BUILDING SELF-ESTEEM AMONG ADOLESCENTS: AN INTERVENTION BASED STUDY

SARWAT MERAN

03-275222-027

A thesis submitted in fulfillment of the

Requirements for the award of the degree of

Masters of Science (Clinical Psychology)

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

OCTOBER 2024

Approval for Examination

Scholar's Name: Sarwat Meran

Registration NO. 80173

Program of Study: Master of Clinical Psychology

Thesis Title: **Building Self-Esteem among Adolescents: An Intervention Based Study**

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DEDICATION

With the blessing of **ALLAH ALMIGHTY**, I express immense gratitude to **ALLAH ALMIGHTY** for granting me strength, wisdom, and opportunity to undertake this journey of knowledge. This thesis is dedicated to my beloved parents **(Mr. Muhammad Meran & Mrs. Tasleem Akhtar)** because without their love, support, and encouragement enabled me to achieve this milestone of life. They always supported me throughout my academic journey. My dear brother **(Mahtab Faiz)** and my loveable friends **(Manahil Iftikhar, Afifa Noreen, Asia Batool, Nasreen Afzal and Kainat Ramzan)** who has been my support in the whole journey and helped me through thick and thin. I will always appreciate their efforts throughout the process.

Lastly, I also dedicate this thesis to **Myself**, acknowledging my unwavering determination and commitment that carried me through the entire process.

ACKNOWLEDGMENT

In the name of Allah, the Most Gracious, the Most Merciful. I begin by expressing my profound gratitude and thanks to the Allah Almighty for granting me the strength to complete this thesis. I extend my sincere gratitude to my supervisor, **Dr. Ayesha Aziz** for her valuable guidance, expertise and constant support have been pivotal in shaping the outcome of this research. Her mentorship has been a directional light throughout this journey, and I am deeply grateful for her inspiration and belief in my work.

To my beloved parents, I am forever gratified for your prayers, support and belief in my abilities. Your unbending support has been my source of motivation and determination, and I am truly blessed to have you as my pillars of strength. I am also grateful to my brothers and friends for their support during the challenges of this academic inspiration and positivity have been priceless in keeping me motivated.

In gratefulness and humility, I bestow this work to Allah, seeking His constant guidance and blessings in all my future endeavors.

SARWAT MERAN

ABSTRACT

The current study was designed to evaluate the efficacy of a behavioral intervention program in improving teenagers' self-esteem. It aimed to provide knowledge, skills, values and attitude that empowered adolescents to realize their well-being and dignity. It also helped them in maintaining good social interaction, stress management, academic performance and positive self-concept. The research design was 2/3 between within experimental study design. After screening s sample of (N=60) adolescents girls and boys of age range 10-16 years were selected from 8th, 9th and 10th grade from Private School of Lahore through convenient sampling. The sample were randomly allocated into experimental and control group. Pre and posttest assessment was administered from both groups on Hare Self-Esteem scale and then follow up session was conducted after 2 weeks. Experimental group received psychological intervention while control group also ethically received the intervention but after the follow-up session. The session plan developed from Addressing Self-Esteem: A Counseling Group Manual for Upper Elementary Students which comprised of 08 sessions and duration of each session was 30-35mins. Intervention sessions was delivered on alternative days. Descriptive statistics will be run to assess such as Means, Standard Deviation, Percentages and Frequencies. Repeated Measures MANOVA was used to assess the interaction and main affect between and within groups. The findings showed significant improvement on Hare Self-Esteem Scale of experimental group.

Key word: *Self-Esteem, Adolescents, Hare Self-Esteem Scale, Intervention effectiveness*

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List of Abbreviations

Abbreviations	Full Form
HSS	Hare Self-Esteem Scale
SPSS	Statistical Package for Social Sciences

List of Symbols

Symbols	Full Form
k	No. of items,
α	Cronbach's Alpha
SD	Standard Deviation
M	Mean
f	Frequency
p	Significance value
η^2	Effect size
λ	Wilk's Lambda

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