

Girls Gaining Ground (GGG) Project

Impact of the Life Skills Program on Self Esteem

A. Dyalchand, M. Khale, G. Kulkarni

Institute of Health Management, Pachod

Questionnaire has 9 domains

Sr	Domain	Number of questions
1.	Body self image	05
2.	Communication Skills	07
3.	Negotiation Skills	04
4.	Mobility	04
5.	Decision Making	04
6.	School Achievements	05
7.	Peer Approval	02
8.	Assessment of Self Efficacy	12
9.	Food Security	03
	Total questions	46

Scale used for Ranking Attitudes and Perceptions

46 questions asked to elicit girls' perceptions & attitudes towards their abilities for adaptive behaviour, self esteem and self efficacy

Girls were asked to rank their responses using the Pachod paisa scale (100 paise in a rupee)



Measurement Using Pachod-Paisa Scale

Pachod -*paisa* scale was used to measure attitudes. Respondents rated attitude statements on a scale of 0 - 100 *paisa*.

High agreement - 51 -100 paisa

Low agreement - 0-50 paisa

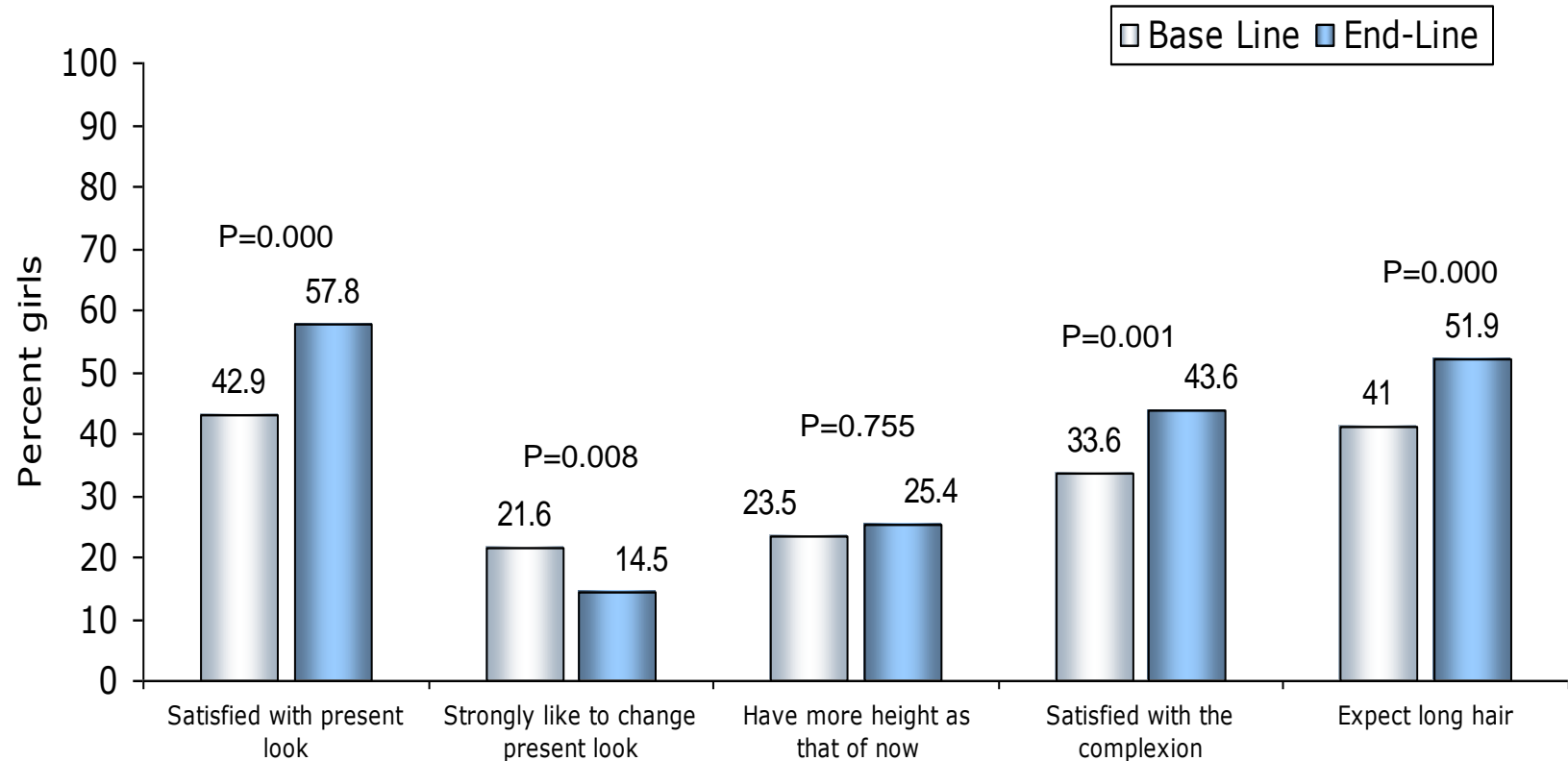
0 paisa ----- 100 paisa

- Culturally appropriate
- Increases range of responses
- Increases score variability
- Increases sensitivity
- Potential for improving reliability

Source: N. Kapadia-Kundu and A. Dyalchand “The Pachod Paisa Scale: A Numeric Response Scale for Health and Social Sciences”
Demography India, June 2007

