

# Chapter 15

## The Effect of Self-Esteem on Student Achievement

Serdar Körük

### 15.1 Introduction

Self-esteem is defined as the set of positive or negative evaluations of individuals about their own selves (Rosenberg 1965). Self and self-esteem constitute two different dimensions of personality. The self represents the cognitive part of the personality, whereas self-esteem represents the affective and psychologic dimension. The personality traits of the individuals, their physical features, abilities, skills, social relations, feelings and their ideas about their academic or professional performance and the satisfaction they feel as a result of these ideas, are included in the concept of self-esteem (Yılmaz 2000; İzgiç et al. 2001). A high level of perceived satisfaction indicates that the individual has high self-esteem, whereas a low level of satisfaction indicates low self-esteem. Özkan (1994) defined people with high self-esteem as individuals who are successful in academic and professional areas, who can handle stress, who can establish social and close relations and who have a high level of vitality and enjoyment. At the same time, he defined people with low self-esteem as individuals who have a low level of vitality and enjoyment, who are not self-confident, who feel shame and feelings of worthlessness and who feel inadequate in terms of successes and skills.

The formation of self-image in individuals starts in their babyhood and early childhood periods through the verbal and non-verbal signals that they receive from their parents who are the primary objects of connection (Demiriz and Öğretir 2007). Towards the early childhood period, when the cognitive level is developed, the baby starts to create his or her self-esteem by evaluating his or her physical properties, abilities, strengths and weaknesses. Nine months old babies start to realize that they are mentally different from each other, and they develop their verbal self when they are eighteen months old. The progress of infants' cognitive

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# Research Papers On Self Esteem

**R Sanford**



## Research Papers On Self Esteem:

**Self-Esteem** Virgil Zeigler-Hill, 2013-03-12 In this edited collection a distinguished set of contributors present a broad overview of psychological research on self esteem Each chapter is written by leading experts in the field and surveys current research on a particular issue concerning self esteem Together the chapters provide a comprehensive overview of one of the most popular topics in psychology Each chapter presents an in depth review of particular issues concerning self esteem such as the connection that self esteem has with the self concept and psychological adjustment A number of further topics are covered in the book including How individuals pursue self esteem The developmental changes in feelings of self worth over the life span The existence of multiple forms of high self esteem The role that self esteem plays as an interpersonal signal The protective properties associated with the possession of high self esteem This collection of state of the art reviews of key areas of the psychological literature on self esteem will be of great interest to researchers and academics and also to graduate and advanced undergraduate students of social psychology *Extending Self-Esteem Theory and Research* Timothy J.

Owens, Sheldon Stryker, Norman Goodman, 2006-11-02 Self esteem is an academic and popular phenomenon vigorously researched and debated sometimes imbued with magical qualities other times vilified as the bane of the West s preoccupation with self Though thousands of articles have been devoted to the topic and bookshops work to feed the public s appetite for advice on revealing enhancing and maintaining self esteem conflicting claims and findings have placed the field in disarray In a very real sense self esteem is a victim of its own popularity This book seeks to add clarity to a concept earlier examined by such notable self theorists as Morris Rosenberg but eminently worthy of re examination and extension We do this by asking some leading thinkers on self esteem theory measurement and application to assess what we know about self esteem and link it to important aspects of society and the human experience *The Social Importance of Self-Esteem*

Andrew Mecca, Neil J. Smelser, John Vasconcellos, 1989-08-15 Is the well being of a society dependent on the well being of its citizenry Does individual self esteem play a causal role in chronic social problems such as child abuse school drop out rates teenage pregnancy alcohol and drug abuse welfare dependency In an attempt to answer these questions the State of California established a task force on self esteem and social responsibility in 1987 The aim of this body was to determine what connections might exist between these two factors and to suggest policy guidelines relating to the welfare of Californians and to the expenditure of public resources The ten essays in this volume prepared by faculty members of the University of California draw on research in the social and behavioral sciences to explore these issues They assess the substantive assertions and research findings in the field and make careful evaluations of their reliability and validity In many cases strong connections between self esteem and problematic behavior are established in others the connections are weak and in some the causal relationship is as yet imperfectly understood One of the conclusions of the book is that research on these issues needs to be improved particularly in the areas of comparative and longitudinal studies Guidelines for future

research are suggested and some points of policy direction are elaborated These essays may indeed promote additional research for the premise that social stability and welfare are largely dependent on the psychological state of a people poses a challenging and provocative counter emphasis to the assumption that social institutions are the primary determinants of individual welfare

