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.
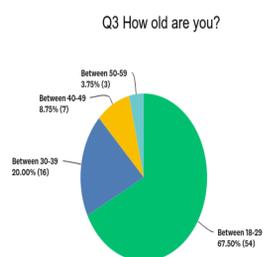
Hypothesis

Five possible Hypothesis are being examined:

➢ X= Cause / Y= Effect
➢ As self esteem increases, trust increases
➢ As self esteem decreases, trust increases
➢ As self esteem increases, trust decreases
➢ As self esteem decreases, trust decreases
➢ There may be no relationship between the two variables.
➢ 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:

Q3 How old are you?

Between 50-59 3.75% (3)
Between 40-49 8.75% (7)
Between 30-39 20.00% (16)
Between 18-29 67.50% (54)

❖ 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 Variable (Self Esteem)

To collect quantitative data and evaluate self esteem, a Rosenberg 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:

	NOT AT ALL (1)	A LITTLE BIT (2)	SOMEWHAT (3)	VERY MUCH (4)	A GREAT DEAL (5)	TOTAL	WEIGHTED AVERAGE
At times, I think I am no good at all.	44.30% 35	32.91% 26	13.92% 11	7.59% 6	1.27% 1	79	1.89

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:

	STRONGLY AGREE	MILDLY AGREE	AGREE AND DISAGREE EQUALLY	MILDLY DISAGREE	STRONGLY DISAGREE	TOTAL	WEIGHTED AVERAGE
Most people would be horrified if they knew how much of the news that the public hears and sees is distorted.	46.75% 36	33.77% 26	18.18% 14	1.30% 1	0.00% 0	77	1.74

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.

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