

Chapter 1 : Self Esteem Research and Approaches

"The third edition of Self-Esteem Research, Theory and Practice remains THE source for a truly integrated approach to self-esteem. This edition is thoroughly updated, is clearly written across readerships--whether researchers, theorists, or clinicians or leaders of self-esteem enhancement groups, and persuasively argues for the place of self."

The judgments people make, and usually maintain, about themselves that express an attitude of approval or disapproval of the self the discrepancy between the real self and the ideal self. The extent to which people believe that they are competent in areas that have value and meaning to themselves and others. Self esteem is a developmental phenomenon that forms and shows itself over time. It is dynamic in that it is both stable and open to change. Our basic or global sense of self esteem develops during childhood through around age 12 , is fairly stable, and impacts our perceptions and behavior. At the same time, almost paradoxically, self esteem is an on-going developmental process that is influenced by new situations and events. Positive or confirming experiences lead to higher evaluations of self esteem, while experiences with failure or rejection lead to a decline in self esteem Mruk, In this instrument, respondents rate 10 statements such as "On the whole, I am satisfied with myself" on a four-point scale from strongly agree to strongly disagree. For more information about the Rosenberg Self Esteem Scale, go to: Respondents state whether a set of 50 generally favorable or unfavorable aspects of a person are "like me" or "not like me. For more information about the Coopersmith Self Esteem Inventory, go to: In general, girls have lower self esteem than boys, and they experience a specific decline in their self esteem during adolescence. In studies looking specifically at ethnicity and self esteem, African Americans often have equal or higher self esteem than whites. An interesting study on ethnic identity and self esteem among urban adolescents in two different schools Rotheram-Borus, et. In a unique qualitative study Erkut, Sumru, et. Al , girls from five ethnic classifications Native American, African American, Anglo-European, Asian Pacific Islander, and Latino identified specific activities that made them feel good about themselves. Participating in athletics was the most common response, followed by doing something in the arts, providing service to others, and playing. When asked what it was about the activity that made them feel good about themselves, they reported listed in order of frequency: However, this diverse group of girls was more likely to gain self worth from activities that supported their sense of competence versus being with friends or helping others. Low self esteem is purported to be a predictor of many different health problems including substance abuse, early sexual intercourse, eating disorders, and so on. However, research on the connection between self esteem and sexual behavior has generated some startling results. A recent study looked at the impact of self esteem on initiation of sexual intercourse among adolescents ages Girls with higher self esteem ratings were more likely to remain virgins than girls with lower self esteem ratings. In contrast, boys with higher self esteem ratings were less likely to remain virgins than boys with lower self esteem ratings. Their race or ethnicity, social class, school environment, and other important characteristics impact their sense of self, their experience of being female, and the risks and opportunities present in their immediate environments. Author Reynold Bean says young people need to have the following four conditions of self esteem met in order to have high self esteem: The Sense of Connectiveness They must be able to gain satisfaction from the people, places, or things they feel connected to. This includes feeling comfortable with their own bodies, feeling they are an important part of a group, feeling they belong to something or someone, and feeling a connection to a past or heritage. The Sense of Uniqueness They must acknowledge and respect the qualities and characteristics about themselves that are special and different, and receive confirmation from others that these qualities are good. The Sense of Power They need to have the competence to do what they must, the resources they need to express their competence, and the opportunity to use their competence to influence important circumstances of their lives. This includes believing that they can do what they set out to do, feeling comfortable with responsibility, feeling in charge of their own lives, and being able to use the skills that they do have in appropriate situations. The Sense of Models They must be able to refer to human, philosophical, and operational models to help make sense of the world and then use these models as reference points for establishing their own goals, values and standards. This includes knowing people they want to be

like, feeling a sense of purpose and future, and having values that guide their behavior. It takes time, practice and consistency. Specific tips for enhancing self esteem include: Be accepting and caring. Give consistent positive and affirming feedback that is genuine and based on real observations. Also, use small group activities to help them form meaningful relationships with one another and conduct activities to help them investigate and affirm their cultural or ethnic heritage. Teach them to do positive, rather than negative, self talk. Promote their sense of power by giving them a meaningful say in planning their own programs and establishing group rules. Model and teach skills such as assertiveness, decision-making and problem solving. Ask them what activities make them feel good about themselves and provide opportunities for those activities. Give them opportunities to express their beliefs and values without being judged as well as opportunities to make decisions and then evaluate them, and always have high expectations and standards. Relational theory and cultural enhancement interventions for African American adolescent girls. Public Health Reports 1: Pubertal maturation and adolescent self-esteem. Society for Adolescent Medicine 9: The role of self-esteem in safer sexual practices. Health locus of control and self-esteem as related to adolescent health behavior. Self-image and self-esteem in African-American preteen girls: Implications for mental health. Profiles of self-esteem in early adolescence: Identification and investigation of adaptive correlates. A comparison of sexual behavior and self-esteem in young adult females with positive and negative tests for sexually transmitted diseases. Interaction of pubertal status, mood and self-esteem in adolescent girls. Journal of Reproductive Medicine 47 3: Pubertal status, interaction with significant others, and self-esteem of adolescent girls. Vocational interests of adolescents: Reported sexual behaviors and self-esteem among young adolescents. Gender differences in adolescent self esteem: An exploration of domains. Journal of Genetic Psychology 1: Self-esteem as a predictor of initiation of coitus in early adolescents. The Four Conditions of Self Esteem: Resisting Stereotypes, Creating Identities. New York University Press, , pp. In a Different Voice: Harvard University Press, Research, Theory and Practice. Springer Publishing Company, Rotheram, Mary Jane, et. She has written or co-authored numerous curricula and other publications, including, When Sex is the Subject: Sexuality Education for Grades She is also featured in the sexuality education videos Raising Healthy Kids: Families Talk About Sexual Health. Pam can be reached at pwilson npcl.