**Self-Esteem** Roy F. Baumeister, 2013-11-11 Summarizing and integrating the major empirical research of the past twenty years this volume presents a thorough review of the subject with a special focus on what sets people with low self esteem apart from others As the subject is central to the understanding of personality mental health and social adjustment this work will be appreciated by professionals and advanced students in the fields of personality social clinical and organizational psychology

*Self-Esteem Issues and Answers* Michael H. Kernis, 2013-04-15 Research and theory on self esteem have flourished in recent years This resurgence has produced multiple perspectives on fundamental issues surrounding the nature of self esteem and its role in psychological functioning and interpersonal processes *Self Esteem Issues and Answers* brings together these various perspectives in a unique format The book is divided into five sections Section I focuses on core issues pertaining to the conceptualization and assesment of self esteem and when self esteem is optimal Section II concentrates on the determinants development and modifiability of self esteem Section III examines the evolutionary significance of self esteem and its role in psychological processes and therapeutic settings Section IV explores the social relational and cultural significance of self esteem Finally Section V considers future directions for self esteem researchers practitioners parents and teachers This volume offers a wealth of perspectives from prominent researchers from different areas of psychology Each expert contributor was asked to focus his or her chapter on a central self esteem issue Three or four experts addressed each question The result is that *Self Esteem Issues and Answers* provides a comprehensive sourcebook of current perspectives on a wide range of central self esteem issues

**Self-Esteem Research, Theory, and Practice** Christopher J. Mruk, 2006-05-09 Print CourseSmart

**Self-Esteem and Positive Psychology, 4th Edition** Christopher J. Mruk, Christopher J. J. Mruk, 2013-03-28 The author s voice is engaged authoritative and convinced of the esential role self esteem plays in connecting psychological theory to clinical practice a perspective many readers will welcome Recommended Choice Current Reviews for Academic Libraries This new edition of the most comprehensive text available on the theories research findings and practice implications of self esteem represents a major shift in our contemporary understanding of self esteem and positive psychology The book has been thoroughly updated to integrate positive psychology themes throughout and explain how self esteem enhancement interventions fit into evidence based practice This insightful work provides scholars clinicians and students with both an extensive overview of research and with Mruk s often cited theoretical framework for self esteem Featuring the author s noted Competence and Worthiness Training program for enhancing self esteem this fourth edition reflects changes in the field by also including expanded coverage of Self esteem in relationships Validity issues in researching self esteem The concept of authenticity in the self Self esteem as a

function of motivation and well being Existentially oriented theory Key Features Offers the most comprehensive and thorough overview of self esteem theory and research available Considers self esteem from personality human development and clinical perspectives Contains updated and more integrated coverage of self esteem as a major element of positive psychology Places clinical practices that enhance self esteem in the context of evidence based practice Features expanded coverage of personal relationships research issues and well being in self

**The Study of Dyslexia** Martin Turner, John Rack, 2006-01-16 In long ago 1999 the Dyslexia Institute and Plenum Press conceived a plan for two books which would gather the best of current knowledge and practice in dyslexia studies This would benefit those but not only those many individuals who train with us acquiring a postgraduate certificate and diploma with our higher education partner the University of York Since then the century changed the hinge of history creaked and Plenum was taken over by Kluwer Academic Publishers but the first of the pair *Dyslexia in Practice* emerged quickly and on schedule Townend and Turner 2000 Written by staff and close associates of the Institute its chapters were produced under close scrutiny and with the expedition of a command economy To our delight the book has seen a success which went beyond the dreams of its editors it has been adopted by other courses similar to our own and is widely referred to The same was never likely to be true of *The Study of Dyslexia* which was envisaged as a theoretical companion volume written by authors and researchers of international repute Nearly five years after the idea first took shape this second volume now arrives to complete the enterprise but it has been a very different project

*The Gift of Low Self-Esteem* Denise Linn, 2025-04-22 Most people think of low self esteem as a disadvantage Now an acclaimed spiritual teacher and New York Times best selling author shows you how to embrace it as your superpower Do you struggle to feel worthy Have you tried countless methods to overcome self doubt that don't make you feel any more confident or in fact make you feel worse because you're failing at them What if you could discover the secret gifts that low self esteem can give Candidly sharing her personal experience of struggling with self worth Denise Linn reveals the powerful perceptions she gained on her own journey of redefining her narrative and embracing her life And she guides you to find your own path You'll learn to identify the personal source of your low esteem whether it stems from your biochemistry your childhood experiences your culture or religion or the energy of the people and things around you Maybe you're feeling drained by predecessor energies past lives or toxic dream stompers in your life right now Maybe you're an empath and absorbing the negative emotions of those around you Maybe you're influenced by social media the news cycle or even the cycles of nature Whatever the case Denise shows you the great benefits of low self esteem and strategies to support you when it can feel overwhelming You'll discover How to be a glorious imperfectionist The upside of rejection The unexpected benefits of imposter syndrome How stress can be good for you The holy act of radical self acceptance And much more

