	114						

Table 2 shows the descriptive statistics values for analysis N, Range, Minimum, Maximum, Mean, Standard Deviation, and Skewness of 1. Rate how your social media effects your self-esteem, 2. Rate how your college life affected your self-esteem, 3. Rate how your self-esteem affects your college life, 4. Rate how your college helps in your development of self-esteem and 5. Rate how your self-awareness helps in developing your self-esteem.

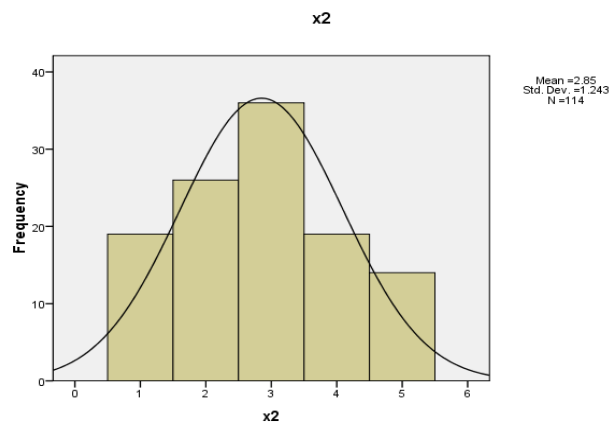


FIGURE 1. Rate how your social media affects your self-esteem.

Figure 1 shows the histogram plot of the rate of how your social media affects your self-esteem. From figure 1, it is clearly seen that the data is slightly right-skewed due to more respondents choosing 3 for the rate of how your social media affects your self-esteem, except for the 2, and 4 values. All other values are under the normal curve, showing the model is significantly following a normal distribution.

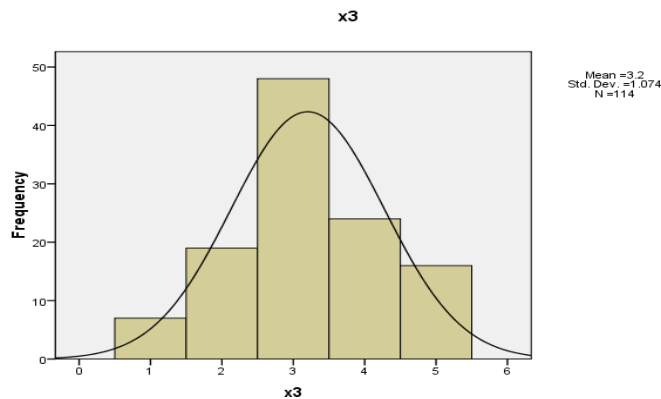
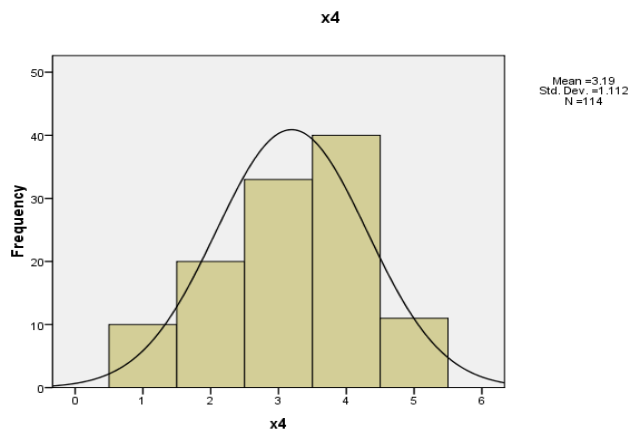


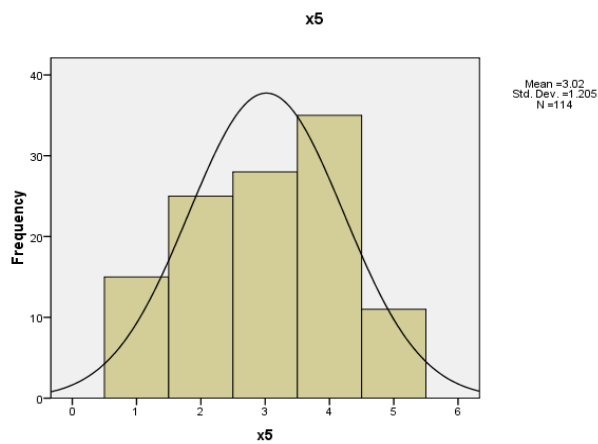
FIGURE 2. Rate how your college life has affected your self-esteem.

