PP-17: A survey of trust, self-esteem, psychological well-being, and their correlation, among journalists in the Colombo District of Sri Lanka

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Introduction: Journalists must maintain professional ethics while exercising their freedom of expression towards keeping citizens aware of their rights. This study aimed to determine the association between trust and self-esteem, and how this predicts psychological well-being among journalists aged 18 years and above, in the Colombo district of Sri Lanka.

Methods: A quantitative cross-sectional survey was conducted by purposive sampling of subjects fulfilling inclusion and exclusion criteria. The sample size was 151 (74 females; 77 males). The three scales administered were Yamagishi's General Trust Scale, Rosenberg's Self-Esteem Scale, and Ryff's Psychological Well-Being Scale. Spearman Correlation analysis and multiple linear regression analysis were used to identify correlations.

Results: Spearman-rank correlation was run to assess the association between trust and self-esteem. The results of the study indicated that there was no significant association between trust and self-esteem. Further, simple linear regression was run to understand if self-esteem and trust have an impact on six dimensions of psychological well-being (i.e., autonomy, environmental mastery, positive relations, purpose in life, self-acceptance, and personal growth), which indicated that self-esteem predicted psychological well-being, and trust predicted psychological well-being. This, therefore, indicated that an increase in self-esteem increases psychological well-being and an increase in trust levels increases psychological well-being.

Conclusions: The findings indicated that there was no significant association between trust and self-esteem and that an increase in self-esteem increases psychological well-being and, when trust increases psychological well-being increases too.

Keywords: self-esteem, trust, psychological well-being, journalist, Sri Lankan