The Effect of School Uniforms on the Self-Esteem of Female Seventh Grade Students

- In a school environment where all students wear school uniforms, a general increase in student self-esteem and confidence is seen in many cases due to the absence of free-dress.
- Peer acceptance, especially for female adolescents, is highly based on clothing and appearance, which causes clothing-based attractiveness to become a priority when in a social setting.
- Self-esteem is the emotional response that one feels upon contemplating and evaluating different things about him/herself.

Research Question:
How do female seventh grade students with school uniforms compare in terms of self-esteem with female seventh grade students at the same school who chose to opt-out of wearing uniforms?

Hypothesis:
If the self-esteesms of female seventh graders who wear uniforms is compared to the self-esteesms of female seventh graders at the same school who chose to opt-out of wearing uniforms, the students who wear uniforms will test a lower self-esteeem.

The Janis-Field and Current Thoughts scales were used to assess the self-esteeem of each student. The research hypothesis was not supported by the data. This study showed that in the sample size tested, the self-esteeems of female seventh grade students with uniforms were not lower when compared to those who chose to opt-out of wearing school uniforms.