Self Esteem: Abby Biniek, Owen Carlin, Jaylee Ely, Taylor Sussner

What is Self Esteem?

Self esteem refers to how we evaluate ourselves based on our own standards and those of others (Mocanu and Spanache 2021). If an individual wants to feel good about themself they must have healthy self-esteem. If a person has good self-esteem, they will likely have more positive thoughts, and it can help them realize they don't need to be ashamed of their faults. (Schab 2022).

Nature and Extent

Whether views on self esteem are positive or negative, they are influenced by the environment around them such as their workplace, school, and social media. There are also internal factors that influence self esteem. These factors include personality (Mocanu and Spanache 2021) and social relationships (Harris and Orth 2020). In social relationships, self esteem is relational and dynamic (Harris and Orth 2020). It suggests that if an individual's relationship with their peers is positive, their self esteem tends to be higher and they feel more secure and have brighter outlooks upon things. Whereas if it is negative, their self esteem is likely to be lower where they might feel less than and become more dependent on outside validation. Therefore having good self esteem correlates with fulfilled relationships, personal wellbeing, and happiness (de Moor et al. 2021) When it comes to gender differences, research shows that men generally show higher reports of self esteem than women do in relationships but it doesn't necessarily mean that it is better (Yang, Wu, and Song 2025). Furthermore, research shows that in sexual exploitation cases where people are forced to exchange sex, there are more vulnerabilities for victims in developing lowered self esteem and other psychological health issues (Furlong and Hinnant 2026).

How Can You Prevent Poor Self-Esteem?

Adolescence is a very prime time for low self-esteem because it relates to peer relationships and how they shape the young mind. Peer relationships at a young age help to prevent stress, depression, and anxiety, which can lessen the effects of low self-esteem. (Seng et al. 2024). Below are some strategies to improve self-esteem in youth, parents, school, and the community.

Youth: Model Positive Behaviors and Encourage Open Communication

Parents are recommended to model positive behaviors because kids often imitate those around them. Another strategy is to encourage open communication so that youth are able to express their thoughts and feelings which can be very therapeutic (Community Choice Pediatrics 2025).

Parents: Provide Support and Involved Parenting

Parents who are more supportive and use warm and accepting behaviors as well as stay involved with their child will build higher self-esteem. (Jannah et al. 2022).

School: Promote Positive Feedback and Student Engagement

Teachers can give positive feedback on a student's effort rather than their outcome, along with engaging in conversation about the student's interests. (American Psychological Association 2021).

Community: Being Connected to Society

Having a sense of community and belonging can influence health in positive ways, when an individual has a greater sense of community, it can ease them into participating in solutions that may help their problems. Community involvement also helps a person's quality of life, which helps build a greater sense of identity and confidence, which helps them not feel so lonely (Michalski et al. 2020).

Below is a link for the National Association for Self-Esteem if you or someone you know is struggling with poor self-esteem National Association for Self Esteem

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