

Does self-esteem affect social adjustment during adolescents: A Review

¹**Abhishek Meena**

M. Sc. Research Scholar,

N. Department of Human Development and Family Studies,

O. College of Community Science,

P. Acharya Narendra Deva University of Agriculture and Technology
Kumarganj, Ayodhya Uttar Pradesh (India)

Q. ²**Prachi Shukla**

⁵Assistant Professor,

Department of Human Development and Family Studies, College of Community Science
Acharya Narendra Deva University of Agriculture and Technology, Kumarganj
Ayodhya Uttar Pradesh (India)

R. ³**Akanksha Singh**

Subject Matter Specialist

Krishi Vigyan Kendra Kotwa Azamgarh-I
Acharya Narendra Deva University of Agriculture and Technology,
Kumarganj

Ayodhya Uttar Pradesh (India)

S. ⁴**Ritika Pandey**

Ph.D. Research Scholar,

Department of Human Development and Family Studies
College of Community Science
Acharya Narendra Deva University of Agriculture and Technology
Kumarganj,
Ayodhya Uttar Pradesh (India)

T. **And**

U. ⁵**Sarita Srivastav**

Abstract

Adolescence is a time of transition characterised by changes in one's physical, mental, emotional, and social characteristics. Because they affect confidence, relationships, and decision-making, self-esteem and social adjustment are essential for wellbeing. Identity and self-perception are shaped by puberty, peer pressure, and family support. While low self-esteem causes social disengagement and anxiety, high self-esteem promotes adaptation and resilience. Building relationships and navigating societal expectations are made possible by social adjustment. Self-esteem and adaptability are improved by techniques like mindfulness, positive self-talk, and conquering anxieties. Peer relationships, self-development, and supportive parents are essential for a smooth transition into adulthood.

Key words: Adolescence, self-esteem, social adjustment.

Introduction:

The time between childhood and maturity is known as adolescence. As they approach puberty, children's bodies and minds undergo several changes. These involve developing their own moral compass as well as facing academic, psychological, social, and physical obstacles. The changes happen quickly and often at varying speeds. Adolescence can be both an exciting and difficult time in a person's life. Your child will start to explore their individuality and grow more self-reliant during adolescence.

The evidence generally supports the idea that adolescence is a time of transition characterised by changes in one's physical, emotional, and cognitive makeup. With the exception of childhood, Williams, Holmbeck, and Greenly (2002) characterised adolescence as the most conspicuous stage of life because of its quick and perhaps turbulent changes (Rana et al., 2014).

According to Ernst et al. (2015), adolescence is a time of biological and psychological transition between childhood and adulthood, characterised by notable advancements in the social, emotional, cognitive, and physical domains. Teenagers also struggle with identity development, emotional control, and adjusting to new social roles at this period (Kim-Spoon & Farley, 2014).

Additionally, adolescence brings about social, emotional, and psychological changes that affect behaviour and long-term well-being (Zaky, 2016).

Characteristics of adolescence

Physical Changes in Adolescence: During adolescence, physical development include changes brought on by puberty. Your child's brain releases certain hormones during puberty. Your child's body changes physically and their sexual organs mature as a result of the hormones. The adolescent will probably go through a growth spurt. They'll gain weight and height quickly throughout this period. Acne, body odour, and a rise in body hair are examples of further physical changes. Girls and adolescents assigned female at birth (AFAB) typically experience growth spurts earlier than boys and adolescents designated male at birth (AMAB). Growth spurts often occur in AFAB females and adolescents between the ages of 10 and 14. Between the ages of 14 and 17, the majority of AMAB males and adolescents have growth spurts. Adolescents and girls AFAB will start to grow breasts. This should begin by the age of 14, although it can occur as early as age 10. Additionally, they will have their first menstrual cycle, or period, which typically occurs two years after the onset of pubic hair and breasts. The penis and testicles of boys and adolescents with AMAB will enlarge. They will start having ejaculations and erections. (Erectile dysfunction can also occur naturally from prenatal (as observed on uterine ultrasound) until old life.)

Everyone experiences these bodily changes, albeit each individual may experience them in a different sequence and at a different time. While some teenagers develop later, others do so sooner. Standing out from their peers can be an additional stressor for those on either end of this range. See your paediatrician or an adolescent medicine specialist if puberty is occurring early (before age 8 for girls and adolescents AFAB and before age 9 for boys and adolescents AMAB) or late (after age 14 for females and adolescents AFAB and after age 15 for boys and adolescents AMAB). They can aid in the treatment and management of this puberty issue. Ignoring these issues may affect the growth and development of bones.