Domain I: Body self image

Girls reported 67-100 paise in a rupee

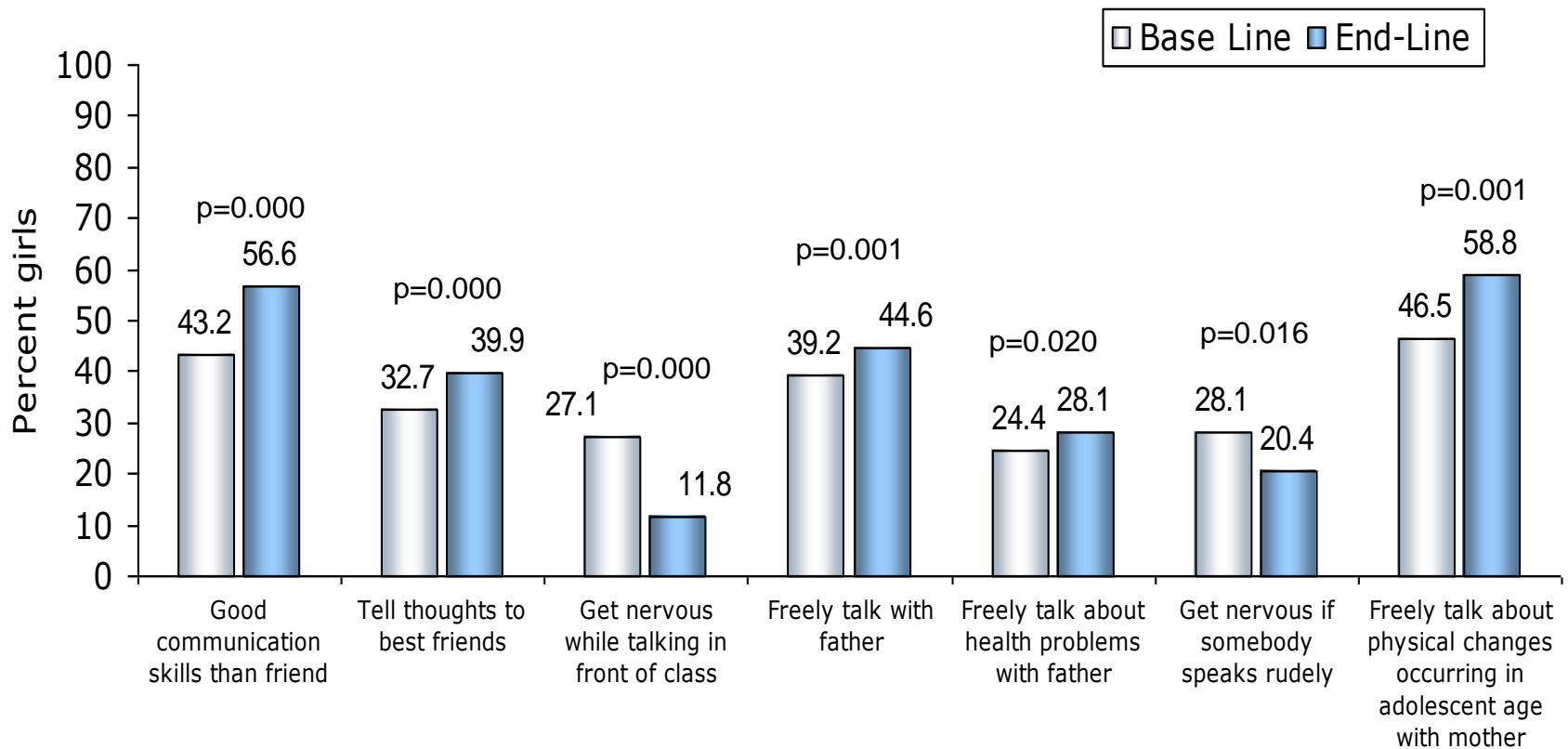


Summary: Body self image

- **Significantly higher proportion of girls satisfied with their self image**
 - **Significant reduction in the proportion of girls desirous of a change in their appearance**
 - **No significant change in perception about height**
 - **Significant reduction in proportion having poor satisfaction with their complexion**
 - **Significant increase in proportion desirous of long hair**
-

Domain II: Communication Skills

Girls reported 67-100 paise in a rupee



Summary: Communication Skills

- **Compared to their friends, girls gave their own communication skills a significantly higher rating**
 - **Significant increase in confidence to share their thoughts with a best friend**
 - **Significant reduction in proportion of girls who felt strongly that they would get nervous while speaking in front of a class**
 - **Significant reduction in the proportion of respondents who felt strongly that rude behaviour would make them nervous**
-

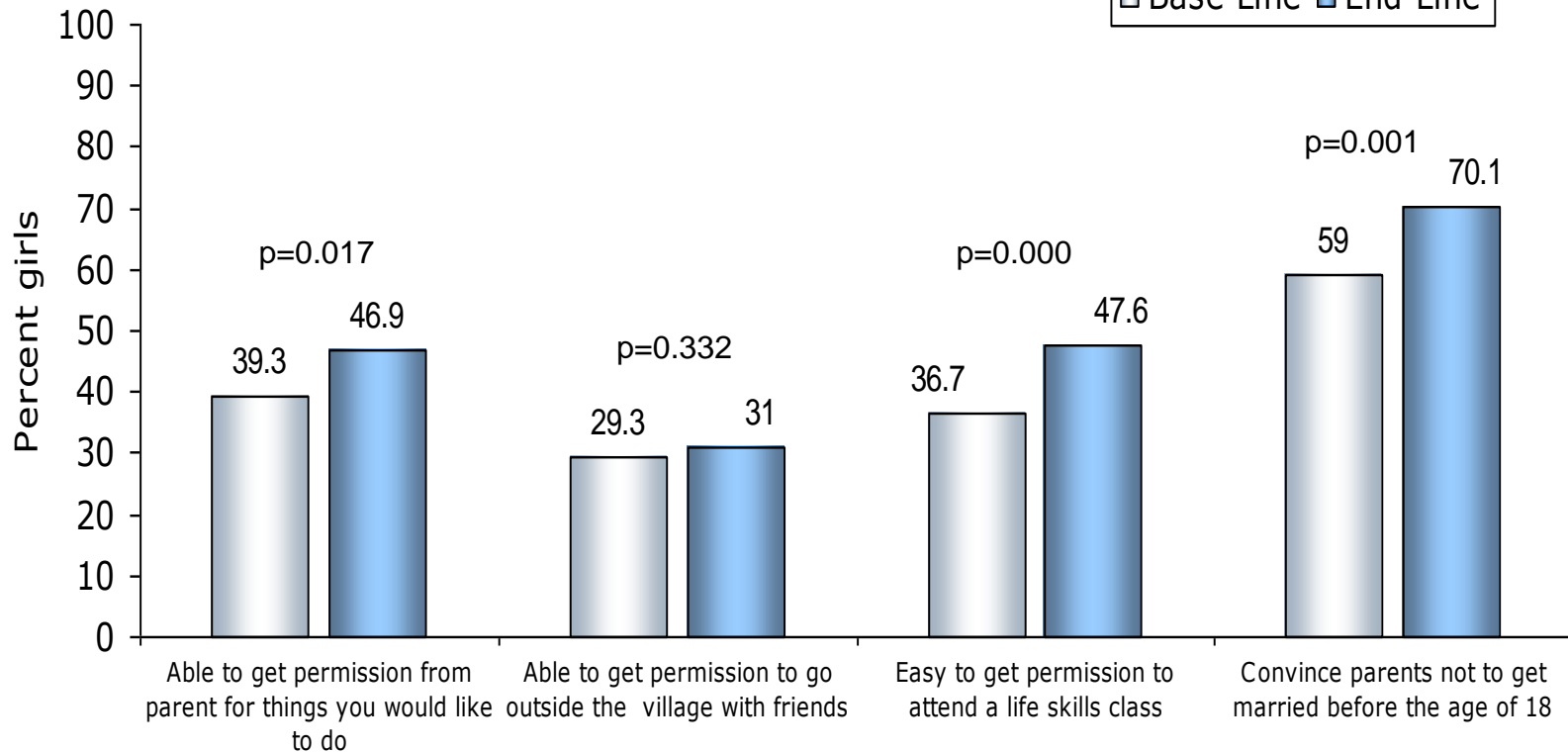
Summary: Communication Skills....