*Handbook of Research Methods in Personality Psychology* Richard W. Robins, R. Chris Fraley, Robert F. Krueger, 2009-12-09 Bringing together leading investigators this comprehensive handbook is a one stop reference for anyone

planning or conducting research on personality It provides up to date analyses of the rich array of methodological tools available today giving particular attention to real world theoretical and logistical challenges and how to overcome them In chapters filled with detailed practical examples readers are shown step by step how to formulate a suitable research design select and use high quality measures and manage the complexities of data analysis and interpretation Coverage ranges from classic methods like self report inventories and observational procedures to such recent innovations as neuroimaging and genetic analyses

**The Psychology of Women at Work** Michele A. Paludi, 2008-06-30 According to the U S Department of Labor women made up 46.4 percent of the civilian labor force in 2005 and that percentage is expected to reach 47 percent by 2014 Professional and health related occupations are the fastest growing roles for women with computer related environmental and educational fields also drawing increasingly on the female workforce The bottom line at a macro level is that more and more women are driving the country's economic development But with that phenomenon come questions challenges and concerns on many diverse levels Debates rage on psychological topics such as the effect the increasing number of women at work has on marriage and divorce family and children women's identities and stress levels and overall their physical and mental health Psychologist Michele A Paludi and her team of experts from across fields examine all aspects of women at work the pros and cons how it is changing American society its women their relationships partners and children The factors that fuel women achievers are also discussed by female scholars and experts in the field who illustrate points with vignettes and their own career development stories Issues in the workplace affecting women's wellbeing are also discussed including sexual harassment and related laws pregnancy related work policy and regulations challenges for women bosses and career moms the glass ceiling racism women's relationships with male coworkers and issues that arise when a woman is the breadwinner This unique and timely set will appeal to those who are interested in psychology women's studies education law business and public policy

**The Resilience Factor** Karen Reivich, Andrew Shatte, Ph.D., 2003-10-14 Resilience is a crucial ingredient perhaps the crucial ingredient to a happy healthy life More than anything else it's what determines how high we rise above what threatens to wear us down from battling an illness to bolstering a marriage to carrying on after a national crisis Everyone needs resilience and now two expert psychologists share seven proven techniques for enhancing our capacity to weather even the cruelest setbacks The science in The Resilience Factor takes an extraordinary leap from the research introduced in the bestselling Learned Optimism a decade ago Just as hundreds of thousands of people were transformed by flexible optimism readers of this book will flourish thanks to their enhanced ability to overcome obstacles of any kind Karen Reivich and Andrew Shatt are seasoned resilience coaches and through practical methods and vivid anecdotes they prove that resilience is not just an ability that we're born with and need to survive but a skill that anyone can learn and improve in order to thrive Readers will first complete the Resilience Questionnaire to determine their own innate levels of resilience Then the system at the heart of The Resilience Factor will teach them to Cast

off harsh self criticisms and negative self images Navigate through the fallout of any kind of crisis Cope with grief and anxiety Overcome obstacles in relationships parenting or on the job Achieve greater physical health Bolster optimism take chances and embrace life In light of the unprecedented challenges we ve recently faced there s never been a greater need to boost our resilience Without resorting to feel good pap or quick fix clich s The Resilience Factor is self help at its best destined to become a classic in the genre      Social Work Research and Evaluation Richard M. Grinnell,Yvonne A. Unrau,2008 Refined with input from students and instructors who used the previous seven editions the authors have updated rearranged and added to the latest edition of this popular textbook It contains six new chapters four on evidence based practice emphasizing how important it is for students to master that concept and it lays the foundation for their understanding of it by providing a comprehensive explanation of both qualitative and quantitative research methods This edition is more current useful and aesthetically pleasing than ever before and is sure to hold its place as one of the premier textbooks for research methods courses appreciated by students and professors alike for its user friendliness and renowned for the way it helps social work programs produce professional capable social workers      **The Interplay of Stress, Health, and Well-being: Unraveling the Psychological and Physiological Processes - volume II** Edgar Galindo,Adelinda Araujo Candeias,Mariola Bidzan,Konrad Reschke,Marcus Stueck,2025-05-13 This Research Topic is the second volume of Research Topic The Interplay of Stress Health and Well being Unraveling the Psychological and Physiological Processes Please see the first volume here This Research Topic explores the intricate relationship between stress health and well being with a focus on the underlying psychological and physiological processes involved The aim is to shed light on the complex interplay between these factors and provide insights into potential interventions and strategies for promoting optimal mental and physical well being It encompasses both theoretical perspectives and empirical research emphasizing the need for interdisciplinary collaboration and a comprehensive understanding of stress health and well being The Impact of Chronic Stress on Physical Health Examining the physiological processes through which chronic stress contributes to physical health problems such as cardiovascular diseases immune dysregulation and metabolic disorders Investigating the role of stress related behaviors e g poor sleep unhealthy eating habits sedentary lifestyle in mediating the relationship between stress and physical health outcomes Discussing potential interventions and preventive measures to mitigate the adverse effects of chronic stress on physical well being Psychological Resilience and Mental Health Analyzing the protective role of psychological resilience in buffering the negative impact of stress on mental health outcomes Exploring the factors that contribute to the development and enhancement of resilience such as positive emotions cognitive flexibility and social support networks Evaluating evidence based interventions and strategies aimed at promoting resilience and fostering mental well being in the face of stressors Stress Well being and Positive Psychology Investigating the relationship between stress and subjective well being considering both hedonic well being e g life satisfaction positive emotions and eudaimonic well

