

The Application of the Rosenberg Scale for Self-Esteem Test, in Delegates from the Network of Women Victims of the Armed Conflict of Tuluá, Valle Del Cauca - Colombia

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Abstract: - The objective of the study was to investigate on the self-esteem in a group of Women victims of the armed conflict, organized in a support Network called Red de Mujeres Víctimas del Municipio de Tuluá –Valle del Cauca (Network of Women Victims of the Municipality of Tuluá - Valle del Cauca), which included a total of 19 women between the ages of 35 and 65. This organization was created with the support of the Unidad Central del Valle (UCEVA by its acronym in Spanish) – Facultad de Ciencias Jurídicas y Humanísticas – Consultorio Jurídico (Faculty of Legal and Humanistic Sciences - Legal Aid Clinic), From the very beginning the Rosenberg questionnaire was applied, this test explores self-esteem understood as feelings of personal worth and self-respect, in a scale consisting of 10 items or phrases in which 5 are stated in a positive manner and 5 in negative, to counteract the effect of self-administered acquiescence, the score is 1 to 4 each item, the first 5 items in positive, A is equivalent to 4 and D to 1, and in items 6 to 10, the score is inverted, being A equivalent to 1 and D to 4. The results are interpreted in this way: From 30 to 40 points: High self-esteem - Normal; 26 to 29 points: Average self-esteem, without serious self-esteem problems but improvement is advisable. And less than 25 points: Low self-esteem where there are significant self-esteem problems. The participants of the Network of Women Victims are being assisted as an organization from the Legal Aid Clinic focusing on three main areas: On the one hand, training and technical legal assistance in terms of protection, enforceability and restitution of rights as victims of the conflict and citizens; Secondly, the management of complimentary offers for the improvement of women's quality of life, consisting of courses aimed to facilitate income generation developed by the National Learning Service, Servicio Nacional de Aprendizaje (SENA By its acronym in Spanish), contact with dance and yoga teachers so as to generate alternative spaces for women's play and physical activity, and finally the recovery and psycho-emotional strengthening of women, from where a line of research emerges focused on capacities and alternatives created and affirmed from women's daily lives to overcome the impact of violence on their lives. Most of the women are functional alphabets, even counting 2 who cannot read or write and 3 others who are high school graduates with SENA certificates, women heads of household, 5 with grandchildren in charge, socioeconomic stratum 1 and 2, in this sense the Scale was applied as a basic instrument of easy assimilation and comprehension. It was concluded that 90% (17) of the women have a high self-esteem, the remaining 10% (2) of the women have a medium self-esteem, affirming their mental strength to cope with the pressure of their daily lives, the impact of armed conflict on their lives is associated with material and human losses, quality of life that they have not been able to recover for which they struggle on a daily basis. The study states that the strengthening of self-esteem as a daily practice is crucial to empower women in their role as promoters of integral reparation.

Key-Words: - Self-esteem, Victims of armed conflict, Post Traumatic Stress

1 Introduction

The armed conflict in Colombia has generated an impact that is difficult to measure in all of society,

however it is particularly evident in the 8,356.734¹ people registered as victims of the conflict, people

¹<https://cifras.unidadvictimas.gov.co/Home/General>

who have had great human and material losses, who are hardly being accompanied in their process of discovering the truth, obtain justice for their affectation, and being repaired by the State; in this point of integral reparation, the material aspect can be dimensioned and even quantified in money, However, the emotional affectation associated with the ability to recover from pain and abandonment as feelings associated with traumatic experiences, is a subjective exercise that requires individual knowledge and companionship, where there is little room for standardizing methodologies or content, and it is necessary to strengthen the human capacities associated with social adaptation, resilience and self-esteem.

