

How to Maintain and Enhance Self-Esteem

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Introduction

Our cognition towards ourselves plays a role in establishing the views we perceive as our worth. The self-concept or in other words, sense self is determined by our cognition. The self is divided between two stages by ourselves. One is actual and the other is the real self, these two play their part in building self-esteem. It had two significant aspects: low esteem and high esteem, psychology prefers to take it in a balanced term, which will lead to the feeling of contentment in one's life rather the human being will lose either positivity or the value of others. The gap between these two provided the tendency of low or high self-esteem variation. Social psychology describes guides, and maintains the stability of self-esteem (Sedikides, Hoorens, and Dufner, 2015).

Description

When we believe that we are good and have worth, which is usually given by others, it leads to positivity inside us. Low self-esteem brings negativity when we start to compare ourselves with others in the form of our abilities to be or to something. There are several aspects through which we can determine the importance and definition of self-esteem. It works by those aspects and those aspects are appearance and performance when compared to others, the other significant aspect is our relationship with other people. Psychologists consider this important and crucial due to the involvement of other people. The relationship with people is good then the positivity gives us high self-esteem and when it's otherwise it will affect us negatively. There could be several other reasons for not having the one or two good relationships but human nature starts undermining his/her own abilities. Self-esteem depends on time and with the passing of time it becomes stable. On the other hand, self-esteem also depends on the day-to-day activity or even hour-to-hour differences. For instance, succeeding in one task will give us the feeling of high self-esteem but in the next hour, the second task didn't go as planned leading to low self-esteem. Always staying positive or trying to engage ourselves in continuous effort will provide the amount of self-esteem that can stabilize positive energy (Freeman et al., 2014).

There are two suggested tools through which we can measure self-esteem: implicit and explicit. The findings of both measures suggest that humans often see themselves positively. Both measures have some questions that give points to help understand the level of positivity. Researchers suggest that the main factor in high or low self-esteem is how one prefers to portray themselves in front of others. A country like the United States of America has a high number of self-esteem points because of the culture. The cultural variable impacts this because of American culture individualistic culture. If we

compare this culture with those countries developing in the Asian region the level of self-esteem is low because they prefer to portray themselves as positive and good among others to get the approval of others (Falk and Heine, 2015).

The other aspect that influences self-esteem is gender because the study shows that women have fewer self-esteem points. Still, this difference is minor and found in those countries where the law does not provide gender equality. Participation in the workplace is low in the workplace and in offices, which also influences self-esteem. The other aspect is age. This aspect goes from low in childhood to high during adulthood and gradually lowers when people reach old age (Bajaj, Robins, and Pande, 2016).

Enhancing and maintaining self-esteem is quite important, as are the aspects influencing self-esteem from culture to gender and age. The tendency for self-esteem needs to be looked after, even in both ways. Higher than it should also leave a negative influence; lower than ten it should leave one in a state of negativity and undermine one's own worth. The debate among researchers is about the importance of self-esteem regardless of any aspect that influences it. Every culture around the world emphasizes the improvement of it because it influences not just mental health but also career, relationships, and even the physical health of any human being. To look deeply at the reasons behind the level of self-esteem and understanding can lead us to maintain it. Good grades in class, a good day at the job, and finding someone to love always boosts self-esteem. On the other hand, whenever we face failure, the best way is to look for other things, and indulging oneself in activities will influence our self-esteem. When there are a number of activities it will help build up the energy to face failure in one domain because other activities contribute to positivity, which boosts self-esteem (Neff, 2016).

Building relationships with others is the other most effective and influential way to maintain self-esteem. As mentioned earlier, when other people get involved it becomes important. The people around help in building positivity through their circle. Technology has grown and given access to social websites which helps in building positive relationships that are constructive for the self-esteem of those who try to engage themselves.

When it comes to maintaining, a high level of self-esteem, it is also harmful to the personality. The unrealistic consideration of having something undeserved is considered to be narcissism. The term Narcissism is the alternative to high self-esteem which refers to giving oneself enough value to undermine other people around. It also refers to self-centeredness and self-admiration. The negative impact of high self-esteem can badly affect the relationship and hurt people around. This aspect of personality affects constructive habits and a lack of tolerance towards criticism. [People with high self-esteem](#) think everything is about them and lose consideration for others. It leaves them in a state of unrealistic and they cannot see the clear realistic picture (Meléndez et al, 2015).

Conclusion

Self-esteem can leave the song's impact in both ways positive and negative, so we shouldn't undermine its importance. The realistic approach should be the balance in self-esteem rather than falling to either side. Caution and suggestions should be made to people that they should look for self-enhancement and build themselves with hard work, which will ultimately help build self-esteem in a fair amount, which will not only in their careers and education but also in social gatherings.

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