

Boost Self-Confidence and Self-Esteem in Kids

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Abstract

Kids self-esteem is already established by age five and is comparable in strength to that of adults. Children with high self-esteem generally become more successful in life. Unfortunately, the outcomes for children with low self-esteem can be quite poor. As a parent, your child's self-esteem is primarily your responsibility. You can do a lot to help your child feel confident and competent. In childhood, a personality is formed and developed, and the children begin to form his concepts and perceptions of himself. self- understanding of the child is one of the most important agents affecting their personal and emotional development. self-esteem and self-confidence are founded in the depths of a child, and it is the first look into his inner mirror that will form the character of his future personality. Children's self-concept includes many factors and the past experiencing that they are exposed to during their developmental stages. Children begin to build their self-concept based on their interactions with the world around them, and those interactions include all experiencing either positive or negative experiences, achievements, accomplishments, and challenges. And when a child understands the concept of himself, it becomes clear to him who he is and what he can. This first look at his inner features forms a concept and vision for himself, which positively affects his level of self-confidence and his ability to successfully in all aspects of his life.

Keywords: self-esteem; self-confidence; kids; quality of life; mental health; rosenberg self-esteem scale

Introduction


◇ Definition of self-esteem:

Self-esteem is the "feeling of self-appreciation" and is an essential emotion for people to adapt to society and live their lives. For children, in particular, the environment in which they are raised contributes profoundly to the development of their self-esteem, which in turn helps them to adapt better to society. Children with damaged self-esteem are at

risk of developing psychological and social problems, which hinders recovery from low self-esteem.

◇ Definition of self-confidence:

Self-confidence in children is the firm belief and trust in their own abilities, skills, and judgment, which allows them to face challenges, try new things, and persist in the face of setbacks and Failure situations.



ASPECT	SELF-ESTEEM	SELF-CONFIDENCE
Scope	Broad and global self-worth	Specific, task-related belief
What it assesses	Overall self-perception	Belief in one's abilities
Stability	Generally more stable	Often situational and variable
Impact on decisions	Influences values and identity	Affects goal setting and actions
Resilience	Helps with emotional resilience	Facilitates coping with challenges
Foundation	Based on self-worth	Based on self-efficacy
Relation to others	Influences relationships	Affects assertiveness and interactions
Long-term view	Long-term self-worth	Short-term task accomplishment




Figure 1: Comparison between self-esteem and self-confidence

◇ Development of self-esteem:

◇ The development of a child's self-esteem is heavily told by the terrain in which he or she's raised. reported that positive tone- regard creation is grounded on 4 factors:

- ◇ 1) the parent- child relationship.
- ◇ 2) The means used to manage with the child's undesirable feelings.
- ◇ 3) peers- acceptance.
- ◇ 4) social geste. what causes low self-esteem in kids?

Low self-esteem in children stems from critical caregivers, bullying, traumatic experiences like abuse or neglect, and constant comparison to others. Unstable or stressful home environments, chronic illness, poor school performance, and overwhelming societal pressures or unrealistic expectations also contribute significantly to a child's developing sense of self-worth.

Experiences with Caregivers and Home Life.

1-Unsupportive or Critical Parents/Caregivers: adults who are consistently critical, negative, or dismissive can undermine a child's sense of worth.

2-Abuse and Neglect:

experiencing physical, sexual, or emotional abuse or prolonged neglect can be deeply traumatic and damaging to a child's self- esteem.

3-Unstable Home Environment:

a chaotic, stressful, or unstable home life, such as that caused by divorce or moving frequently, can make a child feel insecure and unloved.

4-Peer and Social Interaction.

5-Bullying and Social Exclusion.

6-Being teased or excluded by peers, both in person and online, can lead to a profound loss of confidence.

7-Comparison to Others: constant comparison with peers on social media or in other aspects of life, or an environment where one must constantly "measure up," can foster feelings of inadequacy.

8-Academic and Performance Pressures.

9-Struggling in School.

10-Poor academic performance: can lead to a lack of confidence, especially when paired with high parental expectations to excel.

11-Perfectionism:

an internal drive for perfection or a fear of failure can lead to a cycle of self-criticism when goals aren't met. 11-Other Factors including:

◇ Chronic Illness or Disability:

A chronic illness or disability can make a child feel different from their peers, potentially lowering their self-esteem.

◇ Trauma and Adverse Childhood Experiences (ACEs):

Events like the death of a family member, witnessing violence, or other traumatic experiences can be damaging to a child's developing self-worth.

◇ Societal Pressures:

Exposure to highly edited images, unattainable societal ideals, and attacks on a child's culture or identity can contribute to negative self-perception.



Figure 2: Causes of low self-esteem in kids.

