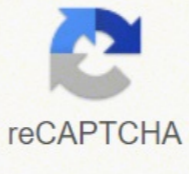




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Nama :
Umur :

ROSENBERG SELF ESTEEM SCALE

Sila baca pernyataan di bawah dan bulatkan di huruf yang sesuai. **Tidak ada jawapan yang betul atau salah, pilih jawapan yang sesuai dengan keadaan anda sekarang**

- A. SANGAT BERSETUJU
- B. BERSETUJU
- C. TIDAK BERSETUJU
- D. SANGAT TIDAK BERSETUJU

BIL	PERNYATAAN	SANGAT BERSETUJU	BERSETUJU	TIDAK BERSETUJU	SANGAT TIDAK BERSETUJU
1	Saya rasa, saya adalah seorang yang berguna, sekurang-kurangnya sama seperti orang lain	A	B	C	D
2	Saya rasa diri saya mempunyai beberapa keistimewaan.	A	B	C	D
3	Secara keseluruhannya saya merasakan diri saya seorang yang gagal.	A	B	C	D
4	Saya mampu melakukan sebarang pekerjaan yang dilakukan oleh orang lain.	A	B	C	D
5	Saya tidak mempunyai keistimewaan diri yang dapat dibanggakan	A	B	C	D
6	Saya berikap baik terhadap diri sendiri.	A	B	C	D
7	Secara keseluruhannya, saya berpuas hati terhadap diri sendiri.	A	B	C	D
8	Saya berharap saya boleh lebih menghormati diri sendiri.	A	B	C	D
9	Kadangkala saya merasakan diri saya tidak berguna	A	B	C	D
10	Kadangkala saya fikir diri saya tidak baik langsung	A	B	C	D

	Questions	Strongly agree	agree	disagree	Strongly disagree
1	On the whole I am satisfied with myself.				
2*	At times I think that I am no good at all				
3	I feel that I have a number of good qualities.				
4	I am able to do things as well as most other people				
5*	I feel I do not have much to be proud of				
6*	I certainly feel useless at times.				
7	I feel that I am a person of worth, at least the equal of others.				
8*	I wish I could have more respect for myself.				
9*	All in all, I am inclined to feel that I am a failure.				
10	I take a positive attitude toward myself.				

#	Questions	1	2	3	4
1	I feel that I'm a person of worth, at least on an equal plane with others.	Strongly Disagree	Disagree	Agree	Strongly Agree
2	I feel that I have a number of good qualities.	Strongly Disagree	Disagree	Agree	Strongly Agree
3	I am inclined to feel that I am a failure. **	Strongly Disagree	Disagree	Agree	Strongly Agree
4	I am able to do things as well as most other people.	Strongly Disagree	Disagree	Agree	Strongly Agree
5	I do not have much to be proud of. **	Strongly Disagree	Disagree	Agree	Strongly Agree
6	I take a positive attitude toward myself.	Strongly Disagree	Disagree	Agree	Strongly Agree
7	On the whole, I am satisfied with myself.	Strongly Disagree	Disagree	Agree	Strongly Agree
8	I certainly feel useless at times. **	Strongly Disagree	Disagree	Agree	Strongly Agree
9	I wish I had more respect for myself. **	Strongly Disagree	Disagree	Agree	Strongly Agree
10	At times I think I am no good at all. **	Strongly Disagree	Disagree	Agree	Strongly Agree

** indicate negatively loaded questions

NLSY respondents range between 39 and 47 years of age in the 2004 survey. Age is included to control for life cycle changes within this cohort (Haurin, et al., 1997). Prior research suggests

rosenberg self-esteem scale (1-9 version)

name: _____ date: _____ time period: _____

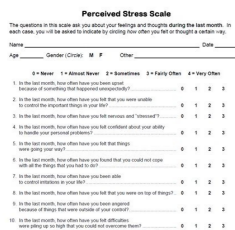
Below are a series of statements describing feelings you may have about yourself. To the right of each statement, tick the box that indicates how much you agree or disagree with each statement - either generally or over an agreed time period.

<i>please use the 1 to 9 scale on the right - the numbers indicate how much you agree</i>		1	2	3	4	5	6	7	8	9
		strongly disagree	quite strongly disagree	somewhat disagree	slightly disagree	neither agree nor disagree	slightly agree	somewhat agree	quite strongly agree	strongly agree
a	I feel that I'm a person of worth, at least on an equal basis with others									
b	I feel that I have a number of good qualities									
c	<i>all in all, I'm inclined to think that I'm a failure</i>									
d	I am able to do things as well as most other people									
e	<i>I feel that I do not have much to be proud of</i>									
f	I take a positive attitude towards myself									
g	on the whole, I'm satisfied with myself									
h	<i>I wish I could have more respect for myself</i>									
i	<i>I certainly feel useless at times</i>									
j	<i>at times, I think I'm no good at all</i>									

total range is 9 to 90; note italicised items (c, e, h, i & j) are reverse scored. **total**

=

normal range is reported as 51 to 79, with scores < 51 suggesting low & >79 high self-esteem



The structure of the rosenberg self-esteem scale a cross-cultural meta-analysis. The rosenberg self esteem scale scoring. The rosenberg self-esteem scale (rse). The rosenberg self-esteem scale (rse) rosenberg 1965). The rosenberg self-esteem scale test. The structure of the rosenberg self-esteem scale. The rosenberg self-esteem scale was created for _____ populations. What does the rosenberg self esteem scale measure.

