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Original Article

Characterization of the self-esteem-sexuality relationship in secondary school adolescents

Characterization of the self - esteem - sexuality relationship in adolescents of Basic Secondary

Characterization of the relationship between self-esteem and sexuality in adolescents in Fundamental Education

Sheila Virgen Pons Delgado I*  <http://orcid.org/0000-0001-8232-1892>

Eduardo Félix Gutiérrez Pérez II  <http://orcid.org/0009-0003-3698-2974>

Aliuska González Santisteban III  <http://orcid.org/0000-0001-5751-2291>

Hilda Elena Manchón Agüero IV  <http://orcid.org/000-0003-0290-1008>

Abel Alexander Verdecia Pons II  <http://orcid.org/0000-0002-2992-6507>

^{Yo}University of Medical Sciences of Granma. "Francisca Rivero Arocha" University Polyclinic. Manzanillo, Granma, Cuba.

^{II}Celia Sánchez Manduley School of Medicine. Manzanillo, Granma, Cuba.

^{III}Celia Sánchez Manduley Provincial Hospital, Manzanillo, Granma, Cuba

^{IV}University of Granma. Bayamo. Granma, Cuba.

*Corresponding author: Email: sheilapons@infomed.sld.cu

SUMMARY

Healthy sexual development in adolescents will result in a positive relationship between self-esteem and sexuality and a defined sexual identity. To characterize the relationship between self-esteem and sexuality in adolescents at the "Paquito Rosales Benítez" Secondary School in the



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municipality of Manzanillo, Granma province. A descriptive cross-sectional study was conducted in June 2023. The sample is composed of 113 ninth-grade students, representing 31.9% of the secondary school student population. This sample is purposively selected. The Rosenberg Self-Esteem Scale is used. Regarding sexuality, the survey "Attitudes Toward Sexuality in Adolescents from the "Emirio Fuen Mayor" Elementary School and La Salle School, Mérida, 2003" is used. 60.2% of adolescents have low self-esteem. Among females, 33.6% had low self-esteem. Another 23% had low self-esteem; of these, 10.6% had a moderately objective sexual attitude. 38.1% of those living with their mother had average self-esteem. 46.9% were from divorced parents with average self-esteem. 31.8% of females had a moderately objective sexual attitude. 32.7% of those living with their mothers had a moderately objective sexual attitude. 28.3% of those with a moderately objective attitude had married parents. There is a significant relationship between adolescents' self-esteem and sexual attitudes.

Keywords: Self-esteem; Sexuality; Adolescence.

ABSTRACT

The healthy sexual development of adolescents will result in a good relationship between self-esteem and sexuality and a defined sexual identity. To characterize the self-esteem-sexuality relationship in adolescents of the "Paquito Rosales Benítez" Basic Secondary School in the municipality of Manzanillo in the province of Granma. A cross-sectional descriptive study was conducted in June 2023. The sample is made up of the 113 ninth grade students who represent 31.9% of the population of elementary school students, this sample is selected intentionally. The Rosenberg Self-Esteem Scale is used. On sexuality, the survey is used, "Attitude towards sexuality in the adolescent of the basic school "Emirio Fuen Mayor" and school La Salle, Mérida, 2003". The 60.2% of adolescents have a low level of self-esteem. The female sex presented a 33.6% with low self-esteem. 23.0% who achieved a low level of self-esteem; of these, 10.6% had a moderately objective sexual attitude. 38.1% who live with the mother have an average self-esteem. 46.9% are divorced parents with average self-esteem. 31.8% of females have a moderately objective sexual attitude. 32.7% who live with their mothers have a moderately objective sexual attitude. 28.3% with a moderately objective attitude their parents are married. There is a significant relationship between the level of self-esteem and the sexual attitude of adolescents.



Keywords:Self-esteem; Sexuality; Adolescence.

SUMMARY

The healthy sexual development of two adolescents will result in a good relationship between self-esteem and sexuality and a defined sexual identity. Characterize the relationship between self-esteem and sexuality in adolescents at the Paquito Rosales Benítez Basic Secondary School, in the municipality of Manzanillo, province of Granma. This is a descriptive cross-sectional study, carried out in June 2023. It was shown by 113 students in the ninth year, representing 31.9% of the population of students in fundamental education and in fundamental education and intentionally selected. The Rosenberg Self-Esteem Scale is used. Regarding sexuality, the research "Attitude towards adolescent sexuality of the Émirio Fuen primary school and the La Salle school, Mérida, 2003" is used. 60.2% two adolescents present a low level of self-esteem. A total of 33.6% of women show low self-esteem. 23% who had a low level of self-esteem; Destes, 10.6% tinham moderately objective sexual attitude. 38.1% who suffer from their average self-esteem. 46.9% are divorced from the country with average self-esteem. 31.8% of women have a moderately objective sexual attitude. 32.7% said they had a moderately objective sexual attitude. 28.3% with moderately objective attitude in their country are married. There is a significant relationship between the level of self-esteem and sexual attitude of two adolescents.