Cognitive Changes of Adolescence: Adolescence is a time of greater brain growth than childhood. Youngsters can only reason rationally about the tangible, or the present moment. Teenagers transcend these boundaries and are able to think beyond what they perceive to be real and consider what could actually be true. They are able to test theories, cope with abstractions, and perceive endless possibilities. However, egocentric attitudes and behaviours are still common among teenagers.

Numerous neurones sprout quickly throughout adolescent cognitive development. The way these nerve bundles link to one another increases in your child's body. This makes it possible to think more intricately and sophisticatedly.

Brain Development in Late Adolescence: One of the final regions of your child's brain to reach full development is the frontal cortex. It will take till your child is in their mid- to late-20s for it to fully mature. Planning, setting priorities, and impulse control are executive processes that are governed by this region of the brain. Your teen may make poor decisions since it develops so late. You can notice a rise in mood swings and risk-taking behaviours

Hot cognition is the term for the mental process that occurs when an adolescent acts impulsively without engaging their frontal brain. Cold cognition is not being "cold," but rather engaging the logical side of your brain. By responding empathetically, asking questions instead of giving lectures, and having high expectations for their children, parents may assist in rerouting their thinking from "hot" to "cold."

Some important mental characteristic in adolescence: Improved abstract thinking, reasoning, impulse control, creativity, problem-solving, and decision-making skills are among the mental traits that emerge during adolescence.

Emotional Changes in Adolescence: Your child will start to notice, quantify, and control their emotions during adolescence. This implies that kids will start to become more conscious of both their own and other people's sentiments. Your child will be able to develop their abilities and find their special traits through the emotional development process. Some teenagers embrace these new difficulties as they grow more self-reliant. Others might want further assistance to boost their confidence.

Self-Esteem Development in Adolescence: Adolescents' self-esteem may be impacted by the emotional, hormonal, and physical changes they go through. Teens may feel self-conscious about their bodies if they develop earlier or later than their classmates. Their self-esteem is increasingly dependent on fitting in. Self-worth may be complicated. While some teenagers may have poor self-esteem among their peers, they may have great self-esteem among their relatives.

Adolescents benefit most from a parent who is a "lighthouse," as opposed to a "snowplough parent" who shoves all obstacles out of their child's path or a "helicopter parent" who comes in and rescues the day. This type of parent lets their child experiment with their own decision-making skills while keeping them inside reasonable limitations when it comes to safety or ethics. For teenagers, the position of a lighthouse—a compassionate adult—can change their lives.

Even though it's a difficult stage of puberty, it's crucial that your child develops self-acceptance and a sense of competence. Making errors, learning from them, and taking responsibility for their actions are all ways they may boost their self-esteem.

Social Changes in Adolescence: Adolescents are also going through a period of social development. The quest for identity is the most significant social development challenge during adolescence. Often beginning in youth, this journey lasts a lifetime. The fight for independence goes hand in hand with the quest for identity. Your youngster might:

- Show curiosity about their romantic connections and sexuality.
- When faced with a difficulty, turn to you less.
- Exhibit greater autonomy from you.

- They spend more time with their buddies and less time with you. Experience anxiety, sadness, or depression, which may result in disruptive behaviours at school or risk-taking.

Identity development in adolescence: When your child finds a strong sense of self and individuality, as well as a connection to others, identity development takes place. Your child's sense of belonging is shaped throughout their life by their positive self-identity, which makes it crucial.

Higher self-esteem is also linked to a good self-identity. By supporting your child's efforts, complimenting them on their wise decisions, and motivating them to persevere, you may help them develop a positive sense of who they are.

Moral Changes of Adolescence: Your youngster may begin to think more deeply and abstractly about the world during adolescence. This influences your child's perspective on the world and how they wish to engage with it. Additionally, your child will start to acquire values and principles that they will carry with them for the rest of their lives.

Your youngster could start to realise that not all choices are clear-cut. When kids start to understand why others make decisions that are different from their own, they will grow in empathy. Additionally, they will start to comprehend the rationale behind the world's regulations on a deeper level. They will begin to develop their own ideas about what is good and wrong. They could also ponder their spirituality and religious convictions for a while. Whenever you can, encourage your child to have these discussions. As your youngster works on problem-solving and situation-thinking, practise the art of listening and learning.

Period of stress and storm: The transitional period between childhood and maturity is known as adolescence. Between the ages of 13 and 19, this period takes place. The storm and stress perspective of adolescence, also known as the storm and strain hypothesis, describes the traits of puberty that include heightened sensitivity and a decline in self-control. The body and brain undergo significant changes during adolescence. Intense psychological alterations are frequently the result of these changes.