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"There's no compliment "I am good at math... I'm very funny sometimes... Vallieres, E.F., & Vallerand, R.J. (1990). Rosenberg's self-esteem scale is considered a reliable and reliable quantitative tool for assessing self-esteem. [3] The SSRS have been translated and adapted to various languages, such as Persian, [4] French, [5] Chinese, [6] Italian, [7] German, [8], [8] 9] and Spanish. [10] The scale is widely used in cross-cultural studies atÅ 53 in different p. [11] Refers to Rosenberg, M. my hair looks just right today. "Don't worry that you won't become vain. Princeton, NJ: Princeton University Press. Self-esteem is the way you don't think about yourself and what you don't expect from yourself. ^ Santos, P.J., & Maia, J. Retrieved 31 January 2017. NÅE Å± Ez, JosÅº G. Bollettino di Psicologia Applicata, 223, 35 ~ã ~ "44 ^ Von Collani, G., & Herzberg, P. Perceptual and Motor Skills, 65, 27 - 34. Zeitschrift DifferentiÄlr Differentiates Und Diagnostische Psychology, 24, 3º ~ã ~ "7. Navarro, & Fernando Grijalo (2007) Rosenberg's self-esteem scale: translation and validation in university students. Blaskovich, Jim and Joseph Tomaka. Its a rare day that doesn't provide us with something that makes us happy - the difficult part is to be aware of it. ^ Shapurian, R., Hojat, M., & Nayerahmadi, H. He uses a scale of 0 - 30, where a score less than 15 may indicate a low self-esteem problem. [2] The SSRS is designed similar to the Social-Survey questions. Y, and notes, while watching TV and movies, or watching people at school or in the mall, that attractive people see in all colors, shapes and sizes, that girls and women who are not supermodels are, in fact, loved and adored by the opposite sex. If you don't want to make a change, like losing weight, don't set unrealistic goals ("I want to be a size five" or "I want to lose 50 pounds in three months.") Instead, realistic goals that you know you can achieve, how to exercise three three Five times a week and eat well. The depth of your self-esteem also affects these decisions, whether about playing a sport on another, with whom to get out, which options to take in school or other situations, such as smoking, drinking or deciding to have sex. Your body changes, you can feel unattractive, strange, ugly. (2005). Journal of Personality and Social Psychology, 89, 623 Å e 642. (1987), 10, No. 2, 458 Å e 467 ^ Schmitt, D.P., & Allik, J. AnÅf. Factorial lysis Confirmatria and preliminary validation of a Portuguese version of Rosenberg self-esteem scale. Ann Arbor: Social Research Institute. Å º Cheng, S.T., & Hamid, P.N. (1995). Online PDF Here: Å º "Rosenberg Self-Esteem Scale" (PDF) English). The Rosenberg (RSES) self-esteem scale, developed by SociLogo Morris Rosenberg [1], is a measure of self-esteem widely used in social science research. "Self-esteem measures." Pp. 115 Å e 160 in J.P. Robinson, p.r. Shaver, and L.S. Wrightsman (Eds.), Personality measures and social psychological attitudes. The basis for positive self-esteem is constructed at an early age and is influenced by the relationship between you and your family. La Scala dell'autostima di rosenberg translate and validazione Italian because we all have the habit of focusing on the negative, these thoughts tend to just balance things a little. At the end of the day, think about three things that were good about the day. The scale measures the global self-esteem measuring positive and negative feelings about the self. (1965). Psychometrical features and dimensionality of a Persian version of the Rosenberg self-esteem scale. (1997). The Spanish Journal of Psychology vol. Simultaneous administration of the Rosenberg self-esteem scale in 53 nations: explore the universal dimension and characteristics of global self-esteem. The pounds will come out and you won't enjoy a sense of success every time you don't achieve your goal.ºAt the most, the most important thing: When your inner voice eats to put it down, hit those comments with positive or neutral. Replace "I am fat" with "I exercise and eat right." Replace "I am bombarded in this test; I'm just so mad at "I'm smart and I can do better. Maybe you haven't heard an old favorite song in Radio, or polished a good book under the shade or know the right answer in class. Perceptual and motor skills, 81, 431ÅÅ Å434. If everything is fine physically, then you can't eat dealing with the problem of the image. First, accept the fact that there are many things that make you a unique person - your eye color, skin shadow, height, facial shape - can't be changed. changed.

The Rosenberg Self-Esteem Scale. Please rate yourself on the following items by writing a number in the blank before each statement, where you. 1 = Strongly Disagree 2 = Disagree 3 = Agree 4 = Strongly Agree ____ I feel that I'm a person of worth, at least on any equal base with others. ____ I feel that I have a number of good qualities. The Rosenberg Self-Esteem Scale consists of 10 items designed to measure the self-esteem of adolescents. The RSE requires respondents to rate five positively worded and five negatively worded items on a Likert scale. The scale is now used across the population and takes very little time to administer. Rosenberg, M. (1965).

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