

2023

Does Watching Television Correlate with Self-Esteem in College Students

Lauren Cervenak
Dominican University of California

Survey: Let us know how this paper benefits you.

Recommended Citation

Cervenak, Lauren, "Does Watching Television Correlate with Self-Esteem in College Students" (2023). *Student Conference Abstracts*. 2.
<https://scholar.dominican.edu/student-conference-abstracts/2>

This is brought to you for free and open access by the Student Scholarship at Dominican Scholar. It has been accepted for inclusion in Student Conference Abstracts by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.

Does Watching Television Correlate with Self-Esteem in College Students?

Lauren Cervenak

Department of Psychology, Dominican University of California

PSY 4998.2 Directed Research II

Doctor Rosalie Chen

10 May 2023

IRB Approval #11110

Copyright © Lauren Cervenak, 2023. All rights reserved.

Abstract

The correlation between self-esteem and television in college students was studied. It was hypothesized that younger students would report lower self-esteem than older students (hypothesis 1); students who report higher levels of television viewing will report lower self-esteem (hypothesis 2); and students who see themselves represented more often in television will report higher levels of self-esteem and students who see themselves less represented in television and tv shows would report lower levels of self-esteem (hypothesis 3). Participants consisted of 104 people between the ages of 18 and 65. Many participants were undergraduate students from Dominican University of California. Participants filled out an anonymous online survey, which had them rate their self-esteem on a four-point Likert scale from the Rosenberg Self-Esteem Scale. Results were significant for age and self-esteem and indicated that older students reported lower self-esteem than younger students. The results for hypothesis 2 were not supported, while the results for hypothesis 3 indicated a correlation between age and self-esteem, race/ethnicity and self-esteem, race/ethnicity and television viewing. However, 99 students were between the ages of 18-25, which means that the findings of this study may not show an accurate correlation between self-esteem and age.

Keywords: self-esteem, age, television, college students