Data Article

Survey dataset on the externalizing self-esteem and gender effects on self-esteem subscales of students in Zabol University of Medical Sciences, Iran

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Abstract

The data presents the self-esteem examination of undergraduate students studying in Zabol University of Medical Sciences, Iran in 2017 and its relationship with gender. The total number of participants was 100 (49% female and 51% male). The 100 students were selected through random sampling method. The average age of participants was 21.61 years while the youngest and the oldest participants were 19 and 32 years old, respectively. The data were collected using the Coopersmith Self-Esteem Inventory (CSEI) and analyzed by descriptive statistics (frequency, mean, standard deviation, minimum and maximum) using SPSS version 22 (statistical package for Social Sciences). The detailed dataset is presented in this paper.

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**Specifications table**

| Subject area            | Social Sciences                  |
|-------------------------|----------------------------------|
| More specific subject area | Quantitative Psychology          |
| Type of data            | Table and figure                 |
| How data was acquired   | Field Survey: The required data were collected through the Coopersmith Self-Esteem Inventory (CSEI) and analyzed via descriptive statistics using statistics using SPSS version 22 (statistical package for Social Sciences). |
| Data format             | Raw and analyzed                 |
| Experimental factors    | The total number of participants was 100 (49% female and 51% male) undergraduate university students, which was selected randomly. |
| Experimental features   | The descriptive and inferential statistics on the self-esteem examination of university students studying at Zabol University of Medical Sciences, Iran and its relationship with gender. |
| Data source location    | The data was collected from Zabol University of Medical Sciences, Zabol, Iran (Latitude 31.0287°N, Longitude 61.5012°E) |
| Data accessibility      | Data is within this article.     |

**Value of the data**

- An insight into the relationship between self-esteem and gender will be provided.
- It will encourage relating gender to other psychological research problems.
- The data will also serve as a reference for other researchers in the same field.

**1. Data**

Many psychologists believe that men and women are fundamentally different and the male and female constructs are entirely distinct [1]. Moreover, self-esteem is related to several factors, and different studies in different societies have shown different results [2]. Self-esteem is defined as an individual’s overall evaluation of his/her self and his/her level of self-satisfaction. Self-esteem is also a feeling of self-worth, happiness, and capability [3–5]. Self-esteem generally affects the performance of an individual in all aspects of life, for example, performance in academics, dissipation of duties in a workplace, health and positive thinking. It also affects the social and mental well-being of an individual [6]. The data were collected through the Coopersmith Self-Esteem Inventory (CSEI) which was developed by Coppersmith in 1967 [7]. The data in this article is a set of responses solicited from

| Gender        | Number (N) | Age      |
|---------------|------------|----------|
|               |            | 19–23    | < 23     |
| **Occupational health** |            |          |          |
| Female        | 21         | 21       | –        |
| Male          | 14         | 11       | 3        |
| **Environmental health** |            |          |          |
| Female        | 15         | 15       | –        |
| Male          | 14         | –        | 14       |
| **Public health** |            |          |          |
| Female        | 13         | 7        | 6        |
| Male          | 10         | 8        | 2        |
| **Nourish**   |            |          |          |
| Female        | 2          | 1        | 1        |
| Male          | 11         | 11       | –        |

Table 1
Demographic characteristics of the participants (students).
100 (51 females and 49 males) students in Zabol University of Medical Sciences, Iran. The details of the sample size are shown in Table 1. The hypothetical distribution of self-esteem scores on the Coopersmith self-esteem is presented in Fig. 1. The descriptive statistics for the gender differences in the distribution of the total self-esteem for the school students showing mean, standard deviation, minimum, maximum, range and total number of samples is shown in Tables 2–7 and Figs. 2 and 3. The data shows the relationship between gender, age, different educational groups (Occupational health, Environmental health, Public health and Nourish), and self-esteem subscales (General self-esteem, Home-Parents (Family) self-esteem, Social self-esteem, Academic self-esteem, and Home-Parents (Family) self-esteem) of university students.

2. Experimental design, materials, and methods

2.1. Study area description

Zabol city is the capital of Zabol County, Sistan and Baluchestan Province, which lies on the border with Afghanistan, and has a total area of approximately 344 km². The population of Zabol was 137,722 in 2011. Fig. 4 shows the geospatial map of the region of study.