- **Significant increase in the proportion of girls with the ability to communicate freely with their father**
 - **Significant increase in proportion of girls with perceived ability to communicate freely with their fathers about health issues**
 - **Significant increase in proportion of respondents that expressed a high ability to communicate about physical changes occurring during adolescence with their mothers**
-

Domain III: Negotiation Skills

Girls reported 67-100 paise in a rupee

□ Base Line ■ End-Line

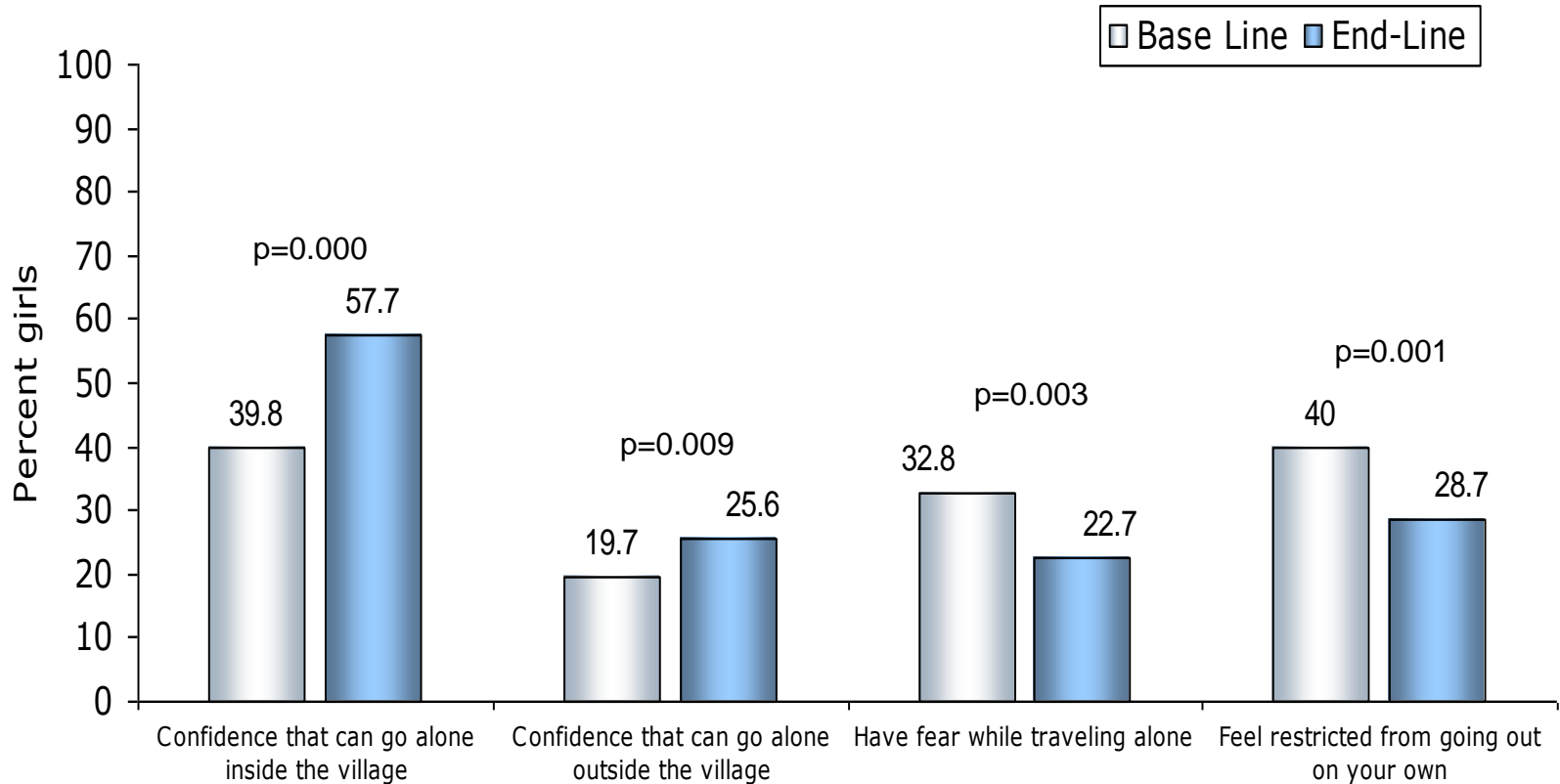


Summary: Negotiation Skills

- **Significant increase in proportion of girls who were very confident of being able to get parental assent to acquiesce with their wishes**
 - **No change in proportion of respondents likely to get permission to go outside their village with friends**
 - **Significant increase in proportion of respondents with perceived high confidence for getting permission to attend a life skills class**
 - **Significant increase in proportion of respondents with perceived ability to convince their parents to delay their age at marriage beyond 18 years**
-