being e.g. sense of purpose, personal growth. Exploring the role of positive psychology interventions e.g. gratitude exercises, mindfulness practices in enhancing well-being and resilience even in the presence of stress. Examining the potential long-term benefits of cultivating well-being as a protective factor against stress-related health problems. The Role of Social Support and Community: Highlighting the importance of social support systems in moderating the effects of stress on health and well-being. Investigating the impact of social isolation and loneliness on stress-related health outcomes and well-being. Exploring community-based interventions and initiatives that promote social connectedness and resilience in the face of stress. Individual Differences and Contextual Factors: Examining the influence of individual differences e.g. personality traits, genetic predispositions and contextual factors e.g. socioeconomic status, cultural norms on the stress-health-well-being relationship. Considering how these factors interact and shape individuals' responses to stress and their subsequent health and well-being outcomes. Discussing implications for personalized interventions and targeted approaches in stress management and well-being enhancement. By investigating the psychological and physiological processes underlying the stress-health-well-being relationship, this Research Topic aims to contribute to a comprehensive understanding of these complex interactions. Ultimately, it provides a basis for developing effective interventions and strategies to promote optimal health, well-being and resilience in the face of stressors.

*Interpersonal Communication Research* Mike Allen, Raymond W. Preiss, Barbara Mae Gayle, Nancy Burrell, 2001-08. This volume provides a systematic review of the literature on interpersonal communication, examining the normal practice of scholars and text to summarize existing research. A valuable resource for advanced coursework as well as for scholars in the area.

**Research in Education**, 1970. The Psychology Research Handbook Frederick T. L. Leong, James T. Austin, 2006. This research guide includes practical instructions for graduate students and research assistants on the process of research planning and design, data collection and analysis and the writing of results. It also features chapters co-written by advanced research students providing real-world examples.

Research for Inclusive Quality Education Christopher Boyle, Kelly-Ann Allen, 2022-11-10. This book explores contemporary perspectives and research on inclusion, providing a platform for discussing inclusion at an international level and its intersections with belonging and equity. How inclusion is defined and applied between schools, districts and even countries can vary markedly, thus an international understanding of inclusion is urgently needed. Experts from several countries in different regions present the latest research in the field of inclusion and provide practices and strategies guided by empirical research to address some of these issues. Schools are contextual organisations that represent the broader society, culture and values in which they reside. Thus, how inclusion is practised at the society level has an implication on schools. The way we think about inclusion has shifted dramatically in the last decade; we now recognise that inclusion represents a broad spectrum of racial, ethnic, cultural and sexual diversity that is seen in almost all modern schools. This book presents international perspectives and research on inclusion, belonging and equity to work towards a more consistent collaborative and global understanding.



*Resources in Education* ,1999      Sport and Exercise Psychology Andrew Lane,2015-08-26 The new edition of Sport and Exercise Psychology asks four fundamental questions that get to the heart of this flourishing discipline What inner states influence what people think feel and behave How can people manage or self regulate their own inner states How can sport and exercise psychology professionals help people manage their inner states Is sport psychology just a placebo effect Taking an applied perspective that bridges the gap between sport and exercise the book answers these questions by covering the key topics in the field including confidence anxiety self regulation stress and self esteem There are also chapters on the role of music in performance imagery and exercise addiction Each chapter is written by an expert in that field and includes a range of features illustrating specific issues either within the research literature or their practical application This is a comprehensive and engaging overview of an evolving discipline and will be essential reading to any student of sport and exercise psychology It will also be of huge interest to athletes and coaches seeking an accessible understanding of the role of psychology in sport

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