Keywords:Self-esteem; Sexuality; Adolescence.

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Introduction

Secondary school is considered a vitally important stage, although sexuality is a process that begins at birth and should be taught at all stages. It is during adolescence that puberty begins, and sexual impulses, searches for identity, and other feelings begin to emerge. (1)



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Schoolchildren go through a very difficult period in adolescence, where self-esteem is diminished by different factors, one of them being the deficiencies acquired since childhood, which affect the process of adolescent development, which is why the young person has difficulties in developing a secure personality. The loss of their self-image is linked to the distortion of their reasoning; they have a very distorted vision of who they really are. (2)

The stages of sexuality guidance (diagnosis, action planning, implementation, and evaluation) are interconnected, demonstrating an evolving process through its organizations, pathways, methods, and actions. These processes are interrelated, refined, and concretized in the pedagogical process of lower secondary schools. These processes find their fullest expression in adolescents' behaviors related to sexuality. This process is simultaneously interconnected with the other pedagogical processes developed in lower secondary schools, offering potential for integration with the specific actions of each of them, thus fulfilling the principle of universal interconnection.

According to Guamanquispe, (3) sexuality guidance should be provided by teachers who have a structured, mature and responsible personality; balance and integration of their own sexuality; clarity in their sexual values and attitudes and adequate knowledge about human sexuality, with leadership characteristics, creativity, initiative, sociability, flexibility, self-acceptance and personal well-being. Likewise, they will be responsible for creating the necessary spaces to facilitate the processes of self-esteem, autonomy, coexistence and health of students.

According to Barchilón, (4) gender identity, sexual orientation, emotional and erotic attractions, sexual role through beliefs, behavior and attitudes play an important role in the formation and development of adolescents. Healthy sexual development will result in a good relationship between self-esteem and sexuality and a defined sexual identity.

Self-esteem, according to Pérez, (5) is defined by two fundamental aspects:

- ✓ Sense of personal efficacy (self-efficacy): This is the confidence in the functioning of the mind and its ability to reflect on the processes by which judgments, choices, and decisions are made. It is also confidence in the ability to understand the facts of reality that fall within the scope of one's interests and needs, and in being able to know oneself. In short, it is the predisposition to experience oneself as competent to face life's challenges; consequently, confidence in one's own mind and its processes.

- ✓ Sense of personal worth or self-dignity: the assurance of one's own value, an affirmative attitude toward the right to live and be happy. Comfort in appropriately expressing thoughts, desires, and needs; feeling that joy is a natural right.

Self-esteem is not innate; it is acquired and developed throughout life, through experiences in different contexts. It can be learned, changed, and improved.

However, despite the efforts made, this problem remains unresolved, necessitating a deeper understanding of the theoretical and methodological aspects that will ensure greater effectiveness in sexuality education for adolescents, particularly those in junior secondary school. An analysis of the factual-perceptual reality of the sexuality guidance process among adolescents at the Paquito Rosales Benítez Junior Secondary School reveals the following shortcomings:

- ✓ Limitations in adolescents' approach to sexuality.
- ✓ Insufficient sexuality guidance actions by socializing agents.
- ✓ Manifestations of promiscuity in both sexes.

Therefore, the objective of this research was to characterize the relationship between self-esteem and sexuality in adolescents at the "Paquito Rosales Benítez" Secondary School in the municipality of Manzanillo.

Methods

A cross-sectional descriptive study was conducted to characterize the self-esteem-sexuality relationship among adolescents at the "Paquito Rosales Benítez" Secondary School in the municipality of Manzanillo, in June 2023.

In order to determine the current state of the self-esteem development process from the orientation of sexuality of adolescents in basic secondary school, the universe of 11 Basic Secondary Schools scattered in the municipality of Manzanillo is used, two of which are mixed centers. The Basic Secondary School "Paquito Rosales Benítez" is taken as a reference for the present study, framed in the Popular Council # 6 of Manzanillo, composed of an enrollment of (354 students) of which 127 are in seventh grade, 114 in eighth grade and 113 belonging to the ninth grade. These are made up of six groups in each of their grades, displaying a diversity in terms



of the total number of students, the distribution by groups is made up as follows: ninth I, II, V have 19 students, while III, IV have 18 and ninth VI with 20 students.

