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

Ellen Long-Middleton, PhD, APRN, FNP-BC
Funding Gratefully Acknowledged

- National Institute of Nursing Research
  National Institutes of Health
- Maternal and Child Health Bureau
  Department of Health and Human Resources
- Boston College University Fellowship
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: $M=22.06, \text{ S.D.}=3.33$
– Latina Participants: $M=20.57, \text{ S.D.}=3.87$
– White Participants: $M=20.93, \text{ S.D.}=2.80$

*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

(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

*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.