Figure 2 shows the histogram plot for Rate how your college life affected your self-esteem from the figure 2 it is clearly seen that the data are slightly left skewed due to more respondents choosing 3 for the rate how your college life affected your self-esteem except for the 4 value all other values are under the normal curve shows the model is significantly following a normal distribution.



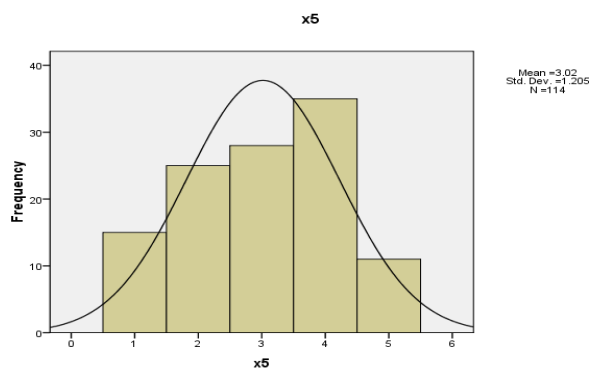
**FIGURE 3.** Rate how your self-esteem affects your college life.

Figure 3 shows the histogram plot for the rate how your self-esteem affects your college life from the figure 3 it is clearly seen that the data are slightly right skewed due to more respondents choosing 4 for the Rate how your self-esteem affects your college life except for the 3 value all other values are under the normal curve shows the model is significantly following a normal distribution.



**FIGURE 4.** Rate how your college helps in your development of self-esteem.

Figure 4 shows the histogram plot for the Rate how your college helps in your development in self-esteem. From the figure 4 it is clearly seen that the data are slightly bell curved due to more respondents choosing 3 for the rate how your college helps in your development in self-esteem except for the 3 value, all other values are under the normal curve shows the model is significantly following a normal distribution.



**FIGURE 5.** Rate how your self-awareness helps in developing your self-esteem

Figure 5 shows the histogram plot for the rate how your self-awareness helps in developing your self-esteem from the figure it is clearly seen that the data are slightly Right skewed due to more respondents choosing 4 for

the rate how your self-awareness helps in developing your self-esteem except for the 3 value all other values are under the normal curve shows the model is significantly following a normal distribution.

#### 4. CONCLUSION

College life can have a significant impact on an individual's self-esteem. We have discussed a number of ways that college life can affect one's self-esteem. Now it's time to encapsulate the research and reach a judgment. A person's time in college is a formative time in their life, filled with many opportunities, challenges, and experiences. Depending on how they are handled, these experiences can boost or decrease an individual's self-esteem. Firstly, students may feel pressured and their self-esteem may suffer due to the academic demands of college. Struggling with coursework, receiving poor grades, or feeling intellectually inadequate can lead to feelings of incompetence and low self-worth. On the other hand, achieving academic success and receiving honors can boost one's confidence and sense of self. Second, college social interactions can have a significant impact on one's sense of self. Having relationships, making friends, and being a part of social groups all contribute to a feeling of acceptance and belonging, which can raise one's self-esteem. However, being rejected, feeling alone, or having an outsider's perspective can be detrimental to one's self-perception and self-esteem. Thirdly, pursuing extracurricular activities and individual objectives can have an impact on one's self-esteem. Self-esteem can be raised by participating in activities that are in line with one's skills and interests and succeeding in those endeavors. In contrast, experiencing failure or setbacks can lower self-esteem if individuals internalize these events as personal shortcomings. Self-esteem may also be impacted by the general college environment, which includes campus culture and societal expectations. Comparisons with peers, societal pressures to conform to certain standards, and the fear of falling short of expectations can all contribute to self-doubt and low self-esteem. On the other hand, a welcoming and inclusive environment that encourages personal development and recognizes diverse accomplishments can promote positive self-esteem. In conclusion, a person's self-esteem can be significantly impacted by college life. Academic difficulties, interpersonal interactions, one's personal goals, and the general college environment interact in a complex way. While some experiences may have a negative effect on one's self-esteem, it's important to keep in mind that college offers opportunities for resilience-building, self-discovery, and personal growth. Developing self-awareness, seeking support from peers and mentors, setting realistic goals, and celebrating small victories can help individuals navigate the challenges of college while maintaining a healthy sense of self-esteem.