The sample is composed of 113 ninth-grade students, representing 31.9% of the secondary school student population. This sample was intentionally selected because these are groups with a high rate of pregnancy and sexually transmitted diseases, and also because they have the greatest diversity in terms of sexual orientation.

Methods are used to reveal the current state of sexual orientation in secondary school adolescents. The Rosenberg Self-Esteem Scale is used. (6)

The scale includes ten items that assess feelings of respect and self-acceptance. Half of the items are worded positively, and the other half negatively. Items are answered on a four-point Likert scale (1 = strongly agree, 2 = agree, 3 = disagree, 4 = strongly disagree). To correct these, the scores for negatively worded items (3.5) should be reversed, and all items should then be added together. The total score ranges from 10 to 40. Levels of self-esteem:

- High self-esteem: 30 to 40 points.
- Average self-esteem: 26 to 29 points.
- Low self-esteem: less than 25 points.

The author granted permission to use the scale for clinical and research purposes. The terms of use for the scale can be found at the following address: <http://www.bsos.umd.edu/socy/Research/rosenberg.html> (6)

The instrument selected for the collection of information on sexuality is the survey, "Attitude towards sexuality in adolescents from the basic school "Emirio Fuen Mayor" and La Salle school, Mérida, 2003", which was designed and validated by MC Iris Mariela Sevilla Ojeda cited by Cancho. (7)

The survey consists of anonymous, self-administered, closed-ended questions answered individually. The Adela section of the survey contains information on demographic aspects. Part B of the survey contains 30 items to assess attitudes toward sexuality. These include three aspects: cognitive, affective, and behavioral, containing 10 items for each aspect, distributed as follows:

Socio-demographic aspects (identification data): part A, questions 1 to 4.

- Behavioral Aspects: Part B questions 1 to 10.



- Affective Aspects: Part B questions 11 to 20.
- Cognitive Aspects: Part B, questions 21 to 30.

Items with positive notation have a score from 1 to 6 points, where (1 = Complete disagreement, 2 = Moderate disagreement, 3 = Slight disagreement, 4 = Slight agreement, 5 = Moderate agreement and 6 = Complete agreement), however, items with a negative connotation, that is, where the expected response is “totally disagree”, must have their score reversed. The items to be scored are the following: 01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 13, 14, 15, 16, 19, 20, 21, 22, 26, 27, 28 and 30.

Sexual attitude is classified into:

- Objective Sexual Attitude: 131 to 180 points.
- Moderately Objective Sexual Attitude: 81 to 130 points.
- Unobjective Sexual Attitude: 30 to 80 points.

The results were tabulated and processed using SPSS version 21 for Windows (The Statistical Package for the Social Sciences). The collected data were presented in simple and double-entry statistical tables using absolute and relative frequencies as percentages.

Results

The results obtained from the Self-Esteem Scale (Table 1), administered to ninth-grade adolescents, showed that 16.8% had high self-esteem, 23.0% had average self-esteem, and 60.2% had low self-esteem. Females accounted for the highest number of adolescents with low self-esteem, at 33.6%.

Table 1.Level of self-esteem of adolescents by sex.

Levelself-esteem	Sex					
	Female		Male		Total	
	No.	%	No.	%	No.	%
High	13	11.5	6	5.3	19	16.8
Average	38	33.6	30	26.5	68	60.2

Low	11	9.7	15	13.3	26	23.0
Total	62	54.9	51	45.1	113	100

The correlation between self-esteem level and sexual attitude (Table 2) is highly significant, as it is observed that 23% of adolescents who reached a low level of self-esteem, 10.6% had a moderately objective sexual attitude and 6.3% an objective one; of the 60.2% of adolescents who reached a medium level of self-esteem, 34.5% had a moderately objective sexual attitude and 17.7% an objective one; of the 16.8% of adolescents who reached a high level of self-esteem, 8% had a moderately objective sexual attitude.

Table 2. Sexual attitude according to the level of self-esteem of adolescents.

Sexual attitude	Level self-esteem							
	Low		Average		High		Total	
	No.	%	No.	%	No.	%	No.	%
Not very objective	7	6.2	9	8.0	5	4.4	21	18.6
Moderately objective	12	10.6	39	34.5	9	8.0	60	53.1
Objective	7	6.2	20	17.7	5	4.4	32	28.3
Total	26	23.0	68	60.2	19	16.8	113	100

As shown in Table 3, 31.8% of female adolescents have a moderately objective sexual attitude and 21.2% are male.

Table 3. Sexual attitude according to the sex of adolescents.