- | | |
|---|---|
| <p>◇ Signs that child's or floundering with their self-esteem.</p> <p>1- saying negative effects about themselves.</p> <p>2- making negative commentary about their appearance</p> <p>3- making negative commentary about effects they've done.</p> <p>4- Comparing themselves negatively with other people</p> <p>5- withdrawing, for illustration, avoiding social situations and conditioning</p> <p>6- acting low in their mood, for illustration, showing lower interest in effects.</p> <p>7- avoiding, trying new effects, or fussing a lot about doing commodity new.</p> | <p>8- feel veritable anxious when they make a mistake or not be suitable to move on from it.</p> <p>9- giving themselves a hard time when effects do n't go as planned.</p> <p>10- turning to managing mechanisms like self-esteem - detriment.</p> <p>◇ How to assess self-esteem?</p> <p>One common dimension system is the use of questionnaires. For grown-ups, exemplifications include:</p> <p>Rosenberg Self- Esteem Scale: self-esteem scale is a questionnaire designed to measure an individual's overall sense of self-worth, with the most widely used being the Rosenberg Self-Esteem Scale (RSES). This 10-item scale assesses both positive and negative feelings about the self, using a 0–30 scoring range, where higher scores indicate higher self-esteem.</p> |
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Rosenberg Self-Esteem Scale (RSES)

Instructions:

Below is a list of statements dealing with your general feelings about yourself. There are four possible answers for each of the 10 questions, from "strongly agree" to "strongly disagree". Tap the box to indicate how strongly you agree or disagree with each statement.

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	On the whole, I am satisfied with myself	3	2	1	0
2	At times, I think I am no good at all	0	1	2	3
3	I feel that I have a number of good qualities	3	2	1	0
4	I am able to do things as well as most other people	3	2	1	0
5	I feel I do not have much to be proud of	0	1	2	3
6	I certainly feel useless at times	0	1	2	3
7	I feel that I'm a person of worth, at least on an equal plane with others	3	2	1	0
8	I wish I could have more respect for myself	0	1	2	3
9	All in all, I am inclined to feel that I am a failure	0	1	2	3
10	I take a positive attitude toward myself	3	2	1	0

Developer Reference:

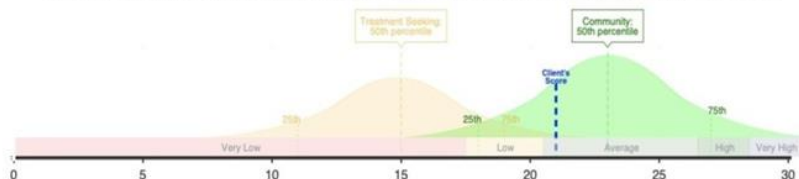
Rosenberg, M. (1965). Rosenberg self-esteem scale (RSE). Acceptance and Commitment Therapy. Measures Package, 61.

Figure 3: Rosenberg Self-Esteem Scale (10 points)

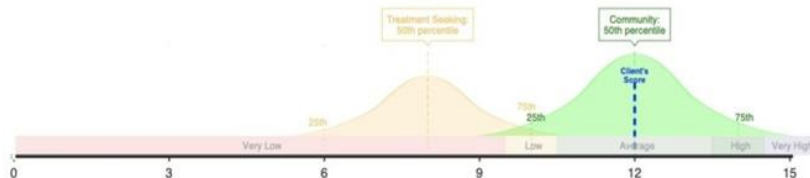
Rosenberg Self-Esteem Scale (RSES)			
Client Name	Generic Client	Date administered	16 Jul 2025
Date of birth (age)	1 Jan 1999 (26)	Time taken	18s
Assessor	Dr Emerson Bartholomew		

Results			
	Raw Score	Percentile	Descriptor
Total Self-Esteem (0-30)	21	34	Average
Self-Competence (0-15)	12	46	Average
Self-Liking (0-15)	9	27	Low

Total Self-Esteem Score Compared to Community and Treatment Seeking Samples



Self-Competence Score



Self-Liking Score

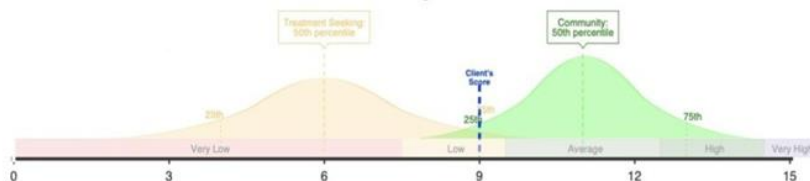


Figure 4: Rosenberg Self-Esteem Scale (RSSelf evaluation)

2-Janis- Field Feeling of Inadequacy Scale:

The Janis-Field Feeling of Inadequacy Scale (JFS) is a 23-item self-report measure developed by Janis and Field in 1959 to assess self-esteem by focusing on feelings of social adequacy, anxiety, self-consciousness, and worthlessness). still, the questions asked in these scales are generally abstract and present difficulties when used for youthful children.

3-Thematic Apperception Test (TAT).

