Impact of Students' Perception Towards Uniform on Self Esteem

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ABSTRACT

In India not all colleges offering graduate and postgraduate degree programs have made uniform mandatory. Uniform is considered as very tiresome by the students of this age. The uniforms are generally very formal and sometimes contain necktie or scarf also. We have conducted this study to know about graduate and postgraduate students, behaviors towards the uniform and their self-esteem when they are in uniform. The study was conducted on students of Gwalior region, data was collected with the help of standardized questionnaire and statistical tools like regression analysis and t test was applied on the data.

INTRODUCTION

Clothing which includes school uniforms is likely to influence one's body perception. This study tells about the effect of student's perception towards their school uniform on their self esteem. It is important that student want to dress decently and in school uniform they appreciate. Students in neat and attractive uniform looks and feel confident. Uniform enable the students to behave sincerely. The possible benefits of mandatory uniform are decreasing violence, ingraining discipline and helping them to focus on their work. Uniform plays an important role in is a contributing factor in developing

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students behavior. Student can only describe how much the effect of his perception of uniform on his self esteem is positive or negative. Uniforms are sometimes considered as an oppressive way of reducing freedom of the students. Some critic's advice that uniforms hides the creativity and effects the student's ability to properly express them. Uniform also effects the freedom of expression and decrease their creative ability in few parts of the education development. This is happen because the uniform allows the students to behave decently and in proper manner.

The term self esteem refers to an individual's feelings of self worth; how much pride a person has in himself. It means how much a person likes or dislikes himself. Low self esteem refers to someone who does not like himself very much. High self esteem refers to someone who likes himself a good amount

LITERATURE REVIEW

Clothing is an important aspect in determining how high or low people perceive an individual. When children are well groomed, their concentration and participation in general societal activities are likely to be higher than when poorly presented (Shook, 1996) Individual's feeling and attitude towards himself is necessary for self esteem. If a student considers himself physically attractive then he thinks high about his image and his self esteem will be high (Kaiser 1997) . lennon (1997) is also agreed with Kaiser that if student feels himself physically attractive then it influence his self esteem. Pupils if wear neat and clean, attractive uniform, they feel more confident (Wolfe 2009). Parents also consider uniform to be sailent feature for student, and this may boost the quality of education (Catherine, 2014).

There is a substantial difference in response of the student who wear the school uniform and the student who does not wear the uniform (Jonathan J. Mimmo, 2012) uniform wearing student have more positive attitude towards the usefulness of school uniform in education instated of those who do not wear the uniform (Jonathan J. Mimmo, 2012). Gentile and Imberman says that the uniform have positive influence in their attendance and their achievements . Huges also favors that uniforms increase attendance, enhance academic achievement, and improve classroom environment. (Hughes, 1996) techers also feels positivity in class if all the students wear uniform (Ella Porter Ward 1999). Jonathan J. Mimmo (2012) he studied and they conclude that there is a substantial difference in response of the student who wear the school uniform and the student who does not wear the uniform they have observed that the student were with uniform have more positive attitude towards the usefulness of school uniform in education instated of those who were not wear the uniform.

Students if dressed properly and decently, they are appreciated. Uniform in institute form important part of student clothing during their age of development and growth. students in proper uniform remains more confident if they are in uniform and their performance in activities during classes is better than when they are not in uniform (Thomas 2004). Allen Nichols and Tom Mullins(2012) studied the effect of uniform

in high schools and concluded that perception of uniform led to the expectation of better conduct. Uniform increases sense of belonging is the minds of wearer, students who wear uniform feels institution as their own and have strong feeling of belonging to the institute (Mancini, 1997). Catherine also established that based on perceptions towards school uniform, pupils significantly related school uniform to learners' self-esteem although there was gender does not affect the perception significantly.(Catherine 2012).murray also concluded in his study that there is positive relationship between uniform and self esteem of students (murray, 2002) school uniform policies have the greatest impact on student achievement when they are part of a larger comprehensive school reform plan (Cheurprakobkit & Bartsch 2005). Stockton, Gullat & Park (2002) also reported that there is strong a positive correlation between uniforms and student achievementon contrary (Brunsma & Rockquemore 1998) find no significant correlation between school uniforms and their impact on students' self-esteem, behaviour, school safety or academic achievement

RESEARCH METHODOLOGY

The study was causal in nature and survey method was used to complete it. The population was all the students of the different courses (BBA, BCA, B.Com, MBA) of different institutes in Gwalior. Non probability purposive sampling was used. Data from 200 students of Gwalior region was gathered on Standardized questionnaire (Catherine 2012). The responses taken on the Likert type of 1 to 5 where 1 represent minimum agreement and 5 represent the maximum agreement with the statement.

OBJECTIVES OF THE STUDY

- To re-standardize the measures for students' perception towards uniform and Self Esteem
- To identify factors underlying students' perception towards uniform and Self Esteem
- To find out the Impact of students' perception towards uniform and Self Esteem

Tools used for data analysis

- Reliability test was applied to check whether data items in the questionnaire are reliable or not.
- Factor analysis was applied to identify the underline dominant factors of students' perception towards uniform and factors of self esteem.
- Regression analysis was used to find the impact of students' perception towards uniform on self esteem.
- T test was used to find out the difference in student's perception of uniform and in self esteem, on the basis of the course (undergraduate and postgraduate class)

Hypothesis

- $H_0 1$: There is no Impact of students' perception towards uniform on self esteem.

- $H_0 2$: There is no difference in students' perception towards uniform on the basis of course they are in.

- $H_0 3$: There is no difference in self esteem of students on the basis of course they are in.

