

Rosenberg Self-Esteem Scale

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle SA. If you agree with the statement, circle A. If you disagree, circle D. If you strongly disagree, circle SD.

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

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Scoring:

SA=3, A=2, D=1, SD=0.

Items with an asterisk are reverse scored, that is, SA=0, A=1, D=2, SD=3.

Total the scores for the 10 items. The higher the score, the higher the self-esteem.

References:

Crandall, R. (1973). The measurement of self-esteem and related constructs. *Measures of social psychological attitudes*, 45, 167.

Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.

Wylie, R. C. (1974). *The self-concept. Theory and research on selected topics*. Lincoln, NE: University of Nebraska.

You are welcome to book a consultation session with a counsellor at the Student Wellness Centre to discuss the results of your self-report and/or any questions which you might have. Please email us at care@sim.edu.sg to make an appointment.