Domain IV: Mobility

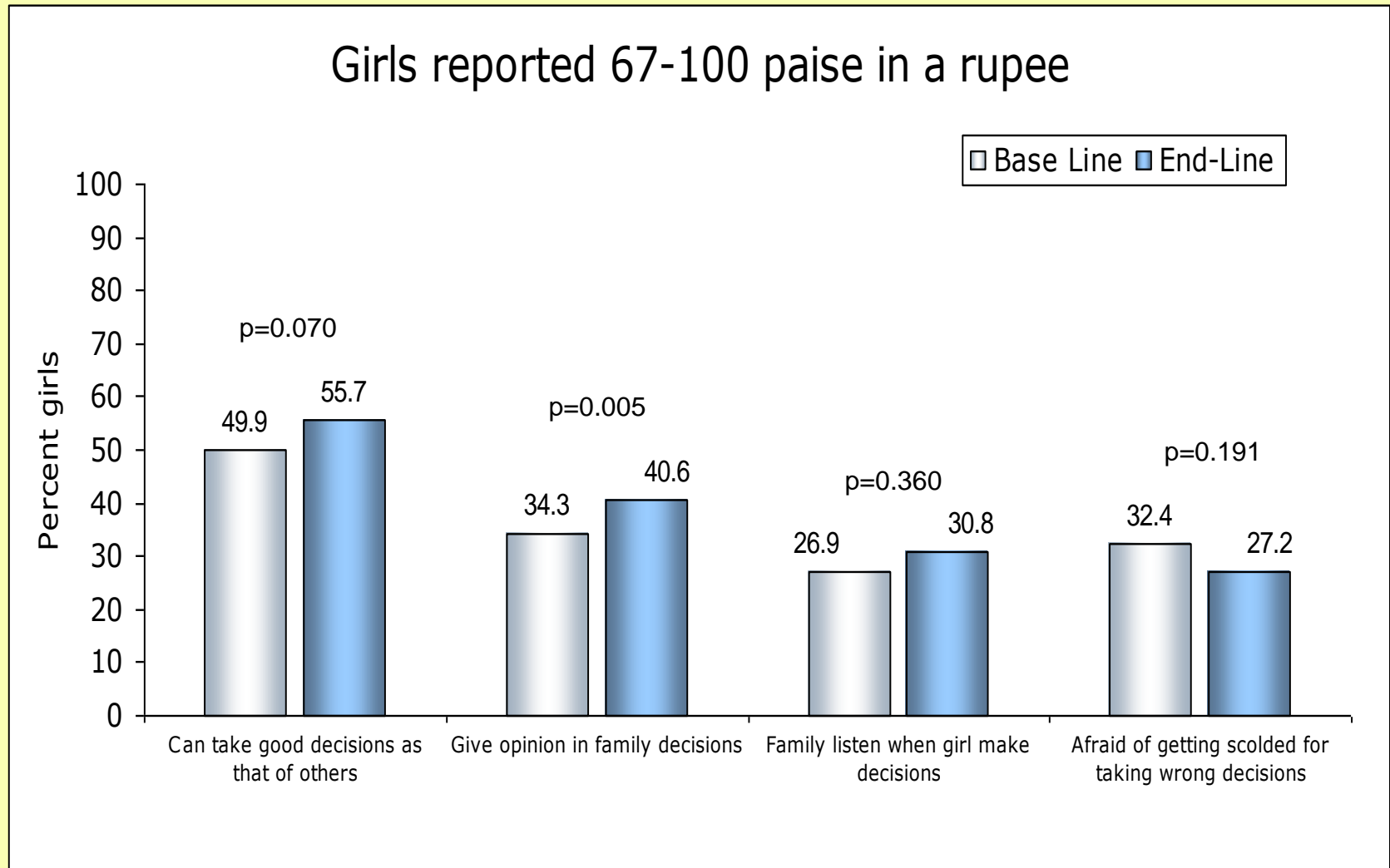
Girls reported 67-100 paise in a rupee



Summary: Mobility

- **Significantly higher proportion of girls showed high levels of confidence of moving around alone within the village**
 - **Significant increase in the proportion of respondents with high levels of confidence to travel outside the village**
 - **Proportion of girls scared at the thought of traveling alone outside their village reduced significantly**
 - **The proportion of girls that perceived restrictions to their mobility reduced significantly**
-