2.2. Sample collection and analytical procedures

All undergraduate students in the Zabol University of Medical Sciences, Iran in 2017 were included in the present study. A total number of 100 participants (49% female and 51% male) were selected through random sampling method for the study. The average age of participants was 21.61 years, while the youngest and the oldest participants were 19 and 32 years old, respectively. Coopersmith

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Table 2

Percentage distribution of gender of the participants.

|        | Frequency | Percent | Valid percent | Cumulative percent |
|--------|-----------|---------|---------------|--------------------|
| Male   | 49        | 49.0    | 49.0          | 49.0               |
| Female | 51        | 51.0    | 51.0          | 100.0              |
| Total  | 100       | 100.0   | 100.0         |                    |

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Fig. 1. The hypothetical distribution of self-esteem scores on the Coopersmith self-esteem.
Table 3
Descriptive statistics of the students based on different educational group and self-esteem subscales.

| Study             | N     | Minimum | Maximum | Mean   | Std. deviation |
|-------------------|-------|---------|---------|--------|----------------|
| **Occupational health** |       |         |         |        |                |
| General self-esteem | 35    | 6.00    | 19.00   | 13.7143| 2.79255        |
| Home-Parents (Family) self-esteem | 35    | 1.00    | 7.00    | 4.6857 | 1.36708        |
| Social self-esteem | 35    | 1.00    | 7.00    | 4.7429 | 1.55947        |
| Academic self-esteem | 35    | 2.00    | 7.00    | 4.0571 | 1.37076        |
| Total self-esteem  | 35    | 15.00   | 38.00   | 27.2000| 5.18368        |
| **Environmental health** |       |         |         |        |                |
| General self-esteem | 29    | 8.00    | 22.00   | 13.5517| 3.45983        |
| Home-Parents (Family) self-esteem | 29    | 2.00    | 7.00    | 4.9655 | 1.37536        |
| Social self-esteem | 29    | 1.00    | 7.00    | 4.6897 | 1.03678        |
| Academic self-esteem | 29    | 1.00    | 8.00    | 4.3793 | 1.63475        |
| Total self-esteem  | 29    | 17.00   | 42.00   | 27.5862| 5.69158        |
| **Public health** |       |         |         |        |                |
| General self-esteem | 23    | 6.00    | 19.00   | 12.6087| 3.04122        |
| Home-Parents (Family) self-esteem | 23    | 0.00    | 7.00    | 4.0435 | 1.46095        |
| Social self-esteem | 23    | 3.00    | 7.00    | 4.4348 | 1.03678        |
| Academic self-esteem | 23    | 2.00    | 12.00   | 4.0435 | 2.03332        |
| Total self-esteem  | 23    | 19.00   | 36.00   | 25.1304| 4.24590        |
| **Nourish** |       |         |         |        |                |
| General self-esteem | 13    | 8.00    | 17.00   | 14.0769| 2.98501        |
| Home-Parents (Family) self-esteem | 13    | 2.00    | 6.00    | 4.9231 | 1.25576        |
| Social self-esteem | 13    | 0.00    | 7.00    | 4.2308 | 1.96443        |
| Academic self-esteem | 13    | 0.00    | 6.00    | 3.9231 | 1.70595        |
| Total self-esteem  | 13    | 19.00   | 34.00   | 27.1538| 5.20970        |

Table 4
Descriptive statistics of the students based on gender and total self-esteem subscales.

| Gender | N     | Minimum | Maximum | Mean   | Std. deviation |
|--------|-------|---------|---------|--------|----------------|
| Male   | 49    | 6.00    | 21.00   | 13.2245| 3.29940        |
| Home-Parents (Family) self-esteem | 49    | 0.00    | 7.00    | 4.5306 | 1.35558        |
| Social self-esteem | 49    | 0.00    | 7.00    | 4.6939 | 1.64828        |
| Academic self-esteem | 49    | 0.00    | 12.00   | 4.1837 | 1.87831        |
| Total self-esteem  | 49    | 15.00   | 42.00   | 26.6327| 5.27452        |
| Female  | 51    | 8.00    | 22.00   | 13.6863| 2.85300        |
| Home-Parents (Family) self-esteem | 51    | 1.00    | 7.00    | 4.7647 | 1.45035        |
| Social self-esteem | 51    | 1.00    | 7.00    | 4.4902 | 1.54107        |
| Academic self-esteem | 51    | 2.00    | 7.00    | 4.0784 | 1.39776        |
| Total self-esteem  | 51    | 15.00   | 39.00   | 27.0196| 5.08523        |

Table 5
Descriptive statistics on self-esteem subscales of the students based on age.

