



Academic Achievement

The relationship of academic achievement and self-esteem has been seen in a number of studies. These studies have become the basis of programs and strategies implemented by educators to promote healthy self-esteem in students.

Self-esteem and academic achievement have a reciprocal relationship (Marsh and O'Hara, 2008). Some would say that self-esteem might be the cause of academic achievement and those who have a positive view of themselves are focused and motivated to learn. While those with low self-esteem are afraid to take risks, and tends to avoid active participation in classroom and school activities.

On the other hand, some presupposes that academic achievement results to increased self-esteem and self-confidence. No wonder, some teachers invest so much of their time and effort to help build their students' self esteem, while others challenge their students by raising their standards, with little regard of other circumstances affecting their students' performance.

In my opinion, it is not an issue of which of the two strategies is better, but rather, it is more an issue of how a teacher can strike the right balance and timing in implementing the appropriate strategy in motivating his student.

Most teachers mean well if they put pressure on their students to perform well at school. But I believe that a teacher can best demand work from an above average or superior student who, for some reason, lacks the motivation, but is innately competitive. Expecting higher standards from these students is likely to lead to academic achievement, and eventually increase their self-esteem and self-confidence.

But not all students belong to this category. An "ordinary" student has an "ordinary" view of himself. He is less driven and finds competition less appealing.

He will tend to view academic pressure placed by a well-meaning teacher as an added source of anxiety. To an ordinary student who is experiencing school adjustment problems for instance, or who happens to be having personal difficulties, the increased demands from a high-driven teacher is a good excuse for him to withdraw, and worse, to drop-out of school (Flook, 2008).

Increasing the self-esteem of an under-motivated student and, working on the lack of confidence of a low achiever are two different issues. The challenge for teachers is for them to give an individualized approach in setting the standards for their students. It might be more appropriate to gear the academic pressure to those who are capable of handling the

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