A theory of self esteem

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The Theory of Self-Esteem**

Self-esteem refers to an individual's overall sense of worth and value. It is a key component of psychological well-being and has been extensively studied by various theorists over the years.

Self-Esteem Theories

Stanley Coopersmith's Self-Esteem Theory

Coopersmith proposed that self-esteem develops through five stages:

- **Early childhood:** Self-esteem is based on external validation.
- **Middle childhood:** Self-esteem becomes more internalized and based on personal experiences.
- **Adolescence:** Self-esteem is influenced by social comparisons and peer approval.
- **Young adulthood:** Self-esteem becomes more stable and independent of external factors.
- **Maturity:** Self-esteem is based on a sense of purpose and self-acceptance.

Cast and Burke Theory of Self-Esteem

This theory suggests that self-esteem is a result of the interaction between the individual's self-concept and significant others' evaluations.

James' Self-Esteem Theory

William James believed that self-esteem is a ratio of successes to aspirations. When successes outweigh aspirations, self-esteem is high, and vice versa.

Maslow's Theory of Esteem

Abraham Maslow's hierarchy of needs places esteem needs above basic physiological and safety needs. High self-esteem is crucial for self-actualization, the highest level of human potential.

Rosenberg's Self-Esteem Theory

Morris Rosenberg developed the Rosenberg Self-Esteem Scale, a widely used measure of self-esteem based on statements about self-worth and self-acceptance.

Kaplan's Theory of Self-Esteem

Howard Kaplan proposed a hierarchical model of self-esteem, with four levels:

- **Basic self-esteem:** Based on basic needs and environmental support.
- **Conditional self-esteem:** Dependent on external validation.
- **Global self-esteem:** A general sense of worth based on internal factors.
- **Situational self-esteem:** Specific to particular contexts or situations.

Adler's Self-Confidence Theory

Alfred Adler believed that self-esteem is rooted in a sense of inferiority, which can be compensated for through striving for superiority.

Theory of Self-Esteem According to Bednar and Peterson

Randy Bednar and Craig Peterson proposed that self-esteem consists of three dimensions:

- **Self-worth:** Belief in one's own value.
- **Ego strength:** Ability to cope with life's challenges.
- **Self-integrity:** Consistency between one's values and actions.

Self-Esteem According to Bandura

Albert Bandura's social cognitive theory emphasizes the role of self-efficacy, or belief in one's ability to perform certain tasks, in shaping self-esteem.

Hierometer Theory of Self-Esteem

This theory suggests that individuals have an internal sensor for self-esteem that monitors and regulates their self-worth based on feedback from their environment.

Burke's Theory

Edmund Burke theorized that self-esteem is rooted in a sense of self-sufficiency and control over one's environment.

Coopersmith Theory of Self-Esteem

Stanley Coopersmith's theory focuses on the development of self-esteem through childhood and adolescence, emphasizing the influence of significant others.

James-Lange Theory of Self

This theory proposes that self-esteem is a result of emotional experiences, rather than being a cause of them.

Self-Esteem Level Theory

This theory posits that individuals have different levels of self-esteem, which can fluctuate over time depending on experiences and circumstances.

The 5 Stages of Self-Esteem

Coopersmith identified five stages of self-esteem development:

- **The Early Stage:** High self-esteem is based on external validation.
- **The Middle Stage:** Self-esteem is influenced by personal experiences and peer approval.
- **The Adolescent Stage:** Self-esteem is characterized by self-consciousness and social comparison.

- **The Young Adult Stage:** Self-esteem becomes more stable and independent of external factors.
- **The Mature Stage:** Self-esteem is based on a sense of purpose and self-acceptance.

Theory of Abraham Maslow

Maslow's hierarchy of needs places self-esteem needs above basic physiological and safety needs. He believed that high self-esteem is essential for self-actualization.

Theory of Self-Esteem by Maslow

Maslow's theory suggests that individuals must satisfy lower-level needs, such as food, shelter, and safety, before they can focus on self-esteem and personal growth.

McIntyre Theory of Self-Confidence

Robert McIntyre's theory emphasizes the role of self-confidence in shaping self-esteem. He proposed that self-confidence is based on four factors:

- **Task competence:** Ability to perform specific tasks.
- **Social competence:** Ability to interact effectively with others.
- **Self-efficacy:** Belief in one's own abilities.
- **Self-worth:** Belief in one's own value.

