

Tamil Nadu Physical Education and Sports University

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Study Material

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Unit III : SELF ESTEEM

Q.1 .Define Self Esteem (2 Marks)

“ Self esteem is how we feel about ourselves.”

Our opinion of ourselves critically influences everything, from our performance at work, our relationships, and our role as parent to our accomplishments in life.

Q.2 . Define Self Esteem and List down the Importance of Self Esteem (15 marks)

“ Self esteem is how we feel about ourselves.”

Self-esteem is major component in determining success or failure.

High self esteem leads to a happy, gratifying and purposeful life. Unless you perceive yourself as worthwhile, you cannot have high self esteem. All great world leaders and teachers throughout history have concluded that one must be internally driven in order to be a success.

We transfer our unconscious self appraisal to others and they respond to us accordingly.

People with high self esteem grow in conviction (Confidence) , competence and willingness to accept responsibility. They face life with optimism (Hopefulness); have better relationships and fulfilling lives.

They are motivated and ambitious. They are more sensitive, their performance and risk-taking ability go up. They are open to new opportunities and challenges.

They can give and receive criticism and compliments, tactfully, and with ease.

Self esteem is a feeling which comes from an awareness of what is good and having done it.

Advantages of High Self esteem:

There is a direct relationship between people's feelings and their productivity. High self-esteem is evident in respect for one's self others, property, law, parents and one's country. The reverse is also true.

- Builds strong conviction.
- Creates willingness to accept responsibility.
- Builds optimistic attitudes.
- Leads to better relationships and fulfilling lives.
- Makes a person more sensitive to others' needs and develop a caring attitude.
- Makes a person self motivated and ambitious.

- Makes a person open to a new opportunities and challenges.
- Improve performance and increases risk-taking ability
- Helps a person give and receive both criticism and compliments tactfully and easily.

Recognizing poor self-esteem

List of behavior patterns of a person with poor self-esteem

- They are generally gossip mongers.
- They have a critical nature. They criticize as if there is a contest going on and they have to win a prize.
- They have high ego-they are arrogant-and believe they know it all.
- People with low self-esteem are generally difficult to work with and for. They tear down others to get a feeling of superiority.
- They are closed minded and self centered.
- They constantly make excuses always justifying failures,
- They never accept responsibilities always blaming others.
- They have a fatalistic attitude-no initiative and always waiting for things to happen.
- They are jealous by nature.
- They are unwilling to accept positive criticism. They become defensive.
- They are bored and uncomfortable when alone.
- Poor self-esteem leads to breakdown in decency. People with low self esteem don't know where to draw the line-where decency stops and vulgarity starts. It is not unusual for people to tell jokes at social get-to gethers but with every drink, the jokes get dirtier and dirtier.
- They don't have genuine friends because they are not genuine themselves.
- They make promises they know they are not going to keep. A person with low self esteem would promise the moon to make a sale. Un kept promises lead to loss of credibility. A person with high self esteem would prefer loss of business than loss of credibility because they realize that one cannot put a price on one's credibility.
- Their behavior is senseless and erratic. They swing from one end of the pendulum to another. They may be all sugar and honey today but the people may be out to cut your throat tomorrow. They lack balance.
- They alienate people and tend to be lonely.
- They are touchy in nature-this is called the fragile ego. Anytime, sometimes something is said, a person with a fragile ego takes personally and gets hurt. It leads to dejection.

| Some Positive Self Esteem are | Some Negative Self Esteem are |
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| <ul style="list-style-type: none"> ➤ Self – respect ➤ Self- Confidence ➤ Self- Worth ➤ Self- Acceptance ➤ Self- Love ➤ Self- Knowledge ➤ Self- Discipline | <ul style="list-style-type: none"> ➤ Self- put down ➤ Self- doubt ➤ Self- abuse ➤ Self-denial ➤ Self-centeredness ➤ Self-deceit ➤ Self-indulgence |

SELF-ESTEEM



Low Self Esteem


