

Appendix 1

Rosenberg's Self-Esteem Scale

STATEMENT	Strongly	Agree	Disagree
	Strongly		
		Agree	
			Disagree
1. I feel that I am a person of worth, at least on an equal plane with others.			
2. I feel that I have a number of good qualities			
3. All in all, I am inclined to feel that I am a failure			
4. I am able to do things as well as most other people			
5. I feel I do not have much to be proud of			
6. I take positive attitude toward myself			
7. On the whole, I am satisfied with my self			
8. I wish I could have more respect for myself			
9. I certainly feel useless at times			
10. At times, I think I am no good at all			

Source : <http://www.mascos.ucsf.edu/research/pshycosocial/self-esteem.html>

Scoring :

The positive statements, with an asterisk (*) will be scored :

SA : Strongly Agree (SA) : score = 4

A : Agree (A) : score = 3

D : Disagree (D) : score = 2

SD : Strongly Disagree (SD) : score = 1

While the negative statements will be scored as follows :

SA	: Strongly Agree	(SA)	: score = 1
A	: Agree	(A)	: score = 2
D	: Disagree	(D)	: score = 3
SD	: Strongly Disagree	(SD)	: score = 4

Sum the scores for 10 items. The higher the score, the higher is the self-esteem. The total score 0-20 are categorized into low self-esteem, total score 21-30 are categorized into normal self-esteem, total score 31-40 are categorized into high self-esteem (Rosenberg : 1965).