

Potential Impact of Self Esteem on People

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Abstract

Self-esteem reflects what people think about themselves. It means people “esteem” and have a good opinion about them. Self-esteem has an important potential impact on people life experiences and not the opposite. In other words, high and low self-esteem isn’t reliant on person failure or success.

Self-esteem affects how person think, feel, and behave. It impacts person’s relationships with others and person relationship with themselves. Men/Women feel confident about their appearance, their intelligence, personality, and their abilities and don’t worry about what other people think of them. It shows the degree to which person have self-respect and believe person deserve respect from others.

Keywords: Self-esteem; Confidence levels; Self-respect

DESCRIPTION

Healthy self-esteem is a realistic assessment and acceptance of strengths and limitations. It doesn’t mean they are conceited. Having too high self-esteem that doesn’t accurately reflect reality isn’t healthy. It’s inflated and common among people with narcissistic tendencies. Bragging and arrogance reveal impaired rather than healthy self-esteem. Self-esteem can fluctuate. When people are ill or suffer a loss, such as unemployment or a divorce, people can feel down about themselves. However, people with healthy self-esteem are resilient and rebound to think positively about themselves and their future. On the other hand, low self-esteem can make it firm to cope with life’s tests and is a risk factor in depression. Self-esteem influences just about each facet of people lives. It notifies self-care and the way people allow others to treat them and talk to them. Self-esteem affects how people value and communicate their needs, thoughts, and feelings and underpins personal integrity and their ability to follow goals. It regulates person’s sense of well-being, how they parent, their success in the workplace, and relationship satisfaction. In fact, it’s prognostic of marital longevity. Healthy self-esteem is educated. Positive reinforcement throughout the emerging years is the sturdiest marker for positive self-worth later on in life. Particularly in the early formative years, person’s thoughts and feelings, role models, and how people react to others influences themself-esteem. Although

it’s affected by life experiences, including at school, it’s largely strong-minded in through childhood interactions with people closest to them, whose opinion substances most, such as parents, friends, siblings, and teachers. There are many reasons for low self-esteem, including negligent, abusive, controlling, or judgmental parenting, bullying by peers, or even cerebral health conditions, such as anxiety or depression. It can stem from fundamental shame if people didn’t feel unconditionally loved and appreciated by a parent. With low self-esteem, people don’t value their own opinions, needs, and ideas as much as those of other people. They are self-critical and focus on their apparent weaknesses and faults, yet ignore or dismiss their strengths, skill, and success. People negatively compare themselves to others who they think are more good-looking, capable or successful. They have difficulty accepting negative feedback and may be risk-averse due to their fear of failing. Therapy and changing people beliefs, behavior, and how they think about themselves can increase their self-esteem. Since many people have struggled with self-esteem issues from early childhood until the present, it’s often necessary to pursue therapy for this condition as it’s one that most people aren’t often able to treat on their own. Left untreated, this could lead to serious mental health issues and even self-harm. If person’s relationship is suffering, improving their self-esteem increases relationship satisfaction for partners.

CONCLUSION

The therapy to treat self-worth issues is often coined person-centered

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or person-centric, sense that people work from the inside out. Cognitive behavioral therapy is actual in the treatment of low self-esteem, anxiety, and depression. It assistances to people recognize the source and monitor negative

beliefs, doubt, and anxiety in order to alleviate tender feelings and allows people to take constructive action. Taking a new and objective view of oneself and the condition is the key to overwhelming the powerful psycho-dynamic that is low self-esteem.