The psychologist Granville Stanley Hall first proposed the storm and stress concept of adolescence in 1904. Adolescence, in Hall's view, is a time of unavoidable upheaval characterised by heightened sensitivity and less self-control. The storm and stress hypothesis states that the term "storm" refers to a loss of self-control and "stress" to the increased sensitivity that adolescents experience throughout puberty. G Stanley Hall Storm: Stress in Adolescence.[<https://study.com/academy/lesson/g-stanley-hall-storm-stress-in-adolescence.html>]

Growing social interaction with peers during adolescence is essential for identity development. Family relations shift as a result of teens' growing desire for independence from their parents and caretakers and the importance of peer interactions. Adolescence, according to Erikson (1968), is a time of "identity vs. role confusion," when teens try out many personas and concepts to discover their true selves. During this time, social comparison, peer pressure, and the need for acceptance may all affect conduct and decision-making. Teenagers are more likely to experiment with new behaviours, such forming romantic relationships, taking chances, and joining other social groups.

Adolescence is a critical life period for identity formation, according to Erikson (1968). People in the emerging adult stage attempt to figure out who they are and may act riskier than teenagers (Arnett, Ramos & Jensen, 2001; White & Jackson, 2005). Conversely, violent behaviour decreases in emerging adulthood after peaking in middle to late adolescence (Xue, Zimmerman & Cunnigham, 2009).

SELF-ESTEEM

Your subjective evaluation of your overall value or worth is known as your self-esteem. Like self-respect, it describes your degree of confidence in your abilities and qualities. A high sense of self-worth can influence one's level of motivation, mental health, and general quality of life. However, issues may arise if one's sense of self-worth is excessively high or low. You can find the perfect balance for yourself if you have a deeper understanding of your own degree of self-esteem. The extent to which one's self-concept is thought to just possess positive attributes. In addition to how others see and respond to them, it also represents an individual's physical self-image, beliefs about their abilities, values, and perceived success in upholding those standards. One's level of self-esteem increases when particular traits and attributes are seen favourably overall. While low self-esteem and feelings of worthlessness are typical depressive symptoms, a somewhat high level of self-esteem is thought to be a fundamental component of mental wellbeing. This is because you wake up happy, your self-esteem and positive self-image increase, and you are motivated to pursue your next objective when you establish and achieve goals or make amazing connections. Achievement is self-sustaining. Self-confidence is the foundation of healthy self-esteem. Despite what some people may believe, they are not the same thing. To put it simply, self-confidence is the ability to believe in oneself.

An essential component of a person's identity is their feeling of self-worth and competence. Childhood family interactions are thought to be quite important for its development. Instead of enforcing unrealistically high expectations, parents may help their children develop self-esteem by showing them love and support and by assisting them in setting reasonable objectives for success.

Low self-esteem, according to Horney (2008), causes a personality to form that overly seeks affection and praise and shows a strong drive for personal success. Low self-esteem causes people to try to overcome their perceived inferiorities and to acquire strengths or abilities as a kind of compensation, according to Adler's theory of personality. Self-esteem is the degree to which an individual thinks well of themselves. To put it simply, self-esteem is a person's assessment of his entire value, which is based on the totality of his own strengths and weaknesses as well as his perceived shortcomings. Because self-esteem is a fundamental human need and an important component of human psychology and personality, researchers contend that it cannot be measured. No one can live without self-esteem, which is essential for everyone. Another school of thought holds that our feeling of self-worth is innate, a product of both our conscious and subconscious minds. More hypotheses about the process of cortical and neural evolution, how it connects to emotional maturity, and the brain processes that revolve around personality, character, reasoning, and confidence are made possible by the accumulation of self-esteem in the subconscious.

The phrase "self-esteem" refers to an individual's general perception of their own value or worth. Since self-esteem is frequently seen as a personality attribute, it is likely to be steady and long-lasting. Numerous ideas about oneself, including opinions on one's own looks, beliefs, feelings, and behaviours, can be a part of self-esteem. Cherry (2010). An essential component of a person's identity is their feeling of self-worth and competence. Childhood family interactions are thought to be quite important for its development. Instead of enforcing unrealistically high expectations, parents may help their children develop self-esteem by showing them love and support and by assisting them in setting reasonable objectives for success.