Sexual attitude	Sex					
	Female		Male		Total	
	No.	%	No.	%	No.	%
Objective	12	10.6	9	8.0	21	18.6
Moderately objective	36	31.8	24	21.2	60	53.1
Not very objective	14	12.4	18	15.9	32	28.3
Total	62	54.9	51	45.1	113	100

Table 4 shows that 32.7% of adolescents living with their mothers have a moderately objective sexual attitude.

Table 4. Sexual attitude according to who adolescents live with.

Sexual attitude	Who do you live with?							
	Both parents		Mother		Other relatives		Total	
	No.	%	No.	%	No.	%	No.	%
Objective	10	8.8	10	8.8	1	0.9	21	18.6
Moderately objective	21	18.6	37	32.7	2	1.7	60	53.1
Not very objective	4	3.5	27	23.9	1	0.9	32	28.3
Total	35	31.0	74	65.5	4	3.5	113	100

In Table 5, it can be observed that 28.3% of adolescents with a moderately objective attitude have married parents and 24.8% of students with this type of attitude are divorced.

Table 5. Sexual attitude according to the marital status of the adolescents' parents.

Sexual attitude	Marital status of parents					
	Married		Divorced		Total	
	No.	%	No.	%	No.	%
Objective	14	12.4	7	6.2	21	18.6
Moderately objective	32	28.3	28	24.8	60	53.1
Not very objective	12	10.6	20	17.7	32	28.3
Total	35	31.0	78	69.0	113	100

Discussion

Self-esteem is a vital need for human beings; it is basic and makes an essential contribution to the life process, playing a key role in the choices and decisions that shape it. Self-esteem is indispensable for normal and healthy development; it has survival value and represents an individual achievement, the product of persistent work at internal knowledge. (5)

In relation to self-esteem and sex, the results of this study coincide with those obtained by González and Molero, indicating that adolescent boys show higher levels of general self-esteem. (8)

There is a close relationship between self-esteem and sexuality, so much so that self-esteem can often be a trigger for a full and healthy sexuality or sexuality can enhance self-esteem. (9)

In a research conducted by Costa, Carréra and De Goes, they found that the prevalence of adolescents with high self-esteem was lower (24.1%) compared to those with low self-esteem. (10)

Anzani et al. suggest that sexual self-esteem, related to a high sense of one's own sexual abilities, is related to greater sexual satisfaction. (11)

It can be deduced from these facts that there really is a social difference in terms of the role in sex based on gender. A woman's sexual satisfaction is more associated with fulfilling the physical stereotypes assigned to female sexuality, so her own perception and self-esteem will have a greater effect on her degree of sexual satisfaction than in the case of men.

In another study, the research allows to know the level of knowledge about sexuality and contraceptives that the surveyed students have through four (4) questions, which divide the knowledge into three (3) levels: the students who have a moderate level of knowledge correspond to 56%, while 26% have a low level of knowledge and only 23% have a high level of knowledge regarding the subject in question. (12)

Students' sexual education is deficient, informal, and based on biomedical approaches. It can be considered insufficient because, when analyzing their risky communication behavior, it is evident that they have not acquired healthy sexual behavior. Educational reform is necessary to improve attitudes toward sexuality and contribute to the creation of equal gender roles. (13)

The results of this research coincide with those of Banda where 93% of adolescents with self-esteem and positive sexual attitude lived with their parents and were mostly married. (14)

The family still does not play a central role in changing adolescents' perceptions and behaviors regarding their sexuality. The educational and emotional role between parents and adolescents should be strengthened, which will enable better communication between them.

Conclusions

Among these adolescents, average self-esteem predominated. Most students had moderately objective sexual attitudes. There was a significant relationship between the level of self-esteem and adolescents' sexual attitudes.

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Conflicts of interest:

There are no conflicts of interest between the authors.



Authorship contribution

Conceptualization: Sheila Virgen Pons Delgado.

Data curation: Sheila Virgen Pons Delgado.

Formal analysis: Eduardo Félix Gutiérrez Pérez.

Investigation: Abel Alexander Verdecia Pons.

Methodology: Sheila Virgen Pons Delgado.

Project management: Sheila Virgen Pons Delgado.

Resources: Aliuska González Santisteban.

Supervision: Sheila Virgen Pons Delgado.

Validation: Sheila Virgen Pons Delgado.

Visualization: Sheila Virgen Pons Delgado, Eduardo Félix Gutiérrez Pérez.

Writing – original draft: Sheila Virgen Pons Delgado.

Writing – review and editing: Eduardo Félix Gutiérrez Pérez, Hilda Elena Manchón Agüero.