SELF-ESTEEM
1. DEFINITION OF SELF-ESTEEM
DEFINITION OF SELF-ESTEEM
BRANDEN'S DEFINITION
SELF-ESTEEM IS CONFIDENCE IN ONE'S ABILITY TO THINK AND FACE LIFE'S CHALLENGES.
IT INCLUDES THE BELIEF IN ONE'S RIGHT TO SUCCEED AND BE HAPPY.
COMPONENTS OF SELF-ESTEEM
ENCOMPASSES FEELING RESPECTABLE, WORTHY, AND ENTITLED TO ASSERT NEEDS.
INVOLVES ACHIEVING MORAL PRINCIPLES AND ENJOYING THE FRUITS OF ONE'S EFFORTS.
IMPORTANCE OF SELF-ESTEEM
FERRERROS (2007) VIEWS IT AS A CRUCIAL COMPETENCE OF EMOTIONAL INTELLIGENCE.
ESSENTIAL FOR NAVIGATING TODAY'S COMPETITIVE SOCIETY.
DEVELOPMENT OF SELF-ESTEEM
ALCÁNTARA (2001) EMPHASIZES THAT IT DEVELOPS FROM PERSONAL HISTORY AND EXPERIENCES.
NATURE OF SELF-ESTEEM
WHILE SOME CONSIDER IT A SINGLE DIMENSION, IT IS PREDOMINANTLY SEEN AS MULTIDIMENSIONAL.
VARIES ACROSS AREAS LIKE FAMILY, ACADEMICS, PHYSICAL ATTRIBUTES, AND INTELLECTUAL CAPABILITIES.
AN INDIVIDUAL MAY POSSESS HIGH SELF-ESTEEM IN ONE AREA BUT NOT IN ANOTHER.
2. SELF-ESTEEM VS. SELF-CONCEPT
DEFINITION OF SELF-CONCEPT
OVERALL VIEW OF ONESELF
INCLUDES BELIEFS, ATTRIBUTES, AND SELF-IMAGE
DEFINITION OF SELF-ESTEEM
EVALUATION OF SELF-CONCEPT
CAN BE POSITIVE OR NEGATIVE
BASED ON EXPERIENCES, FEELINGS, AND THOUGHTS
INFLUENCES HOW WE ASSESS OUR SELF-WORTH
DEVELOPMENT OF SELF-CONCEPT AND SELF-ESTEEM
GRADUAL DEVELOPMENT FROM CHILDHOOD
SHAPES PERCEPTION AND VALUE OF ONESELF
INTERCONNECTEDNESS OF BOTH CONCEPTS
SELF-ESTEEM REFLECTS THE QUALITY OF SELF-CONCEPT
3. IMPORTANCE OF SELF-ESTEEM
DEFINITION OF SELF-ESTEEM
FUNDAMENTAL HUMAN NEED
SERVES AS A CORNERSTONE FOR MENTAL HEALTH AND SOCIO-EMOTIONAL DEVELOPMENT.
PREREQUISITE FOR A FULFILLING LIFE
INFLUENCES OUR ACTIONS AND IS INFLUENCED BY THEM IN A CONTINUOUS FEEDBACK LOOP.
CORRELATION WITH HAPPINESS
HEALTHY SELF-ESTEEM CORRELATES POSITIVELY WITH OUR ABILITY TO ACHIEVE AND EXPERIENCE HAPPINESS.
CHARACTERISTICS OF INDIVIDUALS WITH HIGH SELF-ESTEEM
AMBITION
TEND TO BE MORE AMBITIOUS IN THEIR PURSUITS.
PROBLEM-SOLVING SKILLS
MORE EFFECTIVE AT PROBLEM-SOLVING DUE TO CONFIDENCE IN THEIR ABILITIES.
RELATIONSHIP BUILDING
CAPABLE OF FORMING REWARDING RELATIONSHIPS AS THEY VALUE THEMSELVES AND OTHERS.
OPEN COMMUNICATION
OPEN IN THEIR COMMUNICATION, VALUING THEIR THOUGHTS AND CONTRIBUTIONS.