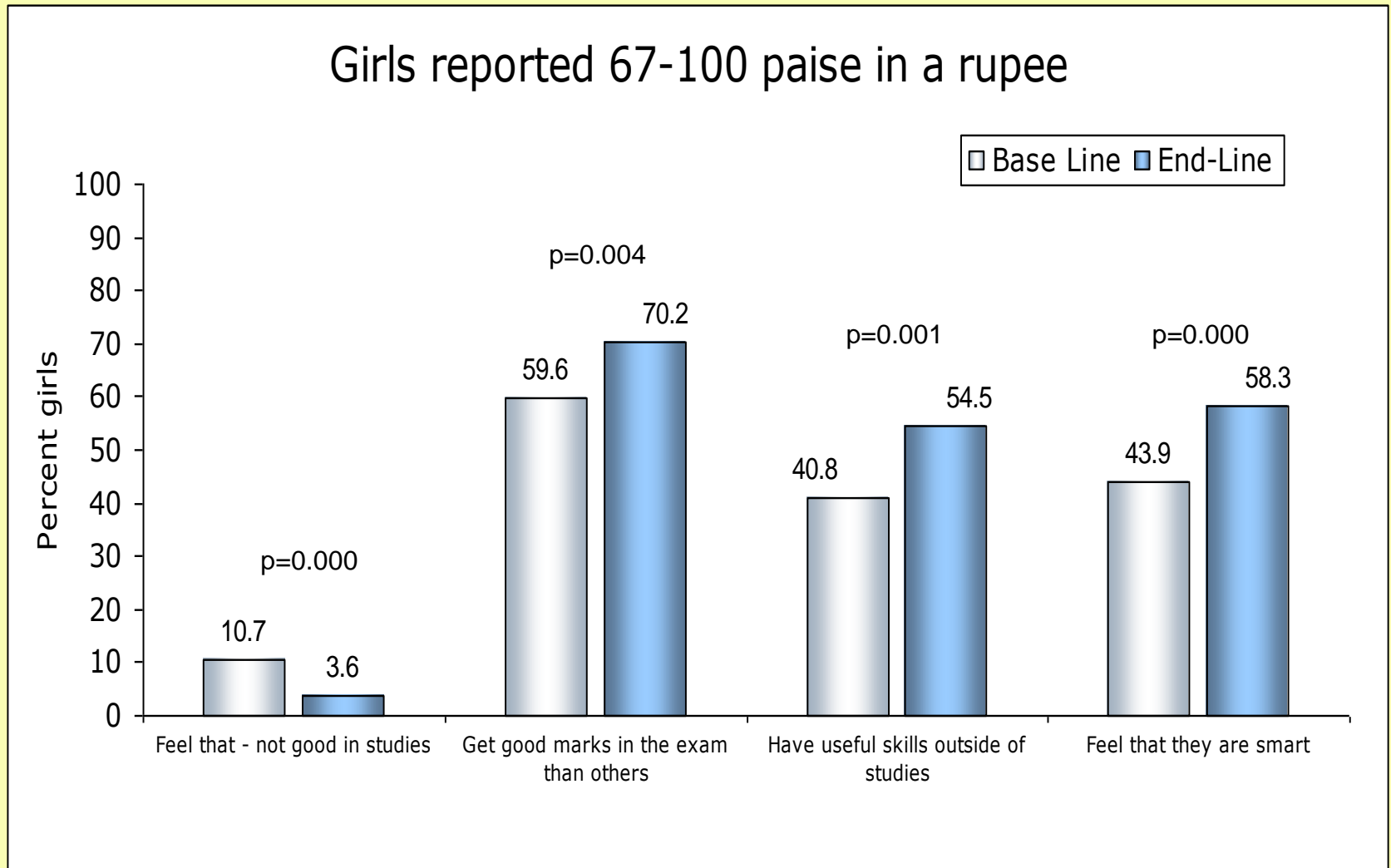
Domain V: Decision Making



Summary: Decision Making

- **No change in proportion in girls that thought the decisions made by them are as good as taken by others**
 - **Significant increase in proportion of girls who feel confident to give their opinion when the family is taking a decision**
 - **No change in proportion of respondents who feel that their family gives their opinion importance**
 - **Slight reduction in proportion of girls scared of being reprimanded for taking wrong decisions. Difference not significant.**
-

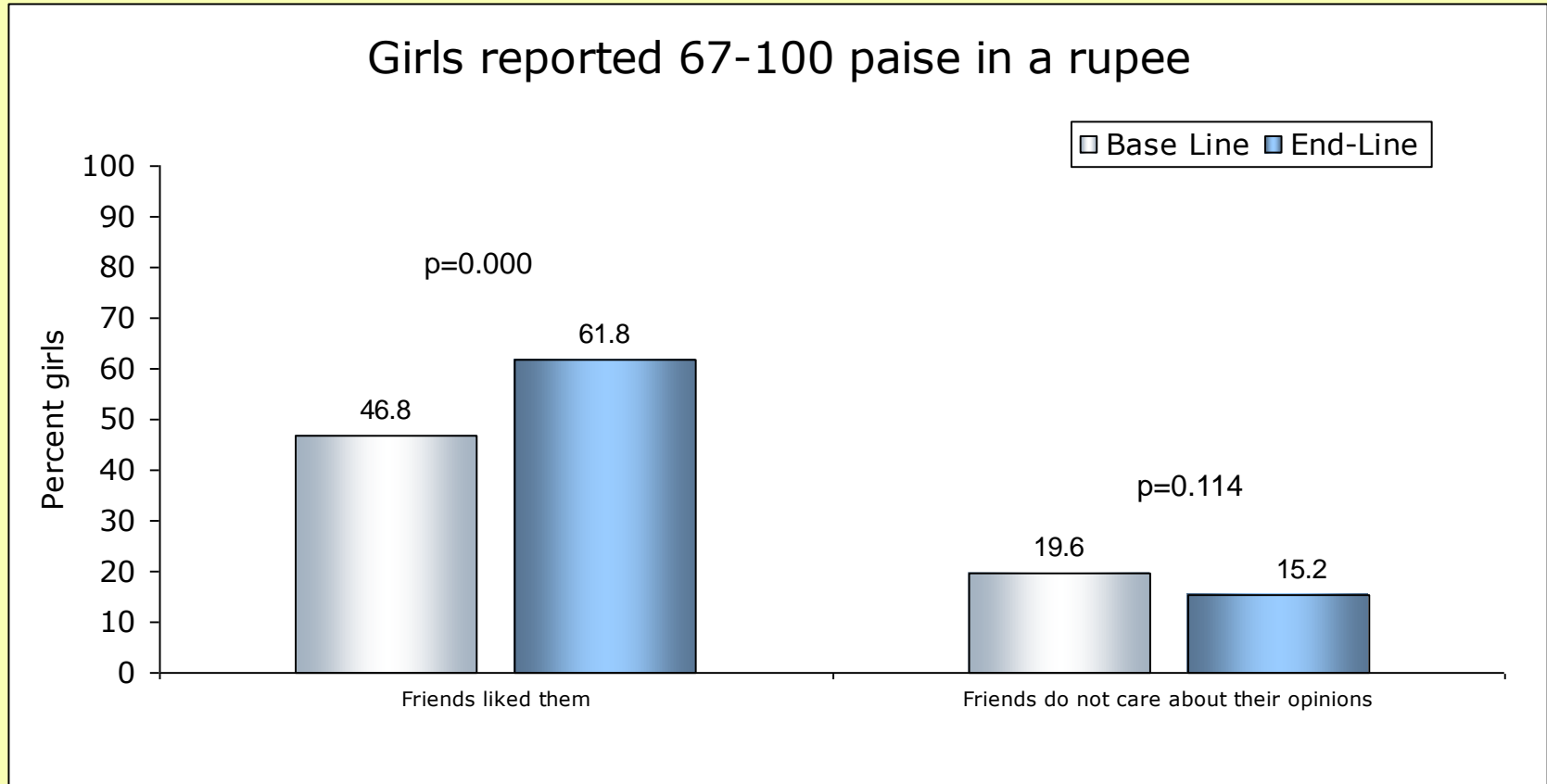
Domain VI: School Achievement



Summary: School Achievement

- **Significant reduction in proportion of girls who felt they were not good at studies**
 - **Significant increase in proportion of girls very confident of performing academically better than others**
 - **Significant increase in proportion of girls who felt that they had developed useful skills other than school education**
 - **Significant increase in proportion of respondents who thought they were smart**
-