(TAT) is a projective psychological test used to evaluate personality by analyzing the stories people create in response to ambiguous images. Developed by Henry A. Murray and Christiana D. Morgan, it involves showing individuals a series of pictures and asking them to construct stories, revealing underlying motivations, emotions, and interpersonal dynamics.

◇Strategies to boost self-esteem.

1.Love your child unconditionally.

Every child should believe that no matter what they do, success or failure, their parents still love them and will continue to be there for them. Consider the impact on a child's tone - regard when they believe they're only loved when they bear a certain way or achieve a specific result.

2.Spend quality and effective time.

Spending time with your kiddies has further to do with ordinary diurnal life than what you might originally anticipate. It's simple and meaningful relations, similar to bedtime stories and family feasts, that are essential for your child's development and unborn connections. try to sculpt out time to connect with your child daily.

3.Help to set achievable goals.

Many effects are more salutary to self-esteem than success. Work with your child to establish these achievable goals. Begin with goals that are easy to negotiate to give them with a taste of success and the confidence boost that goes on with it.

4.Encourage continuity.

Success and continuity go hand in hand. Encourage your child to be patient, and you're showing them how to be successful. Praise them when they stick to a delicate task and do not give up. One way you can help your kiddies is to set a good illustration. Demonstrate what it means to persist and to have a positive station.

5.Give your child choices.

When you do n't have control over your life, it's hard to have tone- regard. Give your child choices to give a sense of tone control and encourage their capability to trust their own judgment. This can be as simple as giving them two options for lunch or choosing what outfit they wear to academy, indeed, if it's a little mismatched.

6.Discourage perfection.

Discourage your child from trying to be perfect a game no bone can win. Your child's tone - regard will suffer when they realize they can no way be perfect. Show them that you value trouble and progress. These are conduct that anyone can achieve.

7.Avoid over praising for Your child.

knows when your praise is inordinate. In fact, inordinate praise has been shown over time to hurt a child's confidence rather than boost it. Give credit when recognition is due. Praise your child for making a reasonable trouble and be as specific as possible versus speaking in general terms.

8.Allow your child to eavesdrop you, felicitating them.

A child gets a significant boost in their self-esteem when they hear a parent praising them to another grown-up. Your kiddies are always watching you. Use that to your advantage whenever possible.

9.Take good care of yourself.

Taking proper care of yourself shows your kiddies that you're important and value yourself. They will believe they're important and should also take care of themselves. You can model to your child how to make themselves a precedence. There's no mistrustfulness that a child with high self-esteem is happier and further confident.

We want the stylish for our children, so our responsibility is to help lead them down this path. What we do at home can significantly impact our children's future. Educate your children to love, value, and believe in themselves, and they'll reap the benefits throughout their lives.

10.Encouraging trial.

Multiple gests enhance the child's capability to understand his chops and know his interests. By offering openings to learn from former failure and success trials, the child earnings confidence in achieving his pretensions and developing his or her chops.

11.Promote positive communication skills.

Talking to your child appreciatively and expressing that you're prideful in his achievements enhances his sense of self-confidence and uses encouraging and positive words to support his sense of his achievements and capacities.

12.furnishing the right challenge.

furnishing age-applicable challenges for the child encourages him to develop his chops and break his problems. When he can achieve his pretensions that bear trouble, this increases his sense of capability and self-reliance.

13.Focus on the positive of your child.

interest in the positive aspects of a child's personality and small accomplishments. This helps him develop a positive view of himself and increase his confidence in his capacities.

14.give positive models to the child.

Display positive part models and success stories from which the child can draw alleviation. this encourages him to develop positive comprehension of himself and his capacities. When these styles work in musicale, they can play a great and important part in developing children's self-esteem and self-confidence.

Conclusion:

Self-esteem and self-confidence are essential to children development and well- being and sense of who they are. High self-esteem and self-confidence are linked to the capability to act singly, feel secure, and passing a sense of worth. Most importantly, it offers the child comfort and confidence in feeling unique and individual every one of us is unique. But as they develop, children frequently feel the need to conform to the other, to be subject to peer pressure. Self-esteem and self-confidence give the child authorization to develop in the way they want, and it provides cerebral support to be comfortable in who they're mentally and physically. give support depending on their age and capacities and encourage their sense of worth while giving them the tools and lighting to get positive issues. Self-esteem and self-confidence give adaption to society and live their lives. For children, in particular, the terrain in which they're raised contributes profoundly to the development of their self-esteem and self-confidence, which in turn helps them to acclimatize

better to society. Children with damaged self-esteem and self-confidence are at threat of developing psychological and social problems, which hinders recovery from self-esteem and self-confidence. assessing children's self-esteem and self-confidence can be an effective system for understanding their history and present circumstances and useful to treat children with psychosomatic diseases.

Competing interests:

The author declare that they have no competing interests. Author

Contributions:

The author wrote the manuscript and holds final responsibility for the decision to submit the manuscript for publication.

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