The Network of Women Victims of Tuluá is an organization that integrates a group of people united by a common tragedy: being victims of the armed conflict; summoned by the Legal Aid Clinic of the Faculty of Legal and Humanistic Sciences of the university center, Unidad Central del Valle – UCEVA, to be accompanied, advised and assisted in their processes of attention and integral reparation, with emphasis in the juridical and psycho-emotional scope, this space was gradually consolidated as an opportunity for meeting and building affective bonds, becoming a group of cooperation, solidarity and mutual aid, where the UCEVA evidences its social projection and the community feels and welcomes the UCEVA as its own, being an alternative for expressing solidarity and managing the restitution of rights within the framework of comprehensive care and reparation proposed by Law 1448² and its regulatory decrees.

The most common diagnosis associated with victims of armed conflict is post-traumatic stress disorder (PTSD)³, which is defined as something we see, hear, or live and which is associated with feelings of horror and hopelessness. For example, exposure to war; sexual or physical abuse; generally, the women of the Network have experienced serious traumatic events throughout their lives, being the most severe event, the one related to the conflict framework. A considerable number of the women in the Network manifest an emotional fatigue associated with long periods of suffering, a kind of emotional numbness,

²Congress of the Republic (2011). Law for Integral Attention and Reparation to Victims of the Armed Conflict in Colombia

³International Classification of Diseases CIE 10. F43.1 Post-traumatic stress disorder

detachment from others, the avoidance of remembering situations associated with the event, as well as feelings of hopelessness, depression or anxiety, other physical symptoms or chronic pain.

The Network has been accompanied by the UCEVA since 2016, while in 2018 the task is to investigate in order to strengthen the psychological and emotional state and capacity of women, for which a research on the social adaptability and psycho-emotional recovery of women is being carried out, wherefrom the application of this Scale on Self-esteem is derived.

Self-esteem is conceived as an individual, intimate or personal experience of one's own estimation of worth, independent of external or social validation, it is understood that the person considers with a high self-esteem if he makes a high valuation of himself (Donnellan, Trzesniewski, & Robins, 2011), The Rosenberg Scale for Self-esteem (RSES), is one of the best-known scales to measure this concept (Donnellan, Trzesniewski, & Robins, 2011; Rosenberg, 1989).

The Rosenberg self-esteem scale (RSES) is an instrument composed of ten items with an ordinal response pattern, with 4 response options, ranging from 'strongly disagree' to 'strongly agree', items distributed in two equal parts; five associated with 'self-confidence' - positive self-esteem, related to self awareness or feeling competent, and the other five associated with 'self-confidence' - negative self-esteem, using pejorative terms associated with sympathy with oneself.

2 Questionnaire

Please answer the following sentences with the answer you think is most appropriate. A. Strongly agree; B. Agree; C. Disagree; D. Strongly disagree:

1. I feel that I am a person worthy of appreciation, at least in equal measure with others.
2. I am convinced that I have good qualities.
3. I am able to do things as well as people's moods.
4. I have a positive attitude towards myself.
5. Overall I am satisfied with myself.
6. I feel I don't have much to be proud of.
7. In general, I am inclined to think that I am a failure.
8. I wish I could feel more respect for myself.
9. There are times when I really think I am useless.
10. Sometimes I think I'm not a good person.

3 Method

3.1 Design

This report is part of a larger study. This analysis represents a validation study of a measurement instrument for a scale with which there is no reference criterion, internationally validated the Rosenberg Scale for Self-esteem.

3.2 Participatns

A group of 19 women between the ages of 35 and 65 took part in this analysis; mostly functional alphabets, including two illiterates and two with technical training, members of a community group called Red de Mujeres Víctimas de Tuluá - Valle del Cauca, Colombia.

3.3 Instruments

In the present study, the version of the Self-esteem Rosenberg Scale (RSES) was used with a dichotomous response pattern that explores the perception of self-esteem during recent thirty days. As usual, the five items related to 'self-confidence' were presented at first, followed by those corresponding 'self-disregard'.

