An Exploratory Investigation of NNMC Students Reports on the Connection between Self Esteem and Trust

Jennifer Valdez
Northern New Mexico College
Department of BAIS Psychology

Abstract
The purpose of this research project was to examine if there was a connection between self-esteem and trust. The overall goal was to reveal whether or not experiences form the foundation of trust. To gain knowledge, a Rosenberg Self Esteem Scale and a Trust questionnaire were distributed to conveniently selected college course classes, with an N size of 80. Findings suggest that, in a future research, there may be a correlation.

Introduction
Self esteem often forms the basis of one’s overall trust. Self esteem enables us to have a positive outcome in life. One who constantly receives negative criticism from other forces (family, friends, etc) will likely experience a decrease in trust. To acquire knowledge about self esteem and trust, a research experiment was conducted. The research experiment emphasized a better understanding of self esteem and trust.

Theory
When self esteem is high or low ones self construal, self actualization, and trust differs. Self esteem and trust influence an individual’s thinking therefore implementing a negative or positive outlook of life.

Hypothesis
Five possible Hypothesis are being examined:

➢ X= Cause / Y= Effect
➢ As self esteem increases, trust increases
➢ As self esteem decreases, trust increases
➢ No relation= null hypothesis
➢ I hypothesize that there is a relationship between self esteem and trust. However, I will accept the null hypothesis if my theory is absent to my findings.

Data Collection and Methods
➢ To determine whether or not self esteem and trust have a connection, I decided to create a survey. Participants consisted of Northern New Mexico College students.
➢ In total, there was a sample size of N=80 students.
➢ Originally classes were chosen at random (simple random sampling). However, due to time constraint and class availability, it was later changed to a convenience sample.
➢ A portion of this survey was administered to a class of ten students during the fall 2017 semester. The remaining N=70 participants were surveyed during the spring 2018 semester.
➢ Using a likert scale, each participant was “asked how old are you”. Below are the findings:

➢ 67.50% of participants (N=54) were between the age of 18-29,
➢ 20% (N=16) were between the age of 30-39,
➢ 8.75% (N=7) were between the age of 40-49,
➢ The remaining 3.75% (N=3) were between the age of 50-59.
➢ No participants were over 60.

The pie chart above shows that more than half (N=54) of those surveyed were age 18-29.

Data Analysis and Findings
Univariate Analysis
Dependent Analysis
Self Esteem Scale was included in my survey. The question, “At times I think I am no good at all” was measured. A total of N=79 people out of N=80 responded. The frequency distribution table (table 3b) below shows a broken down response rate.

Table 3b:

<table>
<thead>
<tr>
<th>Response</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly disagree</td>
<td>11</td>
</tr>
<tr>
<td>Disagree</td>
<td>22</td>
</tr>
<tr>
<td>mildly disagree</td>
<td>13</td>
</tr>
<tr>
<td>agree</td>
<td>12</td>
</tr>
<tr>
<td>strongly agree</td>
<td>29</td>
</tr>
</tbody>
</table>

Thirty five (44.30%) respondents reported “not at all”, twenty six (32.91%) checked “a little bit”, eleven (13.92%) decided “somewhat”, six (7.59%) reported “very much”, and 1 or 1.27% chose “a great deal”. Table 3b shows a weighted average of 1.89, which means that N=79 answers to this question lie between 1 and 2. “Not at all” (N=35) and “A little bit” (N=26).

Independent Variable (Trust)
Table 4 shows a response rate of N=77 to the question “most people would be horrified if they knew how much of the news that the public hears and sees is distorted”. Thirty six, or 46.75% answered “strongly agree”, twenty six (33.77%) chose “mildly agree”, fourteen (18.18%) marked “agree and disagree equally”, one (1.30%) checked “mildly disagree”, and no individual chose “strongly disagree”. This represents a weighted average of 1.74, most survey participants strongly agree” or “mildly agree”.

Table 4:

<table>
<thead>
<tr>
<th>Response</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly disagree</td>
<td>11</td>
</tr>
<tr>
<td>Disagree</td>
<td>22</td>
</tr>
<tr>
<td>mildly disagree</td>
<td>13</td>
</tr>
<tr>
<td>agree</td>
<td>12</td>
</tr>
<tr>
<td>strongly agree</td>
<td>29</td>
</tr>
</tbody>
</table>

Discussion
The surveyed participants were informed that all their responses are confidential and unanimous. Under no circumstances will identifiable information will be shared.

Conclusions
Findings suggest there is a relation between trust and self esteem. When an individual's self esteem is high, their willingness to trust would decrease. Therefore, I must reject the null hypothesis. However, I must keep in mind that correlation does not mean causation. Limitation that arose include sample size and sample selection. The sample size was to small. For this study participants were chosen using the convenient sample selection method. A simple random sampling method would have ensured non bias information. Also, to determine a causal relation, an exploratory research study must be done. In the future, a Pearson's correlation coefficient should be calculated.

References
• Papakostas, G., Dr. (2017, August 7). At this Point, Any New Treatment That Makes it to the Finish Line is A Huge Win. Time, 40-45.

Acknowledgements
Special thanks to the following individuals:
• Dr. Amedeo Marquez
• Ms. Barbara Bachechi
• Mr. Norman Dlamater
• Ms. Pam Picono
• Northern Students
• Student Success Center and staff
Without your support, this research may not be conducted. Thank you!