

**Differences in Mastery & Self-Esteem
in
Culturally Diverse Adolescent Females**

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Problem Statement

The cultural relevance is unclear of mastery & self-esteem as psychological determinants of health-enhancing behaviors and health status.

Definitions

- **Mastery:** A global sense of control over one's life
- **Self-Esteem:** The extent to which one accepts oneself; the value placed on self

Review of Literature

Mastery

What we know —

Mastery is health-enhancing

What we don't know —

Whether cultural affiliation influences:

- 1) Level of mastery
- 2) The impact of mastery on health-enhancing behaviors

Review of Literature

Self-Esteem

What we know —

Self-esteem is health-enhancing.

What we don't know —

Whether cultural affiliation influences

- 1) Level of self-esteem
- 2) The impact of self-esteem on health-enhancing behaviors

Significance of Study

An understanding of cultural differences in mastery & self-esteem —

Critical to the development of culturally sensitive interventions to promote health-enhancing behaviors associated with mastery & self-esteem.

Purpose of Study

To determine if differences exist in mastery & self-esteem levels in diverse cultural groups of adolescent females

Research Question

Do differences in mastery and self-esteem levels exist in adolescent females of diverse cultures?

Methods

Part of a cross-sectional, correlational study investigating predictors of HIV risk reduction behaviors —

- Site: Adolescent clinic in northeastern city
- Sample: Adolescent females aged 15-19 years
- Procedures: Questionnaire completed anonymously
- Human Subjects: Review at respective institutions—study site, university, and Office of Protection from Research Risks

Methods

- Measures
 - Demographic Data Form
 - Pearlin Mastery Scale
 - Rosenberg Self-Esteem Scale
 - Metzger High Risk Sexual Relationship Subscale of Adolescent Problem Severity Index
- Data Analysis: Analysis of Variance

Mastery & Self-Esteem Scores

Total Sample N=224

- Mastery:

Total Sample: $M=21.38$, $S.D.=3.41$

Range: 11-28 (Possible Range: 7-28)

- Self-Esteem:

Total Sample: $M=31.48$, $S.D.=4.83$

Range: 16-40 (Possible Range: 10-40)

Mastery Scores by Cultural Groups

Mastery Scores*

- Black Participants: $M=22.06$, $S.D.=3.33$
- Latina Participants: $M=20.57$, $S.D.=3.87$
- White Participants: $M=20.93$, $S.D.=2.80$

*Black participants with significantly higher mastery scores than Latina participants

Self-Esteem Scores by Cultural Groups

Self-Esteem Scores*

- Black Participants: $M=32.46$, $S.D.=4.72$
- Latina Participants: $M=30.60$, $S.D.=4.53$
- White Participants: $M=30.49$, $S.D.=5.05$

*Black participants with significantly higher self-esteem scores than Latina and White participants

HIV Risk Reduction Scores

HIV Risk Reduction Scores*

(High scores equal high risk reduction behaviors)

- Total Sample: $M=6.60$, $S.D.=3.45$, Range: 0-11
- Black Participants: $M=6.43$, $S.D.=3.62$, Range: 0-11
- Latina Participants: $M=6.69$, $S.D.=3.30$, Range: 0-11
- White Participants: $M=6.86$, $S.D.=3.31$, Range: 1-11

*No significant difference in scores among groups

No Association between Mastery or Self-Esteem & HIV Risk Reduction Behaviors

Mastery & self-esteem did not predict
HIV risk reduction behaviors in

- the total sample
- the cultural subgroups

Discussion

Theoretical Considerations

Literature Considerations

Methodological Considerations

Limitations

- Subjective self-report
- Cross-sectional design
- Data reduction implicit in quantitative methodology
- Purposive versus random sampling
- Findings restricted to participants & context of data collection

Implications for Practice

- Exploration of life meanings behind mastery & self-esteem
- Guidance in the development of culturally sensitive interventions to promote health-enhancing behaviors associated with mastery & self-esteem

Conclusions

Increased understanding of mastery & self-esteem
in a culturally-diverse adolescent —

- 1) Differences in mastery between black & Latina adolescent females
- 2) Differences in self-esteem between black and Latina / white adolescent females
- 3) Differences in mastery & self-esteem did not impact HIV risk reduction behaviors.