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Formation of Adequate Self-Esteem in Younger Students

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ANNOTATION

the article talks about self-esteem, its types, explains the theory of William James, discusses the formation of adequate self-esteem, indicates the reasons for the appearance of low and high self-esteem, gives advice to parents and teachers in the formation of adequate self-esteem in a younger student.

KEYWORDS: self-esteem, James theory, adequate self-esteem, low self-esteem, high self-esteem.

INTRODUCTION:

The study of the inner "I" is a priority in the study of personality psychology, so people increasingly began to go to a psychologist: to sort out personal or interpersonal relationships. Over time, people began to understand that uncertainty, stiffness, silence is something acquired, and not innate. All fears, uncertain steps in adulthood are associated with low self-esteem, which originates in childhood, when they were condemned for any mistakes or bright behavior. Properly formed self-esteem will help you achieve great heights in your career, relationships and yourself in the future. With the help of self-assessment, one can realize oneself as some kind of stable object. Self-esteem allows you to maintain the stability of the individual regardless of changing situations, providing the opportunity to remain yourself.

MATERIAL AND METHODS :

In the process of conducting scientific research, the following were used: theoretical analysis and synthesis, observation (included, indirect, direct), diagnosis, testing, experimental research, quantitative and qualitative analysis of the results obtained, statistical methods (scaling and pedagogical measurement).

RESULTS:

The following goals were achieved during the study:

1. The general age features of the formation of a child's self-esteem with correct and incorrect formation are revealed.
2. Theoretically analyzed and obtained the author's specification of the primary concept: "I-concept", "self-attitude", "self-esteem", their content and role in the development of personality.

3. It has been proven that the development of a child's self-esteem is related to the attitude of their peers and parents towards them.
4. A pedagogical system has been developed that allows you to form an adequate self-esteem in younger students.

DISCUSSION:

Self-esteem - this literally means to evaluate oneself, that is, to evaluate one's qualities and shortcomings. Self-esteem can be based on external and internal factors. External factors include career, academic success, financial well-being. Internal factors are your emotional state (joy, anger, sadness) and idea of the meaning of life.

Now self-esteem is perceived as the most important psychological resource of the individual. In its most general form, this is a subjective assessment of one's own value. In general, in psychology, scientists agree that this is an unstable value, its level changes from day to day (and for some, almost every hour). American psychologist and philosopher William James first developed the theory of self-esteem in 1890. To define self-esteem, he created a formula that states that our self-worth is equal to success divided into goals and our opinion of our potential. This theory can be explained as follows, if our goals are achieved and success exceeds our expectations, then we begin to believe in ourselves more, thereby increasing our self-esteem, and vice versa, if our plans are great and we cannot achieve them, then we begin to feel flawed, hence the a decrease in self-esteem, as we think that we will not be able to achieve our goals.

Also in psychology there is a point of view that changes depend on age. It is the least stable in children, but the greatest fluctuations are seen in adolescence - when a person is going through a variety of dramatic changes, but has not yet developed the psychological stability to successfully cope with them.

So, there are 2 types of self-esteem.

- 1) adequate (normal);
- 2) distorted.

Adequate self-esteem is a personality quality, which means the ability of a person to truthfully evaluate himself, to have a true idea of the significance of his activities among people, his pluses and minuses, as well as personal qualities and feelings.

Characteristic personality traits with adequate self-esteem.

1. A person with adequate self-esteem does not blame himself for the oversight and his shortcomings, he concentrates on his own merits.
 2. He speaks about his desires without fear of being rejected.
 3. In disputes and discussions he is not afraid and confidently speaks his mind.
- Distorted self-esteem is a personality trait in which he either has an overestimated idea of himself or an underestimated one.



Overestimated self-esteem is a false self-image, that is, a person unconsciously overestimates himself. It has both a positive and a negative impact. Let's say a person with high self-esteem is confident in himself, and the negative impact is selfishness, overestimation of one's own capabilities, and more. Inflated self-esteem for many people is a defense mechanism, that is, they want to hide their weaknesses, showing their careless attitude.

Characteristics of high self-esteem.

1. Cannot accept criticism, considering it is not respect in his direction.
2. Does not ask for forgiveness, thinking that this humiliates him.
3. Any mistake and he is irritable.
4. His interests and preferences should come first.
5. In a conversation, he likes to talk, not listen.
6. Selfish.
7. Afraid to show yourself weak, insecure in society.

Low self-esteem is an underestimation of one's successes, potential, achievements, believing that others are much better than them. Low self-esteem has its roots in childhood.



Here are a few cases:

- comparison of the child with friends or other children is not in his favor. For example: a child comes after school and says that today he had a test for which he received a low mark. After the mother asks what grade his friend received, after learning that the friend was highly rated, the mother begins to belittle her son.

