Abstract
Self-esteem is the general attitude towards you or it is what we think about ourselves. According to oxford advanced learner’s dictionary self-esteem is a feeling of being happy with your own character and abilities. It is a basic human need or motivation. Positive evaluation of self results in high self-esteem and negative evaluation leads to low self-esteem. Those with high self-esteem will be confident, optimistic, raise their voice against discrimination and communicate well with others. But those with low self-esteem will be isolated from others, pessimistic, fear to come forward and face challenges, lack of confidence and problems in decision making. When we analyze the presence of features of low esteem in the marginalized and suppressed tribal population we can see most of them are facing the issue of low self-esteem that leads to further complicated issues like discrimination, stigma, inequality, alcoholism, violence and so on. The researchers have identified the issue of low self-esteem among tribal children of Wayanad district. Initially the researchers have visited the village for an awareness program for children through life skill education. During the program they identified that the root cause of most of the problems among tribal children are poor self-esteem. The children were shy, do not maintain eye contact, and ran away from outsiders. They showed poor communication skills. Major observations and findings of the study are the problems faced by tribal students are stigma and discrimination from other students in the same school; sometimes they are not getting sufficient attention from teachers and authorities of schools. The dropout rate of tribal students is high compared to other section students. The peer pressure and wrong role modeling from parents who consume alcohol are prevalent in the community. When the researchers analyses these finding they can relate every problems into the basic issue of poor self-esteem. Thus the researchers can conclude that promotion of self-esteem is the best practice to address all the issues prevalent in the community.
1. Introduction

Self-esteem is how we value ourselves, how we perceive our values and express it in the world. It is an awareness about our strength and weakness that helps to build capacity to handle the challenges of real life. It is the ability to form an identity and self-esteem is needed in every part of our lives. It is a basic psychological survival factor that each individual needs. The signs of self-esteem can be high and low depending on the circumstances and perception of the individuals. The positive signs of self-esteem are confidence, good communication skill, building relationship with others, initiate talking with outsiders, good decision maker, have leadership quality, assertive and optimist while handling issues. But people with low self-esteem are less confident in their abilities and skills, cannot communicate properly to others, does not initiate talking with others, and feels that they are not worth enough, nobody loves them, they are useless and they cannot become an assertive player in life situations. Gradually he/she consider his/her life worthless and become isolated and withdrawal from normal activities of daily living which leads to severe psycho social issues. When we go through the life of marginalized, vulnerable and discriminated population the tribal people we can clearly depict the sighs of low self-esteem in each and every problem they are facing. In this study the researcher try to put forward the issues faced by tribal people especially children due to poor self-esteem.

2. Objective Of The Study

- To study the problems of tribal children.
- To identify the influence of self-esteem in the problems of tribal children.

3. Method And Procedure

The researchers has adopted a qualitative approach for the study in which the researchers has interviewed the community leader, ward member, welfare service facilitators, a doctor who is closely working with this community , Balawadi teacher, school teachers, women folk, adults and children within the community. Initially the researcher addressed the tribal children through games and group activity. After two days of rapport building the researchers could make analyze the sigh of low self-esteem among children.

4. Major Findings

I. Self-Esteem Of Tribal People

When the researchers analyze the sighs of self-esteem in tribal community they can caught that most of the tribal feel worthy about their culture and practices. They are very strict in following their traditional practices. They keep confidentiality in matters related to customs and rituals, try to preserve their identity and all the members in the community are aware about customs, beliefs and practices. The issue of low self-esteem arises when externa factors like monetary system, daily wage system, migration, influence of landlords and job providers, new system of education and health care delivery system become the part of their life. It is from the concept of development all these external factors encroached in the lives of tribes gradually they faced stigma and discrimination and become the vulnerable group. Earlier tribal people depend on forest for their daily living. They are confident in hunting, collecting honey and woods from dense forest, tackling attacks from wild animals and farming in forest lands. The scenario has changed now the tribal
people are restricted from performing the above activities and they are rehabilitated to planes in which they have to depend on domestic works, construction works, daily wage jobs etc. to earn their living. The inability to perform these skilled jobs makes them less confident and worthless. Money started ruins their culture of barter system. So men who earn less money cannot sustain for long time. Many employers provide alcohol instead of their daily wages or as token of love towards their employees they supply alcohol that made the tribal people addicted to alcohol. Employers can easily influence their labourers through the supply of alcohol. Tribal who consume alcohol occasionally has transformed into daily consumers by the influence of external forces. This has totally changed their life style. It has worse effect on their physical as well as mental health. They showed withdrawal symptoms, jaundice, life style disorders like cancer and mental health issues like suicidal attempts which was new in their community life.

II. Self–Esteem Among Tribal Children

When the tribal children mingle with researchers most of them are shy and not maintain proper eye contact while answering a question. Initially they ran from the sight of researchers. After few days through games and videos the researchers could attain a good rapport with children. The main hobbies of tribal children are roaming in the forest, fishing, and hunting. A large scale of children are dropout from schools. Since the tribal children are rehabilitated to new system of learning it is very difficult for them to adapt the system of learning that our education system is following that is reading, writing and arithmetic. According to a tribal student he is familiar with the method of learning by doing things. He learn how to hunt in the forest, how to collect honey etc by practice. But those skills are not sufficient for them when they face the reality in the society. In this situation gradually the tribal students feel worthless, helplessness and hopelessness which we can call signs of low self-esteem. They found alcohol and tobacco chewing as a confidence builder to face the discrimination faced by them in the outside world. The access to school is another factor that contributes to school dropout. A tribal student has to walk ten to twelve kilometres per day to reach school. During rainy season they have to depend on boat to cross the stream of water which is a hectic job. Because of these circumstances most of the children decide to drop out from school. The researchers has identified group activities and games for the tribal children. Initially they were so shy and do not take part in group activity. But they participate well within their community. The communication pattern of children was poor. They could not maintain eye contact with outsiders and girls will speak in low voice. Sometimes they were not replying to the common questions like how are you, did you eat well and so on. They kept their head down and communicate with their group using their specific language. After two sessions it is found that they started performing well. Many children who are shy started participating in group activities very actively. They communicate well with the researchers. Their difficulty in maintaining eye contact has changed and initiated conversation with the researchers. From this the researchers could state that it is the feeling of acceptance, individualization and empathy that made them mingle easily with outsiders like the researchers.

5. Conclusion

Tribal community is facing problems like stigma, discrimination, isolation, helplessness, worthless and substance abuse. If we build self-esteem and self-awareness about their strength and weakness it will help them to face the challenges of society. Along with welfare program we can concentrate
on building self-esteem among suppressed and marginalized section of the society which will help in the process of empowerment of marginalized people.

6. References

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