RESULTS AND DISCUSSION

Consistency of all the statements in the questionnaire was checked through item to total co-relation. In this, co-relation of every item with total was measured. The measures having item to total correlation lower than the critical value are declared as inconsistent and dropped from the questionnaire. Cronbach's reliability coefficient alpha was computed using PASW 18. The Cronbach's alpha coefficient represents internal consistency reliability. The results of Cronbach's Alpha reliability of all the questionnaires of the study are:

Variable name	Cronbach's Alpha	N of Items
Students' Perception towards uniform	0.762	10
Self Esteem	0.788	8

The computed reliability of a measure greater than 0.7is considered as reliable. The reliability as of the questionnaires indicated by by Cronbach's alpha coefficient in the table is either higher than 0.7 hence the measure used for collecting data is highly reliable

S. No	Variable Name	KMO	Bartlett's Test of Sphericity	Significance Level
1	Perception towards uniform	0.791	264.167	.000
2	Self esteem	0.799	265.854	.000

Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy: The Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy is an index used to examine the appropriateness of factor analysis. High values (between 0.5 and 1.0) indicate factor analysis is appropriate. The Kaiser - Meyer - Olkin Measure of Sampling Adequacy value for the both the measures was higher than 0.5 indicating that the sample was adequate to consider the data suitable for factor analysis.

Bartlett's test of Sphericity: Bartlett's test of sphericity is a test statistic used to examine that the population correlation matrix is an identity matrix; each variable correlates perfectly with itself but has no correlation with the other variables . The Bartlett's Test of Sphericity was tested through Chi-Square value having a value which was significant at 0% level of significance. Therefore, the above hypothesis is rejected, indicating that

the data was suitable for factor analysis. Factor analysis: Principle component factor analysis with varimax rotation was applied to find out the underlying factors of the questionnaire. The factor analysis for perception of students towards uniform resulted into two factors that is identity with variance of 33.064 and decision regarding uniform with variance value of 13.350

Table : Factors for Perception Towards Uniform

Items	Component	
	Identity	Decision Regarding Uniform
Total variance	33.064	13.350
Uniform portrays the institute's Image	.763	
Uniform makes identification of learner easy	.740	
Uniform should be must	.701	
Uniform create uniformity	.632	
Uniform ensures peace of mind regarding appearance	.589	
Entails responsible behaviour	.435	
Enables to get assistance easily		
Uniform should be provided by government		.802
I do not have adequate pair of uniform		.764
Peoples view should be considered while deciding uniform		.480

Self Esteem

Factor analysis: Principle component factor analysis with varimax rotation was applied to find out the underlying factors of the questionnaire. The factor analysis self-esteem of students resulted into two factors that is self-appreciation with variance of 40.949 and attitude with variance value of 14.650

Factor Analysis for self Esteem		
Items	Factor 1	Factor 2
	Self appreciation	Attitude
Total variance	40.949	14.650
I feel smart	.811	
I feel confident	.770	
I appreciate my body image	.709	
I become more responsible	.645	
I am not discriminated		.785
Give me sense of belonging		.709
Develop a positive attitude		.650
Gives me an increased spirit		.474

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Regression

Regression analysis		
R square	0.522	
F	142.963	0.000
Beta	0.722	
t	11.957	0.000

The coefficient of determination is 0.522; therefore, about 52.2.0% of the variation in the self esteem is explained by perception of students towards uniform. The regression equation appears to be useful for making predictions since the value of $r2$ is higher. It means there was a significant effect is made on self esteem by perception of students towards uniform

The model having perception of students towards uniform as independent variable and self esteem as dependent variable has good fit as indicated by F-test value which is 142.963 significant at 0.000 level of significance. The result of regression from the coefficient table indicates that perception of students towards uniform has direct relationship with self esteem having beta value of 0.722 tested through t-test having t-value of 11.957 which is significant at 0.000% level of significance. Hence it can be concluded that perception of students towards uniform is having significant positive impact on students' self esteem. The results are in line with the results of other researchers that students who are in uniform and are well dressesd have more confidence and thinks good about them (Kaiser 1997, lennon 1997).

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
									Lower	Upper	
perception	Equal variances assumed	.465	.502	-.206	23	.839	-.60000	2.91846	-6.63729	5.43729	
	Equal variances not assumed			-.253	8.538	.806	-.60000	2.36754	-6.00029	4.80029	

Levene's test for equality of variances was evaluated through F Test value for ad appeal. The value of F test was 0.465 which is significant at 0.502 indicating that the variances of the two groups were equal therefore T Test assuming equal variances was be applied. The T value for equal variances assumed was 0.206 which was significant at .839 indicating no significant difference between the the under graduate students and postgraduate students' responses towards perception of uniform.

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
									Lower	Upper	
selfesteem	Equal variances assumed	.632	.435	-.711	23	.484	-1.55000	2.17932	-6.05828	2.95828	
	Equal variances not assumed			-.902	9.059	.390	-1.55000	1.71752	-5.43141	2.33141	

Levene's test for equality of variances was evaluated through F Test value for ad appeal. The value of F test was 0.632 which is significant at 0.435 indicating that the variances of the two groups were equal therefore T Test assuming equal variances was be applied. The T value for equal variances assumed was 0.711 which was significant at .484 indicating no significant difference between the under graduate students and postgraduate students' responses towards perception of uniform

CONCLUSION

Based on the findings of this study, it is concluded that pupils in this study considered uniform salient for institutes, that is why they significantly related their perceptions towards school uniform to self-esteem. However this is a shocking thing that the student belonging to different courses do not show any difference because generally it is assumed that the students at PG level have different perception than UG students. It may be because of the data that we have collected is from the institutes where uniform is compulsory. The result may have been different if we would have collected data from the institute where wearing uniform is optional.

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