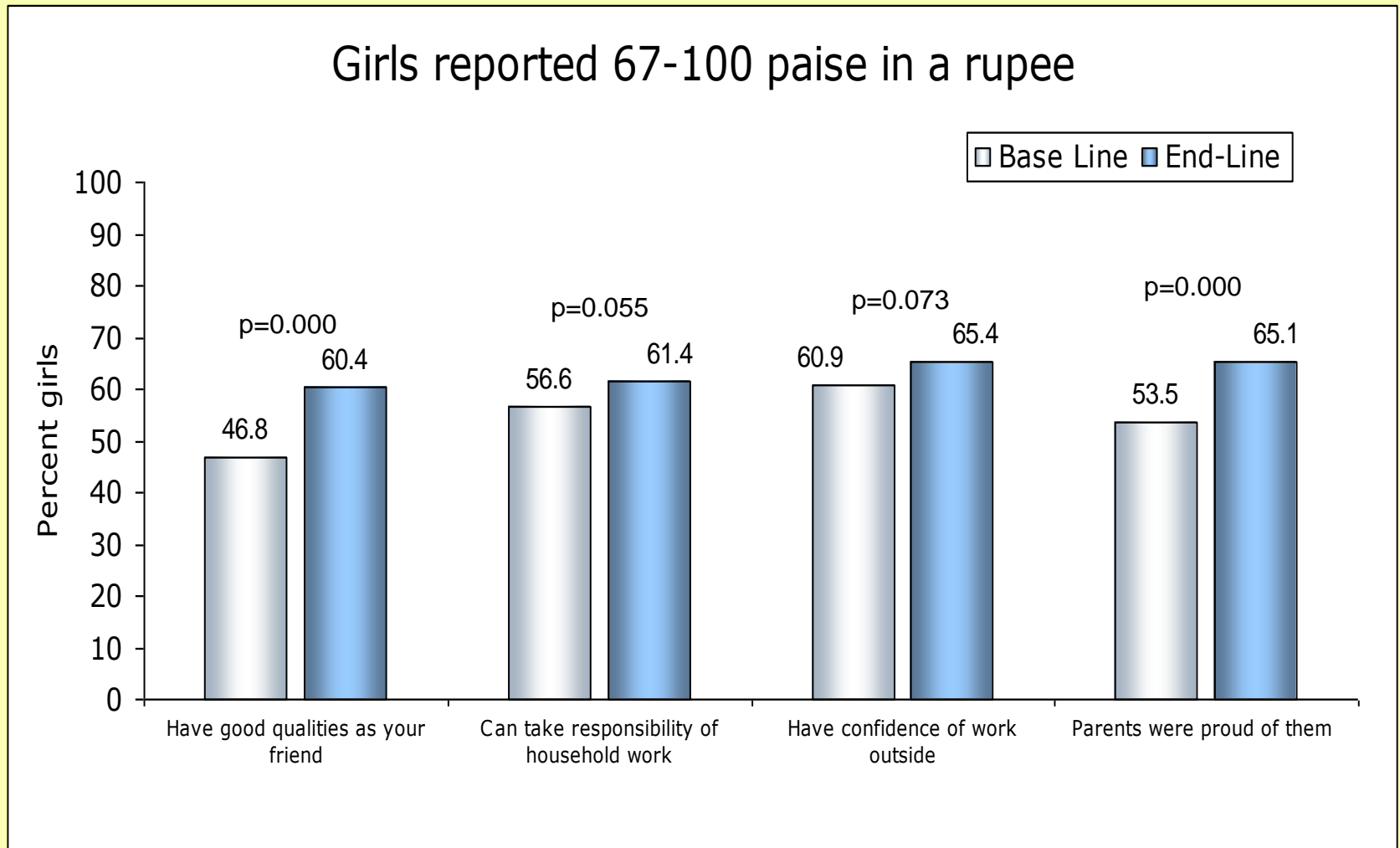
Domain VII: Peer Approval



Summary: Peer Approval

- The proportion of respondents who thought that their friends liked them increased significantly
 - The proportion of respondents who thought that their opinion was not valued by their friends reduced. But the difference was not significant
-