4. CHARACTERISTICS OF HIGH AND LOW SELF-ESTEEM
HIGH SELF-ESTEEM
KEY TRAITS
INDIVIDUALS EXHIBIT COMPETENCE, CONFIDENCE, AND A SENSE OF VALUE.
MOTIVATIONAL ASPECTS
THEY ARE MOTIVATED TO LEARN AND WILLING TO SEEK HELP.
THIS INCLUDES BEING RESPONSIBLE AND SUPPORTIVE.
COMMUNICATION AND EMOTIONAL SKILLS
THEY COMMUNICATE EFFECTIVELY AND DEMONSTRATE UNDERSTANDING.
THEY SHOW OPENNESS, EMOTIONAL BALANCE, AND INITIATIVE.
PERSONAL ATTRIBUTES
HIGH SELF-ESTEEM INDIVIDUALS EXHIBIT AUTONOMY, OPTIMISM, AND CREATIVITY.
THEY MAKE AN EFFORT, SEEK SOLUTIONS TO PROBLEMS, AND ACKNOWLEDGE THEIR MISTAKES.
LOW SELF-ESTEEM
KEY TRAITS
INDIVIDUALS DISPLAY MISTRUST OF THEMSELVES AND OTHERS, FEELINGS OF INFERIORITY, AND SHYNESS.
BEHAVIORAL ISSUES
THEY MAY BE CRITICAL, UNCREATIVE, AND EXHIBIT INAPPROPRIATE BEHAVIORS.
THIS INCLUDES AGGRESSIVENESS OR MOOD SWINGS.
EMOTIONAL CHALLENGES
THEY MAY EXPERIENCE ANXIETY, INDECISION, AND DISCOURAGEMENT.
FEELINGS OF SHAME, GUILT, FEARS, AND HYPERSENSITIVITY ARE COMMON.
COPING MECHANISMS
THEY MAY AVOID ACTIVITIES TO PREVENT MISTAKES AND EXHIBIT DECEITFULNESS.
A TENDENCY TO BLAME OTHERS AND ALLOW OTHERS' OPINIONS TO DOMINATE THEIR DECISIONS IS PREVALENT.
5. STRATEGIES FOR BUILDING SELF-ESTEEM
IMPORTANCE OF RECOGNITION AND PRAISE
SPECIFIC PRAISE
FOCUS ON PARTICULAR EFFORTS RATHER THAN GENERAL STATEMENTS.
VALUING EFFORT
HELPS INDIVIDUALS APPRECIATE THE LEARNING PROCESS RATHER THAN JUST THE OUTCOMES.
ENCOURAGING INDEPENDENCE
DECISION-MAKING
EMPOWERS INDIVIDUALS TO TAKE CHARGE OF THEIR CHOICES AND ACTIONS.
DEVELOPING SOCIAL SKILLS
FOSTERING A SENSE OF BELONGING
HELPS INDIVIDUALS CONNECT WITH OTHERS AND FEEL ACCEPTED IN THEIR SOCIAL CIRCLES.
OPEN COMMUNICATION
EXPRESSION OF THOUGHTS AND FEELINGS
ALLOWS INDIVIDUALS TO SHARE THEIR EMOTIONS AND EXPERIENCES, PROMOTING UNDERSTANDING AND SUPPORT.
ROLE MODELING
HEALTHY SELF-ESTEEM
BEING A POSITIVE ROLE MODEL DEMONSTRATES THE IMPORTANCE OF SELF-ESTEEM TO OTHERS.
CREATING A SUPPORTIVE ENVIRONMENT
CONSTRUCTIVE FEEDBACK
PROVIDES INDIVIDUALS WITH GUIDANCE AND ENCOURAGEMENT FOR IMPROVEMENT.
PROMOTING SELF-ACCEPTANCE
UNDERSTANDING THAT IMPERFECTION IS NORMAL HELPS INDIVIDUALS EMBRACE THEIR TRUE SELVES.
AVOIDING COMPARISONS
ENCOURAGES INDIVIDUALS TO FOCUS ON THEIR OWN JOURNEY RATHER THAN MEASURING THEMSELVES AGAINST OTHERS.