

SELF-ESTEEM

Self-esteem is a combination of thoughts and feelings a person has about themselves, and whether those thoughts are positive or negative.

DEFINITION

Rosenberg (1958) defined self-esteem as "a positive or negative attitude toward a particular object, namely, the self" (p. 30).

In this definition, self-esteem is an opinion about one's self-worth.

People with a high self-esteem believe they have high self-worth, whereas people with low self-esteem are more cynical regarding their value.

EXAMPLE

- **High self-esteem:** A person that likes their personality and thinks they are good at tasks they put their mind to has high self-esteem.
- **Low self-esteem:** A person that thinks they have a lot of flaws and can't do things well has low self-esteem.

Misconceptions Regarding Selfesteem

LP Steffe



Misconceptions Regarding Selfesteem:

Misconceptions Regarding Selfesteem Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Misconceptions Regarding Selfesteem**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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