The Predictors of Self-Esteem among Business School Students

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Abstract : Objective: The purpose of this empirical study is to ascertain if gender, personality traits and social support predict the self-esteem amongst business school students. Method: The study was conducted through an online survey administered on 160 business school students of which equal-number of males and females were taken, with controls for education and family income status. The participants were contacted through emails. Data was gathered and statistically analyzed to determine the relationship between the variables. Results: The results showed that gender was not associated with self-esteem. Whilst all the personality and social support factors were found to be significantly inter-correlated with self-esteem, only extraversion, openness to new experiences, conscientiousness, emotional stability and total perceived social support were found to predict self-esteem. Conclusion: The findings were explained in the light of existing conceptualizations in the field of self-concept. Recommendations for early identification and interventions for a population with lower self-esteem levels have been made based on findings of the study. Major implications for researchers and practitioners are discussed.

Keywords : self-esteem, personality, social support, gender, self-concept

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