

# SELF - ESTEEM AND ASSERTIVENESS AMONG MEDICAL AND NON - MEDICAL STUDENTS

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## ABSTRACT

**Introduction:** Self-esteem and Assertiveness are important factors for personal development and growth among College Students. Medical Students are public-spirited professions during this covid-19. The present Medical Students are the backbone of the professional doctors of tomorrow. In order to ensure competent and safe practice and to deliver therapeutic patient care, it is necessary for them to be individuals with high assertiveness and self-esteem. **Methods:** A survey was conducted among a group of students, who were selected using a purposive sampling method. The sample consists of Medical and Non-medical students. The age of the sample ranges from 18 to 30 (Young adults). Both Men and Women were included in samples. Data was collected using a Self-esteem scale by Rosenberg (1965) and Assertiveness scale by Rathus (1973). Correlational Research Design was used in this study. This study used correlation and a test of significance to test the hypothesis of the study. **Results:** The study revealed that both Medical and Non - Medical students, altogether had moderate levels of assertiveness and self-esteem. There was no significant difference between Medical and Non-Medical students in Self-esteem and Assertiveness. There was no significant difference between males and females in assertiveness and self-esteem. There was no significant difference in assertiveness and self-esteem among urban and rural people. Also there is a negative correlation ( $r = -0.271$ ) between Self-esteem and Assertiveness score with  $p$  value  $<0.001$ . **Conclusion:** It is highly important for medical students to express their viewpoints to the patients therefore high assertiveness can help them to express themselves effectively and stand up for their point of view. When people value themselves and have a good self-esteem, they feel secure and worthwhile. They can generally have a positive relationship with others and can feel confident about their abilities. Both Medical and Non-medical students can take assertive training and assertive training must contain a part to develop self-esteem, students should be given proper educational care.

**KEY WORDS:** Assertive skills, Self-esteem, Medical Students, Non-medical students.