| Age     | N     | Mean   | Std. deviation | Std. Error Mean |
|---------|-------|--------|----------------|-----------------|
| General self-esteem | 19–23 | 74     | 13.5405        | 3.03039         | 0.35228        |
| < 23    | 26    | 13.2308| 3.24108        | 0.63563         |
| Home-Parents (Family) self-esteem | 19–23 | 74     | 4.5270         | 1.45454         | 0.16909        |
| < 23    | 26    | 5.0000 | 1.20000        | 0.23534         |
| Social self-esteem | 19–23 | 74     | 4.6486         | 1.58272         | 0.18399        |
| < 23    | 26    | 4.4231 | 1.62906        | 0.31949         |
| Academic self-esteem | 19–23 | 74     | 4.0946         | 1.45403         | 0.16903        |
| < 23    | 26    | 4.2308 | 2.12241        | 0.41624         |
| Total self-esteem  | 19–23 | 74     | 26.8108        | 5.30359         | 0.61653        |
| < 23    | 26    | 26.8846| 4.81104        | 0.94352         |
developed his self-esteem inventory based on his revision of Rogers and Dymond’s self-esteem scale. The data collection tool was a two-part questionnaire: (1) the demographic section covering the participants’ demographic information, such as age, gender, and the field of study; and (2) the Coopersmith Self-Esteem Inventory (CSEI). The participants were also assured that their information would remain confidential. Then, copies of the questionnaire were distributed among the participants to be completed. The CSEI has 58 items; each scored either 1 or 0, so that, positive answers to items 2, 4, 5, 10, 14, 18, 19, 21, 23, 24, 28, 29, 30, 36, 45, and 57 are scored 1, and negative answers are scored

Table 6
Descriptive statistics based on self-esteem subscales and gender.

| Group statistics                      | Gender | N  | Mean   | Std. deviation | Std. Error Mean |
|---------------------------------------|--------|----|--------|----------------|-----------------|
| General self-esteem                   | Male   | 49 | 13.22  | ± 3.29        | 3.29940         | 0.47134         |
|                                       | Female | 51 | 13.68  | ± 2.85        | 2.85300         | 0.39950         |
| Home-Parents (Family) self-esteem     | Male   | 49 | 4.53   | ± 1.35        | 1.35558         | 0.19365         |
|                                       | Female | 51 | 4.76   | ± 1.45        | 1.45035         | 0.20309         |
| Social self-esteem                    | Male   | 49 | 4.69   | ± 1.64        | 1.64828         | 0.23547         |
|                                       | Female | 51 | 4.49   | ± 1.54        | 1.54107         | 0.21579         |
| Academic self-esteem                  | Male   | 49 | 4.18   | ± 1.87        | 1.87831         | 0.26833         |
|                                       | Female | 51 | 4.07   | ± 1.39        | 1.39776         | 0.19573         |
| Total self-esteem                     | Male   | 49 | 26.63  | ± 5.27        | 5.27452         | 0.75350         |
|                                       | Female | 51 | 27.01  | ± 5.08        | 5.08523         | 0.71208         |

Table 7
Descriptive statistics on self-esteem based on the field study of the students.

|                                      | N     | Mean    | Std. deviation | Std. error | Minimum | Maximum |
|--------------------------------------|-------|---------|----------------|------------|---------|---------|
| Occupational health                  | 35    | 27.2000 | 5.18368        | 0.87620    | 15.00   | 38.00   |
| Environmental health                 | 29    | 27.5862 | 5.69158        | 1.05690    | 17.00   | 42.00   |
| Public health                        | 23    | 25.1304 | 4.24590        | 0.88533    | 19.00   | 36.00   |
| Nourish                              | 13    | 27.1538 | 5.20970        | 1.44491    | 19.00   | 34.00   |
| Total                                | 100   | 26.8300 | 5.15626        | 0.51563    | 15.00   | 42.00   |

Fig. 2. Mean self-esteem and standard deviation by field of study of the participants.
while the rest of the items are scored in reverse. Thus, the possible range of scores is 0–50. High scores in the CSEI indicate a high level of self-esteem. The collected data were analyzed by SPSS version 22 computer software. To describe and analyze the collected data, descriptive statistics (frequency, mean, standard deviation, minimum and maximum) was used.

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Transparency document. Supplementary material

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Appendix A. Supplementary material

Supplementary data associated with this article can be found in the online version at https://doi.org/10.1016/j.dib.2018.10.019.

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