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Self-esteem is a judgment or self-evaluation of our work or goodness and how well we feel we are doing in areas of our life that we rate as important (Yang, Xu, Chen, Shi, & Han, 2016). But while the definition is useful and intuitively valid, it soon becomes clear that self-esteem is a complex construct like many other psychological concepts.

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Self-esteem research, theory, and practice: toward a positive psychology of self-esteem /Christopher J. Mruk.—3rd ed. p. cm. Includes bibliographical references and index. ISBN 0-8261-0231-X 1. Self-esteem. 2. Positive psychology. I. Title. BF697.5.S46M78 2006 155.2—dc22 2005057597 Printed in the United States by Maple-Vail Book Manufacturing Group

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Abstract and Figures Self-esteem has been conceptualized as an outcome, motive, and buffer, but there is no overall theory of self-esteem. In this article it is suggested that identity theory can...

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Self-Determination Theory (SDT) states that man is born with an intrinsic motivation to explore, absorb and master his surroundings and that true high self-esteem (Deci & Ryan, 1995 as cited in Ryan & Deci, 2004) is reported when the basic psychological nutrients, or needs, of life (relatedness, competency and autonomy) are in balance (Ryan & Deci, 2004; Reis, Sheldon, Gable, Roscoe, & Ryan, 2000 as cited in Ryan & Deci, 2004).

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## **Research on self-esteem - Department of Psychology**

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Self-esteem should be viewed as a continuum, and can be high, medium or low, and is often quantified as a number in empirical research. When considering self-esteem it is important to note that both high and low levels can be emotionally and socially harmful for the individual.

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An analysis of the recent explosion of research and literature on the enhancement of self-esteem. On both theoretical and practical levels, the author defines self-esteem and how it can be developed or enhanced.

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Many theorists have written on the dynamics involved in self-esteem. The need for self-esteem plays an important role in psychologist Abraham Maslow's hierarchy of needs, which depicts self-esteem as one of the basic human motivations. 1 ? Maslow suggested that people need both esteem from other people as well as inner self-respect.

## **What Is Self-Esteem? - Verywell Mind**

According to some researchers, low self-esteem is associated with highly negative self-feelings and a wide variety of maladaptive cognitive, affective, motivational, and behavioral patterns.

## **The Interactive Roles Of Stability And Level Of Self ...**

Self-Esteem and Positive Psychology: Research, Theory, and Practice, 4th Edition by Christopher J. Mruk at AbeBooks.co.uk - ISBN 10: 0826108989 - ISBN 13: 9780826108982 - Springer Publishing - 2013 - Softcover

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