

Article: Summer Camp and Self-Esteem

Inferential Test: Dependent t-test

Excerpt from the Research Article¹

The present study was designed to test the hypothesis that a session of summer camp would increase the self-esteem of economically disadvantaged school-age children from New York's inner-city neighborhoods. The sample included 68 American children, ages 6–12 years....

As a measure of self-esteem, the Piers-Harris Children's Self-concept Scale..., an 80-item self-report questionnaire, was administered as a pretest and posttest. Total scores for self-esteem range from 0 to 80, with higher scores reflecting more positive self-evaluations....

The scale taps six dimensions of self-esteem...: popularity (12 items), physical appearance and attributes (13), intellectual and school status (17), happiness and satisfaction (10), behavior (admission of problem behaviors) (16), and anxiety (14). On behavior and anxiety scales, higher scores indicate perception of fewer problems or less anxiety.

Size of treatment effect was based on Cohen's *d* for the overall score ($d = .15$) and for the popularity cluster scale ($d = .25$).

Table 1
t-Test Comparisons of Pre- and Posttest Performance on Piers-Harris Children's Self-concept and Cluster Scales

Piers-Harris	Pretest		Posttest		T_{67}	p
	M	SD	M	SD		
Total	61.8	11.0	63.4	11.0	-2.29	.03
Popularity	8.3	2.3	8.9	2.4	-2.54	.01
Physical	10.5	2.5	10.7	2.5	-.88	<i>ns</i>
Intellectual	14.1	2.7	14.4	2.6	-1.30	<i>ns</i>
Happiness	8.4	1.9	8.7	1.7	-1.51	<i>ns</i>
Behavior	13.1	2.9	13.2	3.0	-.57	<i>ns</i>
Anxiety	10.3	2.9	10.6	2.9	-1.23	<i>ns</i>

¹ Source: Readdick, C. A., & Schaller, G. R. (2005). Summer camp and self-esteem of school-age inner-city children. *Perceptual and Motor Skills*, 101, 121–130. Copyright © 2005 by Perceptual and Motor Skills. Reprinted with permission.