3.4 Procedure

The participants completed the basic demographic information and the RSES in the meeting room at the Legal Clinic of the Faculty of Legal and Humanistic Sciences of the UCEVA, in the presence of research assistants, trained for the appropriate explanation and accompaniment for the process, clarified doubts and responded to inquiries with the precaution of not inducing or suggesting answers. Completing this information took approximately thirty minutes, considering the orientation and explanation of the different concerns generated.

3.5 Ethical considerations

The participants were informed about the objectives and methodology of the study, and were requested to give their consent to continue, guaranteeing the confidentiality of the participation. This work represented a minimal risk for the students, samely, the copyright of the used instrument was respected since the RSES can be used without restriction in research and clinical practice.

The Morris Rosenberg Foundation allows the use of this instrument with the sole commitment of making the respective citation of the most recent version and informing the adjustments made for the application in a particular context or population (Rosenberg, 1989).

4 Results

The table summarizing the responses of the women's group is presented below:

N° of Attendants	The Rosenberg self-esteem scale (RSES) Items										score
	1	2	3	4	5	6	7	8	9	10	
1	A	A	A	A	A	D	D	D	D	D	40
2	A	A	A	A	A	D	D	D	D	D	40
3	A	A	A	A	A	D	D	D	D	D	40
4	A	A	A	A	A	D	D	D	D	D	40
5	A	A	A	A	A	D	D	D	D	D	40
6	A	A	A	A	A	D	D	D	D	D	40
7	A	A	A	A	A	D	D	D	D	D	40
8	A	A	A	A	A	D	D	D	D	D	40
9	A	A	A	A	A	D	D	D	D	D	40
10	A	A	A	A	A	D	D	D	D	D	40
11	A	A	A	A	A	C	D	B	C	B	34
12	A	A	A	A	B	A	D	B	D	B	32
13	A	A	B	A	A	B	D	C	C	D	32
14	A	A	B	A	A	B	B	A	C	D	31
15	A	A	B	A	A	A	B	D	C	D	30
16	A	B	A	A	B	A	D	A	C	B	30
17	A	A	B	A	A	B	B	B	C	B	30
18	A	A	B	B	A	C	C	B	C	C	29
19	A	A	B	B	B	C	C	B	C	B	29

In general, the participants place themselves in a high self-esteem, and only 2 are placed in medium level, to just one point of being within the margin of high self-esteem, asserting that a pillar of their

ability to overcome indistinct difficulties is their day to day.

10 of the 19 women affirmed in both types of questions their self-esteem, reaching the highest possible qualification (40), evidencing a high self-esteem that contemplates the recognition of own qualities and capacities, and a positive conception of themselves, identifying abilities and favorable attitudes, evidencing that a high self-esteem is a quality that can be achieved considering the experiences lived, it is in fact determinant to continue advancing "regardless their past"; The daily life of these women is crossed by daily survival, where stress, depression, guilt, anger and trouble frequently emerge and apparently hinder the enjoyment of life, However, high self-esteem has allowed them to survive and to struggle towards dignifying their lives.

A complementary theme to be investigated is to validate the result to avoid what would be an inflated self-esteem, related to the rationalization of the phrases of the Scale and responding from what is supposed to be and not of what it actually is for their lives.

4.1 Analysis by Item

1. I feel that I am a person worthy of appreciation, at least in equal measure with others. 19 A

When asked this question, the whole group answered that they were in complete agreement, showing that it is a clear statement that does not generate deviation or distortion, being their commitment to the lives of their loved ones (family and friends of the organizations that participate) a clear example of this and their respect for others, placing the importance they give to themselves as human beings at the top of the list.

2. I am convinced that I have good qualities. 18 A - 1B

In this item, 18 of the 19 women were "very much in agreement", and only 1 of them answered to be "in agreement", continuing with the prevalence of a high estimation, now associated to qualities like responsibility, commitment, positive attitude towards life, adaptability and interest in the projects in which the evaluated subjects are involved.