#### REFERENCES

- [1]. Bond, Michael H., and Tak-Sing Cheung. "College students' spontaneous self-concept: The effect of culture among respondents in Hong Kong, Japan, and the United States." *Journal of Cross-Cultural Psychology* 14, no. 2 (1983): 153-171.
- [2]. Roudi-Fahimi, Faraneh, and Valentine M. Moghadam. "Empowering women, developing society: Female education in the Middle East and North Africa." *Al-Raida Journal* (2006): 4-11.
- [3]. Schofield, Roger. "Dimensions of illiteracy, 1750-1850." *Explorations in economic history* 10, no. 4 (1973): 437.
- [4]. Khuluvhe, Mamphokhu. "Adult illiteracy in South Africa." Pretoria: South African Department of Higher Education and Training (2021).
- [5]. Muneer, Siddig El Tayeb. "Adoption of biomass improved cookstoves in a patriarchal society: an example from Sudan." *Science of the total environment* 307, no. 1-3 (2003): 259-266.
- [6]. Hammoud, Hassan R. "Illiteracy in the Arab world." (2005).
- [7]. Fayissa\*, Bichaka, and Paulos Gutema. "Estimating a health production function for Sub-Saharan Africa (SSA)." *Applied economics* 37, no. 2 (2005): 155-164.
- [8]. Simkhada, Bihha, Edwin van Teijlingen, Maureen Porter, and Padam Simkhada. "Major problems and key issues in Maternal Health in Nepal." *Kathmandu University medical journal* 4, no. 2 (Iss (2006): 258-263.
- [9]. Goklany, Indur M. *The improving state of the world: why we're living longer, healthier, more comfortable lives on a cleaner planet*. Cato Institute, 2007.
- [10]. Armove, Robert F. "Neoliberal
- [11]. Rong, Xue Lan, and Tianjian Shi. "Inequality in Chinese education." *Journal of Contemporary China* 10, no. 26 (2001): 107-124. education policies in Latin America: Arguments in favor and against." In *Latin American Education*, pp. 79-100. Routledge, 2019.
- [12]. Rong, Xue Lan, and Tianjian Shi. "Inequality in Chinese education." *Journal of Contemporary China* 10, no. 26 (2001): 107-124.
- [13]. Diebolt, Claude, and Faustine Perrin. "From stagnation to sustained growth: the role of female empowerment." *American Economic Review* 103, no. 3 (2013): 545-549.
- [14]. Abdelhamid Nimer, Kamal Kamel. "The Role of Women's Organizations in Eradicating Illiteracy in Jordan." PhD diss., 1983.



- [15]. Davis, Kevin E. "What can the rule of law variable tell us about rule of law reforms." *Mich. J. Int'l L.* 26 (2004): 141.
- [16]. Juliannisa, Indri Arrafi, and Tri Siswantini. "Improving Human Development Index (HDI) by Illiteracy Eradication (case study in Cibadak Village)." *Jurnal Samudra Ekonomi Dan Bisnis* 11, no. 1 (2020): 29-42.
- [17]. Gibson, John. "Literacy and intrahousehold externalities." *World Development* 29, no. 1 (2001): 155-166.
- [18]. Wiysonge, Charles S., Olalekan A. Uthman, Peter M. Ndumbe, and Gregory D. Hussey. "Individual and contextual factors associated with low childhood immunisation coverage in sub-Saharan Africa: a multilevel analysis." *PloS one* 7, no. 5 (2012): e37905.
- [19]. Okunna, Chinyere Stella. "Small participatory media technology as an agent of social change in Nigeria: a non-existent option?." *Media, Culture & Society* 17, no. 4 (1995): 615-627.
- [20]. Ullah, AKM Ahsan, and Diotima Chatteraj. "Roots of discrimination against Rohingya minorities: Society, ethnicity and international relations." *Intellectual Discourse* 26, no. 2 (2018): 541-565.
- [21]. Purwaningsih, Tuti, Rochmad Novian Inderanata, and Rahmi Anadra. "Illiteracy spatial analysis as an effort to improve the quality of human resources in Indonesia." In *AIP Conference Proceedings*, vol. 2720, no. 1. AIP Publishing, 2023.
- [22]. Ennaji, Moha. "Steps to the integration of Moroccan women in development." In *Gender and Diversity in the Middle East and North Africa*, pp. 47-56. Routledge, 2013.
- [23]. Sanyal, Bikas C. "New functions of higher education and ICT to achieve education for all." (2001).
- [24]. Lim, Joan B. "Women and Literacy: Definition of Literacy, the Causes and Manifestations of Illiteracy, and Implications for the Educator." (1996).
- [25]. Al-Mahroos, Fadheela, and Eshraq Al-Amer. "Reported child sexual abuse in Bahrain: 2000-2009." *Annals of Saudi medicine* 31, no. 4 (2011): 376-382.
- [26]. Ditto, Janet M. "Maternal Illiteracy and its Impact on Child Survival: An International Perspective." (2006).