The tendency to believe that one is capable of handling life's fundamental difficulties and deserving of happiness is known as self-esteem. It is self-assurance in one's mental capacity and effectiveness. Consequently, it is the assurance that one can acquire new skills, make wise judgements, and adapt to change. It is also the realisation that one's own success, accomplishment, contentment, and enjoyment are appropriate and natural. The need of such confidence for survival is clear, as is the risk of its

absence (Christopher, 2008).

A key component of an adolescent's wellbeing is having a high sense of self-worth. Self-esteem is the overall assessment of oneself. Self-worth or image are other terms for self-esteem. For instance, someone may believe that they are a good person rather than just a human. Thus, global self-evaluation is referred to as self-esteem. Harter (2006).

Self-esteem is not an optional quality that one aspires but is not required to possess. Instead, a teenager must believe in themselves. A strong sense of self-worth is essential for maintaining a positive attitude, feeling proud of oneself, and enhancing self-awareness of one's own abilities. It provides the strength to trust in oneself and the bravery to try new things. Even when one commits mistakes, it may help one appreciate themselves. Making wise decisions for one's health and mind also requires having a high sense of self-worth. If someone believes they are significant, they are less inclined to follow the herd when their peers are doing foolishly or dangerously.

A strong sense of self-worth may also foster the intelligence to appreciate one's own safety, emotions, and health—in other words, one's entire self! Knowing that every portion is valuable for preservation and care is aided by having a high sense of self-worth. Individuals with high self-esteem have a very positive opinion of themselves, which often indicates that they believe they are capable, likeable, beautiful, and morally upright. In theory, low self-esteem would be the exact opposite; in fact, the word is typically used to describe persons who believe they are morally reprehensible, unlikable, unattractive, and inept. In reality, though, very few people have such a terrible opinion of themselves. The lack of strong positive self-perceptions is a more prevalent type of poor self-esteem. Therefore, "I am great" is what the self-esteem-boosting individual says. Instead of saying, "I am terrible," the person with low self-esteem says, "I am so-so."

Teens who have a strong sense of self-worth are more likely to respect and value themselves, as well as believe in themselves. Self-esteem influences how a person interacts with others and handles new challenges or jobs. When things are not going their way, teenage kids with low self-esteem may avoid difficult activities or give up easily, quit, or cheat. In addition to having poor self-esteem, a teenager may be aggressive, bossy, domineering, lack self-control, and struggle to make friends. Teenagers who have a strong sense of self-worth, on the other hand, feel safe, trusted, and welcomed by others. They are prepared to take on tough or difficult activities, show self-control, and see their own value.

The way a person views or values himself is known as their self-esteem. A person's perception of themselves in the world is known as their self-esteem. This is frequently how a person assesses their value in the eyes of others or the world. Numerous aspects of a person's life, including relationships, motivation, self-confidence, and emotional or mental health, can be impacted by their level of self-esteem. A person's quality of life can frequently be negatively impacted by poor self-esteem. They could lack drive and feel undeserving of love, compassion, or recognition. Overconfident people may feel entitled to things they did not earn because of their exaggerated perception of their own strengths and capabilities. People who have too much or too little self-esteem may find it difficult to maintain relationships. Healthy self-esteem enables people to have a realistic perspective of their needs, abilities, and shortcomings as well as to maintain positive relationships and finish challenging activities. [<https://study.com/academy/lesson/self-esteem.html>]

Key Elements of self-esteem

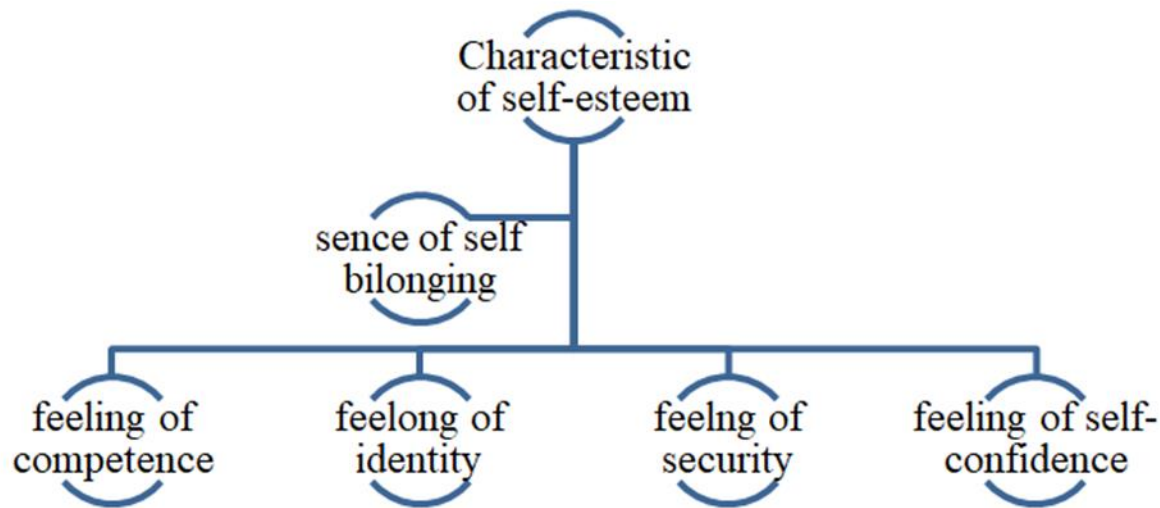
There are two types of humility: destructive humility and productive humility. A total lack of self-respect or the belief that one is unworthy, cowardly, or vile are among the primary traits of self-defeating humility. Some people occasionally decide to ruminate excessively, which might result in a self-defeating humility. Negative elements of oneself or unpleasant recollections from the past are rarely the focus of improvement. This relates to our capacity to appreciate what we currently possess,

