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## Does having a low self-esteem affect people across the globe?

*Santwan Keisha Sheldon*

*Utpal Shanghvi Global School, Mumbai, Maharashtra*

### ABSTRACT

*Am I worth it? All doubts, insecurities and complexes that are related to our self-esteem culminate in this question, in every individual's mind, at some point or the other, some more than others. This competitive world nudges several to evaluate their self-worth, hence this research aims to highlight the global malaise of drastic consequences of low esteem in individuals. This report also pans out the various causes for the same, and an attempt has been made to suggest certain broad corrective measures to this end. To know more about self-esteem and how to combat the same, read on.*

**Keywords:** *Self-esteem, Effects, Confidence*

Self Esteem talks about the amount of confidence and self-worth people have for themselves and it reflects on their health and attitude. Possessing a low self- esteem can be lethal and crippling as it may result in depression therefore it is important to work on our confidence from an early age.

A research conducted by 'Dove Global Girl's Beauty and Confidence Report' specified nearly 61% of 10 to 17 years teenagers in UK experience little self-regard because of the way they look. These statistics are probably biased as they come from a non-governmental website (Fox, 2018). This results in them interacting lesser with family and friends, hardly participating in outdoor activities and team games, thus losing out on key opportunities of socialising. Due to this, they further become unfit, leading to loneliness and depression. In my opinion, reading inspirational and motivational books like 'Ten Days to Self Esteem' (Burns, 2012) and 'The Six Pillars of Self Esteem' (Branden, 1994) may help people nurture and sustain a healthy self- esteem. A YouTube video of an 11 year old girl named Mia, showcased that she avoided looking in the mirror as she didn't like her face, nose structure and skin colour, resulting in low self- esteem further hampering her self-confidence and self-growth (The Beauty Expert, 2018).

There are several reasons why Japanese have low self-esteem like national characteristic, academic background hierarchy, and digital native society where they are judged on the basis of their placement in this hierarchy due to the prejudiced attitudes towards ethnic minorities resulting in a low self-esteem (Emler, 2018). An online 'Cabinet Office Survey' conducted worldwide stated, only a dismal 45.8% of young Japanese respondents had confidence in themselves and almost 69% claimed to possess positive attributes. This information is trustworthy and probably accurate, as it comes from a national news site, Japan Times, but may still contain reporter's bias (News Agency, 2014). I feel that avoiding such discriminations will boost self-esteem and provide equal opportunities for growth.

In India, 90% of the people have a low self- esteem (Nelarwar, 2017). I believe this information is absolutely reliable as it comes from a very respectable national news site, Times of India but it may still contain some reporter's bias. 60% of Indian females expressed their distress about being good-looking, therefore revealing a precise and strong association amongst Indian female's self-confidence and body esteem levels (Indulge, 2018). This shows that even India faces the same problem as Japan and UK. The Indian society defines beauty and ugliness by judging people's characteristics. Both genders suffer from body shaming and get very affected with people's taunts. Though we know that a book shouldn't be judged by its cover but when I did a primary research by interacting with my neighbours it became evident that looks are given preference over other qualities when it comes to marriage. Hence making it difficult for many to find a match (Jangid, 2018). Due to these taunts people get into unhealthy practices to lose weight and are at a high risk of facing psychological eating disorder, Anorexia Nervosa (Scott Peck, 2017). Moreover, due to gender bias women undergo depression. Another leading cause is parent-child communication gap. 78% Indians have a high self- esteem due to good relations with their parents. However, 57% Indians have a low self-esteem due to poor connection with their parents.

This information may be biased as it is not curated from a government site (Ahuja, 2018). This may get them into bad company and lead to substance abuse which may prove fatal. I am firmly convinced that we should always have a true set of friends who help us frame our real self- worth.

According to my research, I gathered that India and UK citizens have concerns with their looks and hence suffer from a low self-esteem. However, on the contrary, in Japan they have low confidence levels because of their placement in their hierarchy and treatment given to them by their superiors.

Onslaught of disparaging remarks from family and friends is a chief cause of low self-esteem which makes individuals feel uncomfortable to share their problems, further causing depression and suicidal thoughts (Price, 2018). Another big cause is failure and poor performance in schools, colleges and jobs resulting in embarrassment and missing out on good opportunities (State Government, 2019). Furthermore, people with a disability are also constantly ridiculed. This takes a toll on the person's mind and makes them low on confidence. Subsequently, they retreat into their shell feeling dejected and miserable. According to me, individuals should learn to accept one's self whole heartedly and resist from aping another.

The Government can help by creating Motivational Clubs where members use positive self-talk (Fader, 2020), discuss positive attributes and encourage each other, resulting in life-long relationships. On a personal level, I will post inspirational quotes and create awareness on social media about how to deal with low self- esteem. I will start yoga and meditation classes in my vicinity to help divert their minds off negative thoughts. I will research and share the success stories of common people who went an extra mile to bring a positive change in society without caring about their looks or the social status accorded to them on my school's daily broadcast. Thereby inspiring my self-doubting peers to fight the odds.

Earlier, I thought being depressed and being unconfident is a vital cause for low self-esteem. During research, the sources helped me grasp the other causes and consequences of low self-esteem like poor looks, societal taunts and communication gap which affects multiple life skills and hamper the holistic growth of individuals. After my research to bridge this gap, parents should play a vital role in a child's well-being by being non- judgmental, helping their wards face failures and accept challenges. I believe, that everyone is unique and this unique strength should be used to discover our own special light!

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