



## **An Assessment of Self-Esteem among Women**

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**ABSTRACT** Self-esteem has enormous influence on mental health of women. Self-esteem comprises self-worth and self-image, which affects women's adjustment in various spheres of life. This paper presents relation of age, family income, and family type with self-esteem among women. In this context, 100 women were selected through multistage sampling method, administering questionnaire, and 'self-esteem scale for women' (SESW) on them. The study reveals highly significant relation of family type with self-esteem in personal life of women. Significant differences are also found among women in joint, nuclear and extended families, concerning their self-esteem in family relations, career life, and overall self-esteem. Family income has also shown significant association with women's self-esteem in family relations.