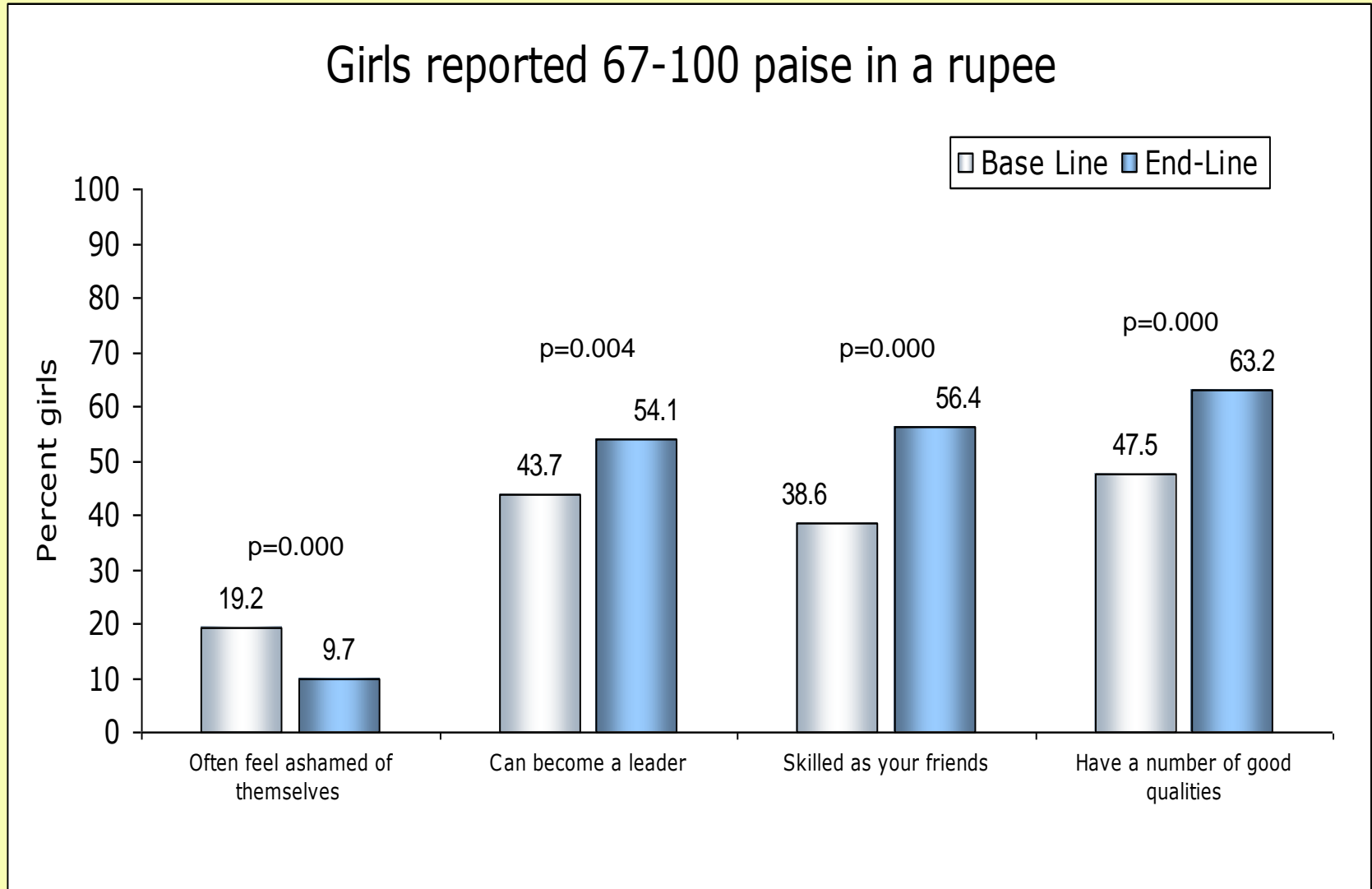
Domain VIII: Assessment of Self Efficacy



Summary:

- **Significant increase in proportion of girls that strongly felt they had as many good qualities as their friends**
 - **Significant increase in proportion of girls that feel very capable of taking responsibility of household work**
 - **Slight increase in proportion of respondent's (not significant) that were confident that they could take up a job outside the home**
 - **Significant increase in proportion of respondents who felt strongly that their parents were proud of them.**
-