including our relationships, achievements, and special traits. It's crucial to keep in mind that properly appreciating someone or something is closely linked to having a positive sense of self-worth.

- Self-acceptance: The ability to accept oneself as one is.
- Self-compassion: The ability to show yourself kindness and grace when times are difficult, as well as to be compassionate towards yourself.
- Self-respect: The belief that one is worthy of dignity and respect is known as self-respect.
- Self-worth: Your feeling of your own value (also known as self-esteem)
- Self-image: Your perception of your overall identity and physical appearance.
- Self-confidence: The ability to act and conduct in a manner that aligns with your identity



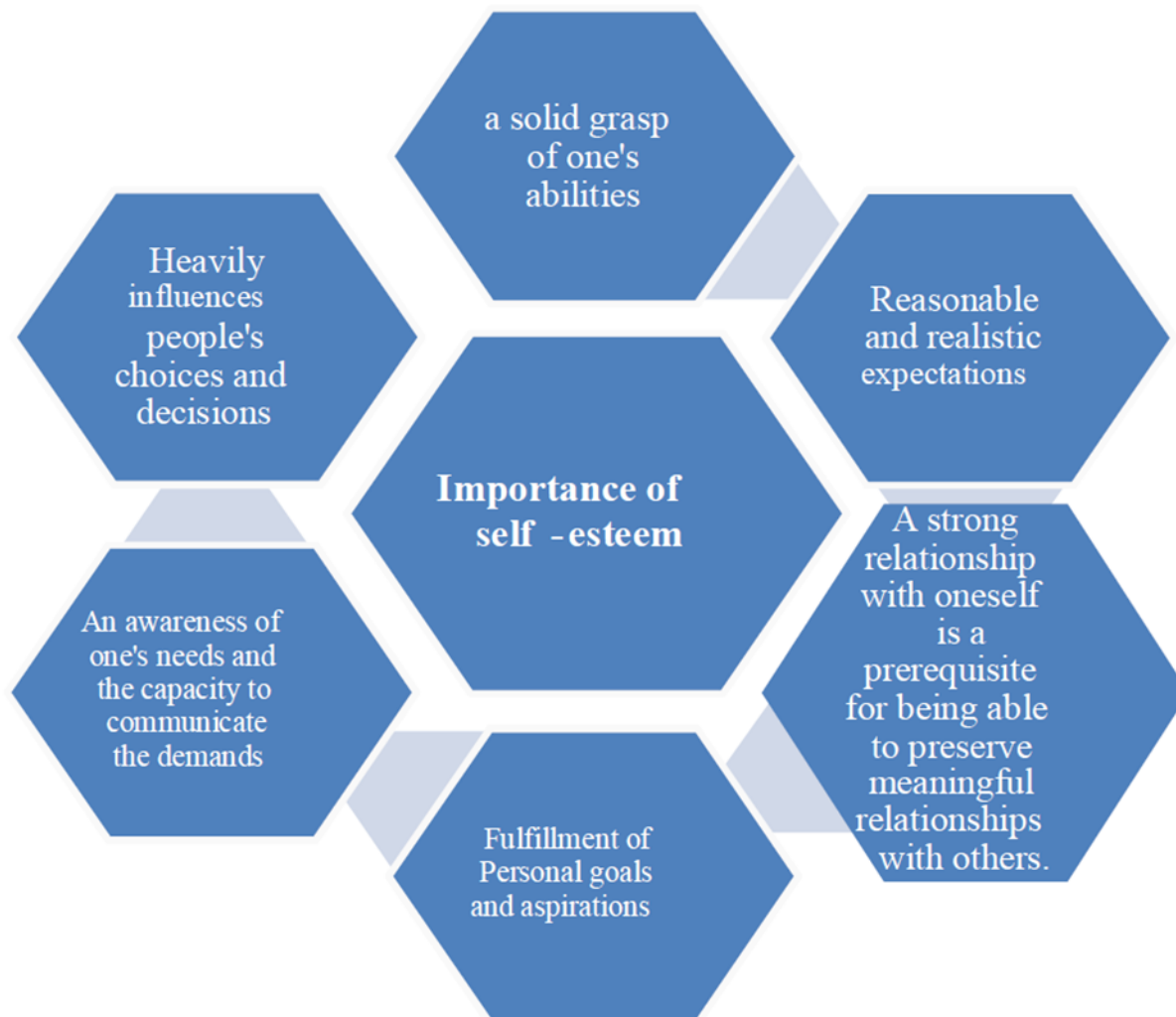
We give someone or anything falsely positive qualities that it does not truly have when we idealise it. Conversely, when we underestimate someone or something, we mistakenly give it unfavourable characteristics that it does not truly have. Mindfulness training can help us see things more clearly by encouraging us to take on the role of the observer.



