

SELF ESTEEM

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INTRODUCTION

Self-esteem reflex an individual's overall subjective, emotional evaluation of their own worth. It is a decision made by an individual as an attitude towards self. Self-esteem encompasses beliefs about one self, as well as emotional states such as triumph, despair, pride and shame.

DEFINITION

The word 'self' originated from the German word SELBE which means oneself. The word esteem originated from the Latin word "aestimare" which means to estimate. Self-esteem is a measure of how much you value, respect, and feel confident about yourself.

IMPORTANCE OF SELF ESTEEM

- The key to success.
- Productive behavior.
- Inter personal relations
- Psychological well being
- Help in decision making
- Improves mental health

FOUR COMPONENTS OF SELF ESTEEM

1. Significance: a feeling being loved and cared about
2. Competence: depends on whether a person compares themselves well with others
3. Power: having some control over being who you are
4. Virtue: I am a good person

TYPES

- a) High self-esteem
- b) Low self-esteem

A) High self-esteem

People with high self-esteem means they think very well of themselves and abilities.

Advantages of high self esteem

- Leader to others
- Accept failure
- Does not submit to peer pressure
- Is not a threat to others
- Believes in self.

SIX PILLERS OF HIGH SELF ESTEEM.

- The practice of living consciously
- The practice of self-acceptance.
- The practice of self-responsibility.
- The practice of self-assertiveness.
- The practice of living purposefully.
- The practice of personal integrity.

B) Low self esteem

Low self-esteem is characterized by a lack of confidence and feeling badly about oneself. People with low self-esteem often feel unlovable or incompetent.

Causes of low self esteem

- Systemic punishment neglect or abuse.
- Failing to meet parental standards.
- Failing to meet peer group standards.
- Absence of praise interest warm etc.....
- Being the odd one out at home or school.
- Significant child hood loss.

Common signs and symptoms of low self esteem

SIGNS:

- Exaggerated bargaining
- Putting themselves down
- Blaming
- Easily influenced by peers
- Self-neglect

SYMPTOMS:

- Wish they were someone else
- Really volunteer
- Panic when faced with new task
- Lack of energy
- Feel inferiority

Effects of low self esteem

- They are dissatisfied with life
- They spend more time alone
- They compliant and criticize.
- They worry about everything and nothing.

- They afraid to show their creativity.

STEPS TO IMPROVE SELF ESTEEM.

- Take care of your physical needs first.
- Accept compliant with a smile
- Treat yourself to something nice.
- Let your self have leisure time.
- Get and give lots of hugs
- Forgive yourself for past mistake.
- Let yourself express a different opinion.
- Let your self be perfectly imperfect.
- Develop a habit of recognition.
- Don't dwell on mistake.

CONCLUSION

To understand better a person, it is important to analysis every of the three “self-side” that interact him or her. The low self-esteem group saw both their intelligence and their self-worth as being on the line. The high self-esteem groups were not seeing failure as an indictment of themselves so the risk was not great.