3. I am able to do things as well as most people. 13A - 6B

In this item the favorable tendency of a high self-esteem remains, nevertheless 6 cases where the premise is not so forceful in their lives are presented, possibly relativizing some activities that

surpass their abilities. To do things well, implies for them clarifying that they struggle to do things or learning to do them, because the teaching-learning process with them is complex, they rely on significant experiences far from the educational environment, their school is in turn, their environment and the people they interact with, learning indeed from example and what they manage to hear from people who are meaningful for their lives.

4. Overall I am satisfied with myself. 16 A - 3B

This is the last item associated with positive self-esteem, with an affirmative approach in which most of the sample fits into a high self-esteem, evidencing among the ladies, feelings related to feeling good, with a clear thought about themselves, understanding that there are people who have everything and can feel bad and others who have lost everything and can be happy, which is the case of several of the women subject of this study. Furthermore, it must be said that happiness cannot be conditioned on others, being the arrival of institutional "aids" a determinant factor for their lives.

5. I feel I don't have much to be proud of. 10 A-3B-3C-3D

In this question the component of the negative self-esteem begins, being the positive answers, options C and D, and those of low self-esteem options A and B, in this sense, only 6 out of the 19 women interviewed identified themselves in disagreement with the premise and 13 manifested not having much of what to be proud of, feeling that can be related with the innumerable barriers for the construction of a project of positive life, favorable for them and their families, as a determining task to be able to feel proud, of course contemplating the acquisition of an own house and the access to higher education for their children.

6. In general, I am inclined to think that I am a failure. 14D - 3B - 2C

In the presence of the word failure, the message was clear for 16 out of the 19 interviewed subjects, who do not identify with this phrase, nevertheless, it was found that 3 of them are living situations that force them to think that way; therefore, they must be interviewed directly considering their state of mind and their complex personal situation.

7. I wish I could feel more respect for myself. 11D-5B-1C-2A

This item promotes self respect, ratifying validating the 3 cases of companions who feel that they should improve their Self-esteem, working on their own self trust, and valuing their point of view, behavior, attitudes and aptitudes, being this an important part of the process that is developed for them, addressing concern for what others think, prudently accepting praise and criticism, as well as generating alternatives for their feminine vanity and their right to tenderness and love.

8. There are times when I really think I am useless. 11D 8 C

The term "useless" as well as the word "failure" are very clear to the members of the Network and they do not agree on it, given the conditions in which their lives take place, being their survival and their own families' the main reason to be in the "struggle", they feel permanently useful for themselves and for their families, the question is if the people around them make them feel useless and why, to evaluate the real meaning of the messages and evaluate the interpretation and actions that are consequently carried out, discouraging the habits of attacking the other, attacking oneself or fleeing from the scene, conciliating with themselves their needs of respect and care, while listening to the needs of the other.

9. Sometimes I think I'm not a good person. 13D 5B 1C

5 of the 19 women responded that they agreed with this phrase, which leads the investigation or subsequent intervention to investigate and work on the guilt and mistakes that have been made, because given the circumstances of the victims of the conflict their real capacity to respond to the traumatic event to which they were exposed was low.

5 Conclusions

In conclusion, a high self-esteem allows the recovery of traumatic experiences, strengthening self-esteem is a constant task for women victims of the conflict of the organization, understanding that self-esteem is reflected in thoughts, emotions, decisions, activities, how to relate to others and the relationship with ourselves.

Self-esteem is also influenced by the education received, parenting and the culture in which you are immersed, as well as the ability to adapt to planned and unforeseen changes in people's lives, therefore it is key to continuously monitor the level at which the level of self-esteem is found in people, because self-

esteem is affected by the situation in which they are living.

The most significant thing is that self-esteem remains within certain limits and that when it drops; people are able to work on it, to strengthen it and elevate it again.

The Study made it possible to identify the need to strengthen the self-esteem of the women of the Network through mechanisms, habits and procedures intended to strengthen self-esteem as a pillar for adaptability, resilience and their life project.

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