Importance of self-esteem

- Strengthens our bonds with one another. Your interactions with other people are influenced by your strong feeling of self-worth. Because your ability to connect deeply with others is based on how deeply you connect with yourself.
- Recovering from challenges is easier. According to some research, having a stronger sense of self-worth makes emotional wounds like rejection and failure seem less severe.
- It encourages us to be forceful. Decisions are often made with more confidence.
- It gives us the ability to set restrictions. We find it easier to express our wants and are less inclined to strive to appease other people.
- It makes us less prone to anxiousness. Positive self-perception may help reduce anxiety, according to studies. This is because when we feel better about ourselves, we tend to have lower levels of the stress hormone cortisol in our blood. Our bodies are less likely to retain cortisol, which lessens our vulnerability to anxiety.

It gives us the ability to speak out for ourselves. We are less inclined to tolerate abuse or mistreatment because we know that we deserve better care. It helps us reach our objectives. A good sense of self-worth enables us to identify our strengths and grow from our shortcomings. We persevere because we don't have a paralysing fear of failure and we have genuine trust in our abilities. Figure 3 illustrates the significance of self-esteem.



Healthy self-esteem: There are several benefits to having a high sense of self-worth. Children with high self-esteem learn to value themselves, believe they are good partners, and believe they can solve difficulties. They learn how to strike a healthy balance between accepting who they are and acknowledging that they can still improve. Youngsters with a strong sense of self-worth feel that they are worthy of being loved and accepted by others, especially their family and friends. Additionally, they think they possess qualities and skills that others might benefit from. At their core, they feel that they should have an equal share of resources, such as food, shelter, love, time, respect, and dignity. Children are more likely to be content when they feel good about themselves.

To create and preserve wholesome connections and persist in addressing difficult relationship problems. They will view difficult circumstances as chances to attempt something new, even if they don't fully succeed. Because they enjoy themselves and believe they are worthy of other people's attention, they are less likely than those with lower self-esteem to stay in abusive or exploitative environments. They are also more likely to attend to their physical and emotional demands and to stick with challenging tasks like completing their schooling or becoming professionals in their area.



Low Self-Esteem

Young people with low self-esteem are less likely to be happy and more likely to have emotional and social problems than their peers with higher self-esteem. Children with low self-esteem are less likely to persevere through difficult circumstances because they give up too soon because they feel they cannot function well under pressure. They may be more vulnerable to abuse or exploitation by others because they do not strongly believe they deserve to be treated well or because they believe they cannot improve or escape their situation. Low self-esteem can lead to a variety of mental health conditions, including anxiety and depressive disorders. You may also find it difficult to maintain positive relationships and pursue your goals. Low self-esteem may have a major negative influence on your quality of life and increase your risk of suicidal thoughts. Examples of mental health issues that can either contribute to or indicate poor self-esteem are anxiety and depression. To find out more about your treatment options, which might include medication, in-person or online psychotherapy, or a combination of the two, speak with a physician or therapist.

Discrimination: Your mental and emotional health may suffer long-term consequences if you are told that you are unworthy. Racism, ableism, classism, homophobia, sexism, and transphobia can all have an impact on low self-esteem.

