

SELF-ESTEEM

Meaning / Definition

Self-esteem refers to the **overall evaluation or value a person places on themselves.**

It answers the question: *“How much do I like and accept myself?”*

It includes:

- Feelings of self-worth
- Self-respect
- Self-acceptance

Definitions by Psychologists

- Morris Rosenberg defined self-esteem as a person's **positive or negative attitude toward the self.**
- William James suggested self-esteem depends on the ratio of **success to aspirations.**

Formula (William James):

Self-esteem = Success / Aspirations

Types of Self-Esteem

1. High Self-Esteem

- Confidence
- Optimism
- Better coping skills

2. Low Self-Esteem

- Self-doubt
- Fear of criticism

- Social withdrawal

3. Inflated Self-Esteem

- Arrogance
- Superiority complex

Factors Influencing Self-Esteem

1. Family environment
2. Peer relationships
3. Academic achievement
4. Social comparison
5. Media influence
6. Cultural values

Theories Related to Self-Esteem

1. Sociometer Theory

Proposed by Mark Leary

- Self-esteem acts as a **monitor of social acceptance**.
- When we feel rejected → self-esteem decreases.

2. Social Comparison Theory

Proposed by Leon Festinger

- We evaluate ourselves by comparing ourselves with others.

Importance of Self-Esteem

- Improves mental health

- Increases motivation
- Helps in decision-making
- Promotes better relationships