Claiming that his friend works harder.

- frequent ridicule from other children;
- being in an unfriendly circle, that is, in a society where the child is discriminated against because of race, nationality or religion.

Signs of low self-esteem:

1. A person does not have his own opinion, others decide for him.

There are many people who love to point and give advice on how to do and live. You don't have to listen to them, because you decide what is right for you and what is not.

2. He doesn't show real feelings.

It is hard to hide your feelings all the time and not reveal yourself to anyone, but if you try to open up to one person, then you will immediately feel lightness in your soul.

3. A person cannot distinguish a request from a use.

You need to help as far as possible, and when it comes to the detriment, you need to refrain from helping.

4. Try to please everyone.

You will never please everyone, there will be a person who will not be pleased with you, so you do not need to go against yourself, looking for confirmation of your significance. Refusal is absolutely normal.

5. Worry about someone else's opinion.

Focusing on someone else's opinion, you shackle yourself, not giving you the opportunity to show your own feelings and emotions.

The formation of self-esteem of a younger student is greatly influenced by family education and the values adopted in his family. Children who have high self-esteem are brought up in families as idols. Children with low self-esteem, as a rule, do not have a trusting relationship with their parents and do not feel their emotional participation. Such children enjoy great freedom as a result of the indifference of their parents, or they experience excessive infringement of their own freedom on the part of their parents, as a result of which they are subjected to total control and negative criticism. Children with adequate self-esteem are brought up in families where attention to the child is combined with exactingness, parents praise the child only when he really deserves it.

The formation of self-esteem occurs in the process of activity and interpersonal communication and interaction. The adequacy of self-assessment depends on how objectively the child and his actions are evaluated. The activity of the child and his desire for self-improvement depend on self-esteem. The sooner adequate self-esteem is formed, the greater success he will be able to achieve in life.

Adhere to the above points, this will help to form an adequate self-esteem.

1. Love and acceptance.
2. More rewards, less punishment.
3. Let your child be successful.
4. Children's independence as a necessity.
5. Explain your needs to your child.
6. Don't go overboard with the power you have.
7. Rules are rules, they must be followed.
8. Listen to the opinion of the child, but do not be guided only by his desires.
9. Teach your child to listen to the opinions of others, but have their own point of view.
10. Teach skills for non-aggressive behavior in cases of criticism.
11. Learn to respect the feelings and desires of other children.
12. Address the child with requests for help or advice as an older or equal.
13. Be objective about the actions of the child and his behavior.

In younger students, self-esteem is formed under the influence of the teacher. It is also necessary to take into account the fact that a child comes to school with an already existing level of self-esteem. If corrective work on the formation of adequate self-esteem is carried out in time and tactfully, positive results can be achieved. In children with high self-esteem - to carry out a correction in the direction of a more critical assessment of the student's educational activities, and in children with low self-esteem - to form greater confidence in themselves and their abilities. You should know that the student's self-esteem always precedes the teacher's

evaluation. In the event of a discrepancy between the value judgments of the student and the teacher, the child argues his position. To monitor the formation of self-esteem, teachers are recommended to use the "Tree" diagnostics. Children will be happy to take part in the diagnosis. After comparing the results of the initial diagnostics in the 1st grade with the results of the 1st half of the 4th grade, which is carried out by a school psychologist, a positive dynamics in the development of the formation of self-esteem will be visible. It is also very important that the effectiveness of a child's educational activity depends both on a system of well-learned knowledge and possession of mental activity techniques, and on the level of self-esteem. Both overestimated and underestimated self-esteem negatively affects the educational activities of the student. In these situations, children lose their positive motivation for learning, which leads to a loss of interest in learning and a decrease in academic performance.

CONCLUSION:

As mentioned, low self-esteem begins from childhood, that is, the formation of adequate self-esteem depends on parents, teacher, friends and all relatives. Parents should be ready to work on themselves, since the parents have the greatest influence on the life of the child. Everything they say and do affects the thinking and formation of the child's personality, therefore, it is they who must correct and correct self-esteem. In order for a child to grow up with adequate self-esteem, he needs to be raised in unconditional love and acceptance in the family, respect him as the same person as you, understand his feelings, help in recognizing and living emotions and feelings, and not interfere with his independent choice. Psychologists say that the development of new skills will help raise low self-esteem. These include growing flowers, cooking simple meals, helping with cleaning, and others. If a parent does not scold him, but praises him for a little help, even if it is not very well done, then the child will increase his importance in his own eyes, and having a choice will make him feel more confident. Parents are advised by psychologists to focus on the strengths of the child, help to reveal them, encourage his talents and abilities, but you also need to help the child find his weaknesses and try to correct them.

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