Family dynamics: If you grew up in a chaotic, erratic, or inattentive home, you could continue the lessons you learnt into adulthood.

Trauma: Trauma affects the body, the mind, and the emotions. However, adult-onset trauma can also erode your identity.

Stress: Whether stress is brought on by financial, interpersonal, professional, or personal commitments, it may progressively erode your sense of self.

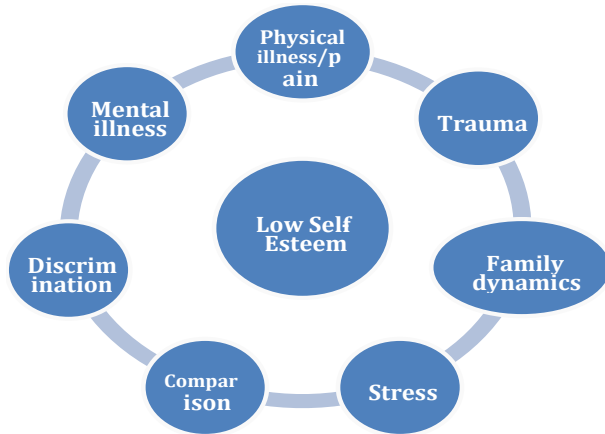
Social media: Comparing oneself to those who appear to have their life together is easier than ever thanks to social media. It might be detrimental to your self-esteem to contrast your struggles with those of others.

Physical ailment/pain: You may feel less confidence if you have a significant illness or ongoing discomfort.

Mental illness: There is no reason to be ashamed about having mental health problems. But in our

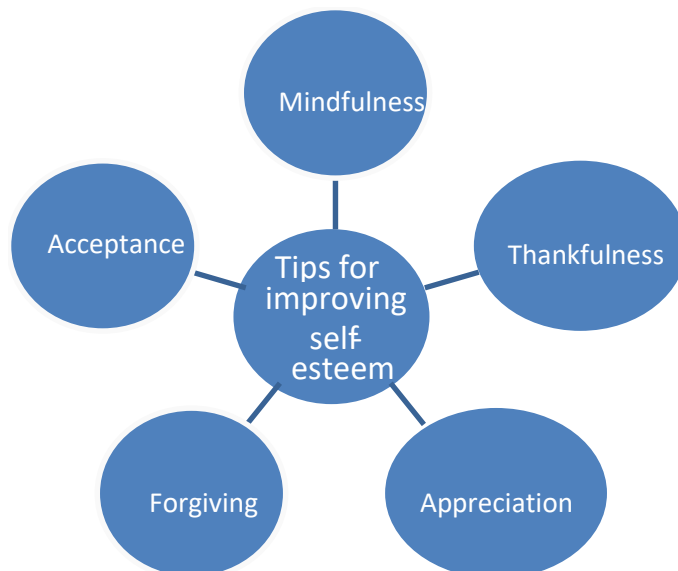
society, talking about mental illness and getting help are still fraught with shame.

Factors that influence low self-esteem.



Tips for Improving self-esteem

A few pointers for raising self-esteem. In every person's life, healthy connections are vital. You feel happier and more mentally well when you are around by positive individuals. The suggestions for raising self-esteem are displayed in Figure 6.



Thankfulness: This relates to our ability to recognise and express our thankfulness for what we have, including our special abilities, accomplishments, and relationships.

Gratitude: Remembering that appreciation also entails equitably determining the worth of someone or something is essential for preserving a positive feeling of self-worth.

Appreciation: We mistakenly give someone or something great qualities that they may not truly possess when we romanticise them. On the other hand, when we underestimate someone or something, we mistakenly attribute to it unfavourable qualities that it actually does not have.

Mindfulness: Mindfulness training can help us become more adept at seeing things as they truly are by urging us to take on the role of the observer.

Acceptance: One essential element of self-acceptance is the ability to accept and view oneself positively. This might be difficult when there are parts of ourselves that we truly despise or feel very ashamed of. The ability to freely embrace and value every aspect of oneself is necessary for having a good sense of self-worth.

Forgiveness: The process of forgiving must be started when there are aspects of oneself that are unforgivable or inadequate in some manner. We may choose how we wish to change moving ahead after we have forgiven ourselves. The advice for raising a healthy sense of self-worth is shown in Figure 7 below.



- Increase your awareness of your negative ideas. Acknowledge the false presumptions that are diminishing your self-esteem.
- Altering harmful thought habits. Try challenging your negative thoughts with constructive ones that are more useful and/or realistic when you observe yourself thinking them.
- Engage in constructive self-talk. Try telling yourself encouraging things aloud.
- Learn to feel sorry for yourself. To help you move on, try accepting who you are completely and letting go of the past.

