

The Impact of Personal Identity on Self-Esteem among Muslim Adolescents

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Abstract : The purpose of the study was to explore the impact of personal identity on self-esteem among adolescents. Two hypotheses were tested in the study, i.e., personal identity effects on self-esteem; and gender difference in the variables of personal identity and self-esteem. The total of 300 (150 female; 150 male) adolescents participated in the study. Personal identity scale (Ayub, N., In Press), and self-esteem scale (Rosenberg, 1985) were administered. The findings of the study suggest that positive personal identity impact on self-esteem and gender difference was found on the variables of personal identity and self-esteem. In conclusion, the results of the study are beneficial for researchers, policymakers, psychologists. The strong positive personal identity and self-esteem help in healthy mental development not only in adolescence but throughout the life of individuals.

Keywords : personal identity, self-esteem, adolescents, positive psychology

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