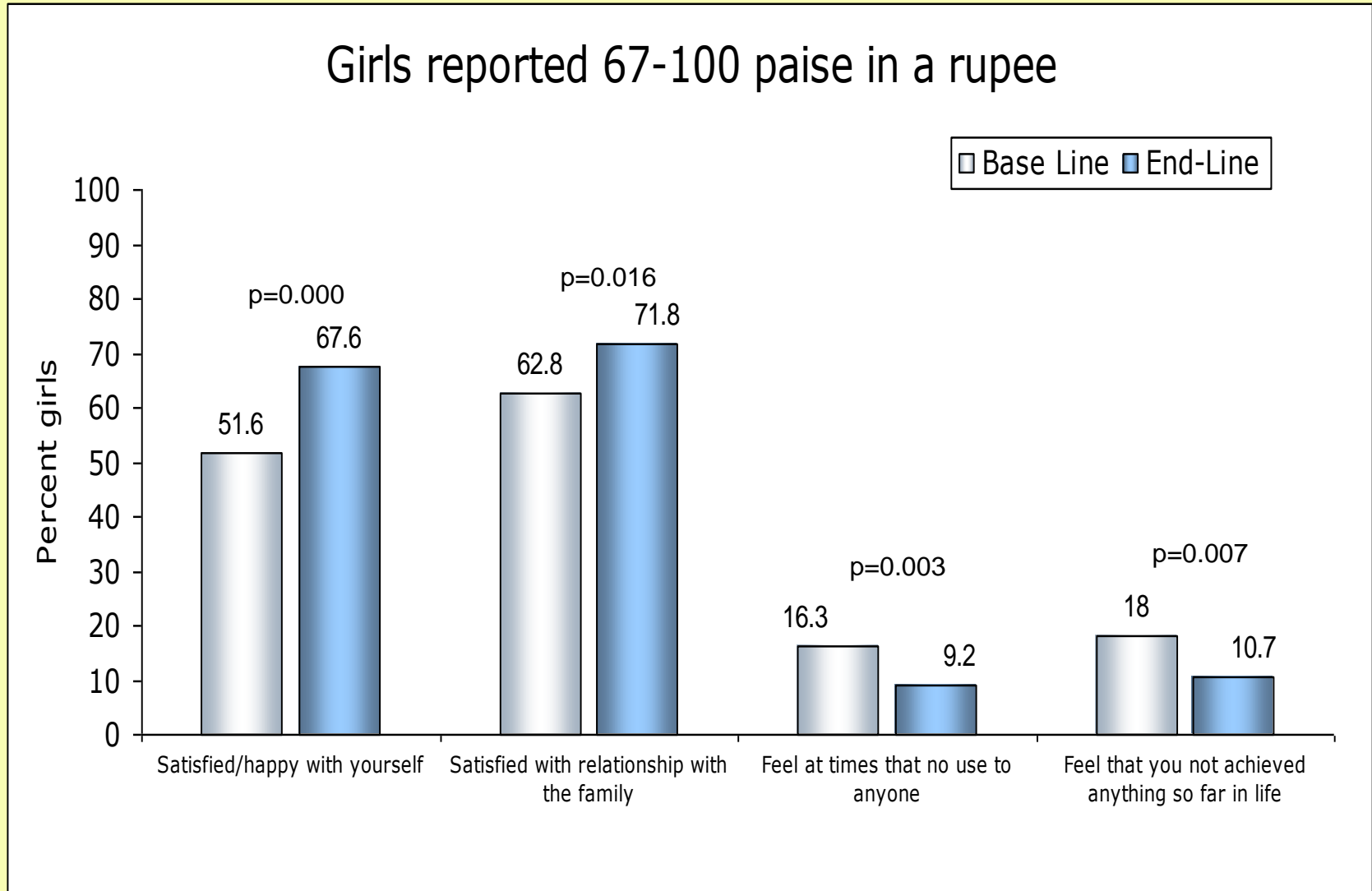
Assessment of Self Efficacy



Summary:

- **Significant reduction in proportion of girls who felt strongly that they often felt ashamed of themselves**
 - **Significant increase in proportion of respondents who were highly confident that they can become leaders**
 - **Significant increase in proportion of girls who thought they were as skilled as their friends**
 - **Significant increase in proportion of girls who thought they had a number of good qualities**
-

Assessment of Self Efficacy

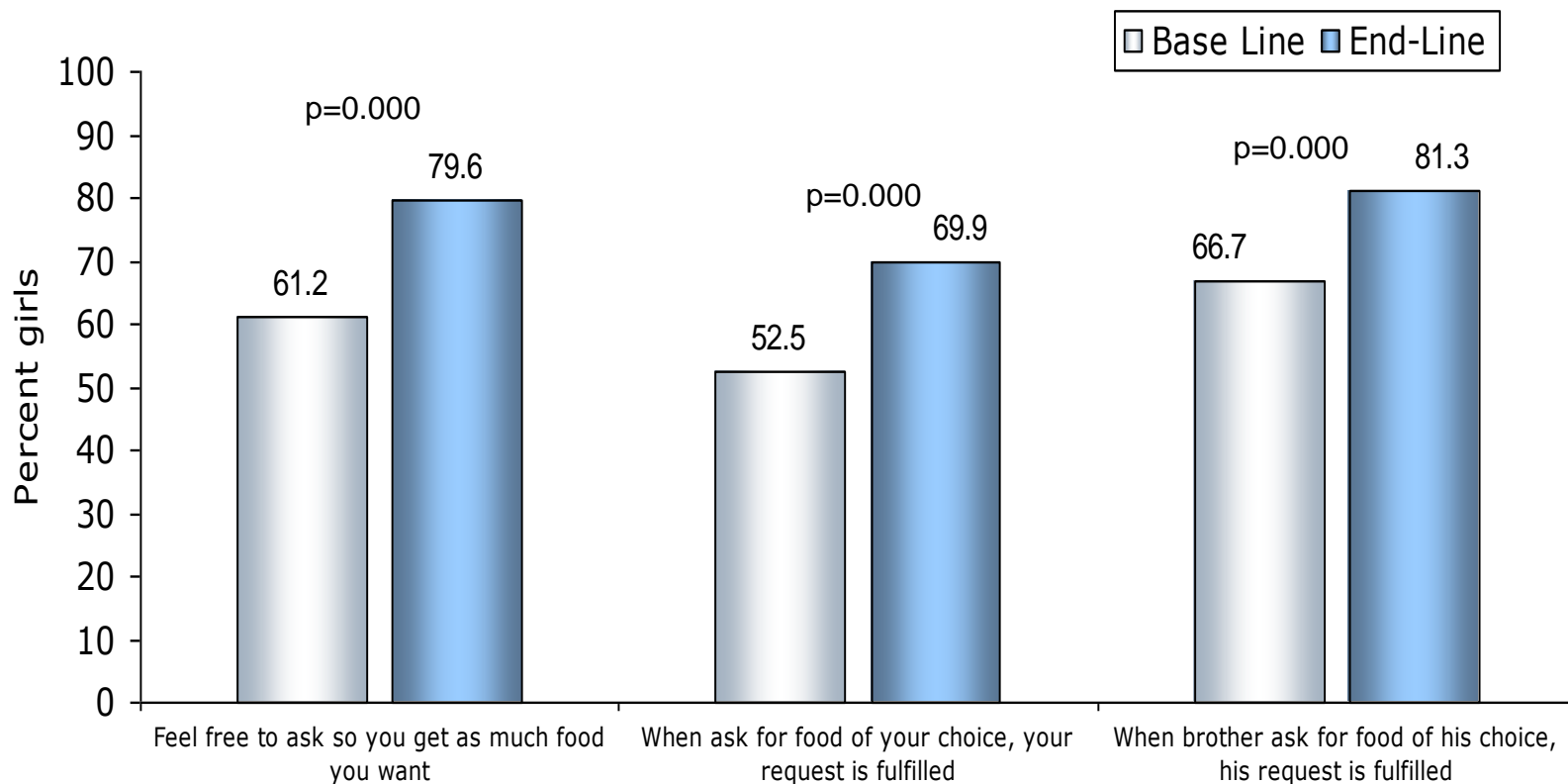


Summary:

- **Significant increase in proportion of girls that strongly perceived satisfaction /happiness with who they are**
 - **Significant increase in proportion of girls satisfied with their relationship with their families**
 - **Significant reduction in proportion of girls who felt that they are of no use to anyone**
 - **Significant reduction in proportion of girls who felt that they had not achieved anything so far in life**
-

Domain IX: Food Security

Girls reported 67-100 paise in a rupee



Summary: Food Security

- **Significant increase in proportion of girls that felt free to ask for as much food as they wanted to eat**
 - **Significant increase in proportion of girls highly confident of getting food of their choice on request**
-

Inference

- Post Intervention study indicates a significant increase in proportion of girls having perceived abilities for adaptive behaviour, higher Self-esteem and Self-efficacy**
-