Rosenberg Self Esteem Scale

**Instrument:** Rosenberg Self-esteem Scale (RSE)

**Scale/Subscale Name:** Rosenberg Self-esteem Scale

**Source:** Instrument cited by the CYFAR Life Skills Project at Texas A&M.

**Developers:** Morris Rosenberg

**Year:** 1965

**Target Audience(s):** High school youth (6-item version also available for younger children)

**Language other than English available:** The RSE translates into 28 languages.

**Type:** Attitudes

**Data collected:** Quantitative

**Data collection format:** Self report – Pre/post

**Reading Level:** No information available

**Existence of test/technical manuals, user guides, supplemental materials:** None

**Level of training necessary for administration/scoring/interpretation:** None

**Widespread Use/Professional Endorsements:** A widely-used self-esteem measure in social science research. Recommended by the CYFAR Life Skills Project at Texas A&M.

**Cost of Use:** No costs associated with the use of this instrument.

**Description:** This 10-item scale assesses an individual's feelings of self-worth when the individual compares himself or herself to other people. The scale is an attempt to achieve a one-dimensional measure of global self-esteem. It was designed to represent a continuum of self-worth, with statements that are endorsed by individuals with low self-esteem to statements that are endorsed only by persons with high self-esteem. The scale can also be modified to measure state self-esteem by asking the respondents to reflect on their current feelings.
Psychometrics:
Information on reliability and validity are provided below. If information on a particular psychometric was not found, it is indicated as “no information provided.” It should be noted that this is not necessarily an indication of a lack of reliability or validity within a particular scale/instrument, but rather a lack of rigorous testing, for various reasons, by the developers or other researchers.

Reliability: A correlation of at least .80 is suggested for at least one type of reliability as evidence; however, standards range from .5 to .9 depending on the intended use and context for the instrument.

- **Internal Consistency**: Ranges from .77 to .88.
- **Inter-rater reliability**: No information provided
- **Test-Retest**: Ranges from .82 to .85.

Validity: The extent to which a measure captures what it is intended to measure.

- **Content/Face Validity**: No information provided
- **Criterion Validity**: .55
- **Construct Validity**: Correlated -.64 with anxiety, -.54 with depression, and -.43 with anomie.

References:
CONSTRUCT: Self Esteem

Scale Name: Rosenberg Self-esteem Scale

Developers: Rosenberg, M.

Response Categories:
Anchored scale from 4=strong agree to 1=strongly disagree

1. On the whole I am satisfied with myself.
2. At times I think I am no good at all. (R)
3. I think 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. (R)
6. I certainly feel useless at times. (R)
7. I feel that I am a person of worth, at least on an equal plane with others.
8. I wish I could have more respect for myself. (R)
9. All in all, I am inclined to feel that I am a failure. (R)
10. I take a positive attitude toward myself.

Scoring:
- Reverse scoring (4=strongly disagree to 1=strongly agree) for items indicated with a (R).
- Sum all item ratings together.
- A higher score indicates greater self-esteem.