Lauster Theory of Self-Confidence

Franz Lauster's theory focuses on the development of self-confidence through childhood and adolescence. He proposed that self-confidence is based on:

- **Cognitive competency:** Ability to think and solve problems.
- **Social acceptance:** Feeling valued and accepted by others.
- **Emotional self-regulation:** Ability to manage emotions.

Rosenberg Self Theory

Morris Rosenberg's self theory proposes that self-esteem is a multidimensional construct that includes:

- **Global self-worth:** A general sense of one's own value.
- **Self-competence:** Belief in one's ability to perform tasks.
- **Self-esteem stability:** Consistency of self-esteem over time.

Korman's Consistency Theory of Self-Esteem

Abraham Korman's theory suggests that individuals strive for consistency in their self-esteem. When there is a discrepancy between actual and ideal self-esteem, they experience psychological discomfort and engage in behaviors to reduce the discrepancy.

Self-Esteem Paradox

This phenomenon refers to the tendency for individuals with low self-esteem to overestimate their abilities and accomplishments, while individuals with high self-esteem to underestimate them.

Self-Confidence Bandura

Albert Bandura's concept of self-confidence refers to the belief in one's own ability to perform specific tasks. He emphasized the role of self-efficacy in shaping self-confidence.

Alfred Adler's Theory

Adler's theory of inferiority and compensation proposes that individuals strive for superiority to compensate for feelings of inferiority. Self-esteem is linked to the fulfillment of this striving.

Self-Esteem According to William James

James believed that self-esteem is a result of comparing one's successes to one's aspirations. High success-to-aspiration ratio leads to positive self-esteem, while low ratio leads to negative self-esteem.

Adler's Self-Confidence Theory

Adler's theory of self-confidence emphasizes the role of striving for superiority in shaping self-confidence. Individuals who compensate for feelings of inferiority through striving for superiority develop high self-confidence.

Self-Esteem According to Bandura

Bandura's social cognitive theory proposes that self-esteem is influenced by self-efficacy, or the belief in one's ability to perform specific tasks. High self-efficacy leads to positive self-esteem, while low self-efficacy leads to negative self-esteem.

Theory of Self-Esteem According to Bednar and Peterson

Bednar and Peterson's three-dimensional theory of self-esteem includes self-worth, ego strength, and self-integrity. Positive self-esteem is characterized by high levels of these dimensions.

Concept of Self-Esteem

Self-esteem is a multidimensional construct that encompasses an individual's overall sense of worth and value. It is influenced by various factors, including personal experiences, environmental factors, and cultural norms.

Alfred Adler's Theory

Adler's theory of individual psychology proposes that individuals strive for superiority to compensate for feelings of inferiority. This striving can influence self-esteem.

McIntyre Theory of Self-Confidence

McIntyre's theory emphasizes the importance of task competence, social competence, self-efficacy, and self-worth in shaping self-confidence.

Self-Confidence Theory

Self-confidence theory posits that individuals' belief in their own abilities and capabilities influences their self-esteem and overall well-being.

Erikson's Self-Esteem

Erik Erikson's theory of psychosocial development places emphasis on the impact of social experiences on self-esteem. A sense of competence and industry can contribute to positive self-esteem.

Lauster Theory

Lauster's theory of self-confidence development highlights the influence of cognitive competency, social acceptance, and emotional self-regulation on self-confidence.

### Self-Esteem According to APA

The American Psychological Association (APA) defines self-esteem as a positive or negative orientation toward oneself that includes feelings, thoughts, and beliefs about one's own worth.

Theory of Self-Esteem by Maslow

Maslow's hierarchy of needs suggests that individuals need to satisfy basic needs, such as food and shelter, before they can focus on self-esteem and self-actualization.

Theories of Self-Esteem

Various theories have been proposed to explain the development and dynamics of self-esteem, including Coopers
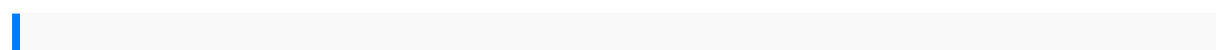
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A THEORY OF SELF ESTEEM