Chapter 2 : Self-esteem: Research, Theory, and Practice - Christopher J. Mruk - Google Books

Dr. Mruk has produced a highly readable new edition of his original work on an often misunderstood psychological construct--self-esteem. Mruk's view that self-esteem is a critically important influence on psychological adjustment and quality of life is now an accepted tenet in personality theory.

While there has been a lot of research focused on self esteem there seems to be a lack of definitive research. There is little agreement on the definition of self esteem. Thus, it becomes difficult to compare self esteem research studies when the researchers are studying different aspects of self esteem. There has been no agreement on standard measures of self esteem. Over different measures have been used to measure self esteem. Few of these measures have any demonstrable reliability. It becomes difficult to determine whether self esteem either causes the result observed or whether it contributes to other variables that result in particular behaviors or problems. For example, in spite of the hundreds of studies, cigarettes have not yet been clearly identified as the cause of cancer. Most self esteem research studies have been conducted over such a short period of time, it is difficult to determine the long term effect. Most measures of self esteem have tapped what is termed "global self esteem. Changes that affect one aspect of self esteem may not affect the other aspects. The significant aspects of self esteem for students or adults constantly change as we mature. Thus, what seems to affect self esteem with some individuals has no effect on others because their self esteem is based on other variables. It is difficult to measure the effects of self esteem because it is a basic attitude. What are the different approaches to building self esteem? There seem to be five different approaches to building self esteem in students. The most effective programs undoubtedly incorporate elements of each of these approaches, for we know that the change process requires that we address the intellectual, behavioral, and emotional levels of the individual. These approaches might be described as follows: Such behaviors may relate to voice control, posture, eye contact, or expression of feelings. It provides positive experiences for students to build feelings of self respect and self esteem. Most of the activities and self esteem exercises rely on external sources of feedback and reinforcement. They base their programs on the concept that unless students actually function at a higher level, they are unable to sustain positive feelings about themselves. It tends to address such aspects as discipline, social activities, goal setting, responsibility, and how adults interact with students. For further Self Esteem Research consult the sources below. Note that each link will open a new window in your browser. Another source for research is Wikipedia The Coopersmith Self Esteem Inventory was developed through research to assess attitude toward oneself in general. Be Notified of updates to Self Esteem Research. Click on the RSS feed on the menu bar and subscribe to our site. It has many ideas and exercises to improve your self esteem.

Chapter 3 : Self-Esteem and Positive Psychology: Research, Theory, and Practice by Christopher J. Mruk

Self-Esteem Research, Theory, and Practice Toward a Positive Psychology of Self-Esteem 3rd Edition Christopher J. Mruk, PhD NEW YORK Mruk_C 3/22/06 AM Page iii.

Acts out Low Self-Esteem in Children It should be noted that on average self-esteem during childhood is found to be relatively high. However, there are individual differences and some children are unfortunate to experience feelings of low self-esteem. Low self-esteem in children tends to be related to physical punishment and withholding of love and affection by parents. Carl Rogers would describe this as conditional positive regard, whereby individuals only receive positive attention from significant others such as parents when they act in a certain way. This reinforces to the child that they are only a person of value when they act a certain way e. Children with low self-esteem rely on coping strategies that are counterproductive such as bullying, quitting, cheating, avoiding etc. Although all children will display some of these behaviors at times, low self-esteem is strongly indicated when these behaviors appear with regularity. Socially children with low self-esteem can be withdrawn or shy, and find it difficult to have fun. Although they may have a wide circle of friends they are more likely to yield to group pressure and more vulnerable to being bullied. At school they avoid trying new things for fear of failure and will give up easily. Low Self-Esteem in Teenagers Self-esteem continues to decline during adolescence particularly for girls. Researchers have explained this decline to body image and other problems associated with puberty. Although boys and girls report similar levels of self-esteem during childhood, a gender gap emerges by adolescence, in that adolescent boys have higher self-esteem than adolescent girls Robins et al. Girls with low self-esteem appear to be more vulnerable to perceptions of the ideal body image perpetuated in western media through methods such as airbrushing models on magazine covers. References and Further Reading Abraham, T. The Antecedents of Self-esteem. The Puzzle of Low Self-regard pp. Research, Theory, and Practice. Global self-esteem across the lifespan. Psychology and Aging, 17, The Neglected Issues in Self-concept Research. Paper presented at the annual meetings of the ASA. Low self-esteem and psychiatric patients: Part Iâ€”The relationship between low self-esteem and psychiatric diagnosis. Annals of General Psychiatry, 2 1 , 2. Annual Review of Sociology, 8: Beyond the Looking-glass Self: Social Psychology Quarterly, How to reference this article:

Chapter 4 : ReCAPP: Topics In Brief: Self Esteem

Self-Esteem and Positive Psychology Christopher J. Mruk Research, Theory, and Practice Fourth Edition.

Chapter 5 : Self-Esteem Research, Theory, and Practice

Self-Esteem Research, Theory, and Practice: Toward a Positive Psychology of Self-Esteem, Third Edition by Christopher J. Mruk Dr. Mruk has produced a highly readable new edition of his original work on an often misunderstood psychological construct--self-esteem.

Chapter 6 : Self-esteem and positive psychology : research, theory, and practice in SearchWorks catalog

Lack of self-esteem is frequently a precursor to depression, suicidal behavior Mruk's view that self-esteem is a critically important influence on psychological adjustment and quality of life is now an accepted tenet in personality theory.

Chapter 7 : Low Self Esteem | Simply Psychology

This new edition of the most comprehensive text available on the theories, research findings, and practice implications of self-esteem represents a major shift in our contemporary understanding of self-esteem and positive psychology.