Self-esteem is affected by so many other factors like: -

Childhood: One of the major factors influencing self-esteem is childhood. Everyone in a child's immediate environment has the power to shape who they become as they mature and develop their personalities. Children raised in especially turbulent family circumstances, for instance, typically exhibit lower levels of confidence and self-esteem. Children who are raised in unstable households often bear that weight for the rest of their life. They may believe that the amount of affection they deserve is determined by the amount of love and attention they received as children.

Our Society: One major cause of poor self-esteem is social influences. There are several pressures to act, live, and dress in a specific way, as well as to have a particular type of employment. You may feel the effects of these demands, and giving in to them can frequently result in low self-esteem. Comparing oneself to others is a common trap for many individuals. You can't compare yourself to someone else's ruler, as the adage says.

The Media: Particularly among today's young, our complete fixation with the media—magazines, TV, and social media—contributes to the problem of pervasive low self-esteem.

Young brains are particularly influenced by social media because of the temptation to behave, appear, or otherwise like public figures, celebrities, or even their classmates. Even as an adult, it can be challenging to avoid comparing oneself to others, but young people have an even greater difficulty with this than do adults.

Every month, hundreds of dollars are spent on hair, cosmetics, and cosmetic improvements, especially for girls. Their self-esteem suffers greatly as a result of feeling pressured to stay up and avoid falling behind.

Religious Beliefs: Your feeling of self-worth may be influenced by some religions and other belief systems. On the one hand, some belief systems and faiths may help you grow as a person and bring love and happiness into your life.

On the other hand, other faiths hold that regardless of how you spend your life, you are a sinner because people are fundamentally evil. Although no belief system is intrinsically harmful, these behaviours and concepts can occasionally affect one's sense of self.

People desire to be decent by nature. However, considering that we are all fallible human beings, it is not a question of if you breach the "rules," but rather "when." At that point, a person's self-esteem is affected since they think they are a nasty person.

Friends & Family: Your self-esteem is greatly impacted by the individuals you spend time with. Your friends have the power to either lift you up or lower your self-esteem, confidence, and self-image.

Whether they realise it or not, some individuals even deliberately undermine one another in order to elevate themselves. It's true, but sad. They want you to be successful, not better than them. You can see that it's a vicious cycle since it jeopardises their sense of value and self-esteem.

Sibling rivalry might occur in the family you grew up in. In an attempt to get their parents' love and attention, siblings compete with one another.

One sibling frequently outperforms and outshines the other. A person's confidence and sense of self-worth are severely damaged by this.

The amount of money you earn as an adult with a family of your own may have an effect on your sense of value and self-esteem. Are you able to meet your family's needs and desires? Are you providing your kids with everything you were deprived of?

It works both ways if your family is supportive, collaborates, and helps out when they can. It increases one's sense of value and self-esteem. Self-confidence, certainty, and self-esteem are greatly increased simply by knowing that you have individuals who are looking out for you.

Romantic Relationships: Your self-esteem can be impacted by many types of connections, but romantic partnerships typically have the most significant effect. Your self-esteem might rise when you're in a fulfilling and affectionate relationship.

Being loved, supported, and believed in by your significant other creates a foundation upon which you may develop. If you need it, it provides a soft place to fall.

However, a terrible relationship may depress you in a lot of ways. Your confidence and self-esteem may also be severely impacted by a difficult breakup or being dumped by a spouse.

Your self-esteem will be blown to bits in a relationship with a narcissist, leading you to question if you will ever be able to rebuild it. (By the way, you will.)

If your partners have denigrated you, cheated on you, used you, or said harsh or ugly things, it can leave a mark on your self-esteem that labels you as unworthy and unloveable.

All of that is untrue, yet a terrible relationship may have such a profound effect on your self-esteem that you may not even be aware of it. It will be immediately apparent to those who know and love you.

Work Environment: Given how much of your life you spend at work or school, it makes sense that your surroundings would have an impact on all facets of your life, including your sense of self.

A job that is too demanding and stressful may frequently lead to poor self-esteem, while one that is supportive and productive can help you become stronger.

Your self-esteem may suffer greatly if you work hard to advance and move up the corporate ladder but are frequently passed up for a promotion.

Even worse is when your business brings on outsiders who have no idea about your sector, but suddenly they are in a higher position than you, and you get to enjoy teaching them that crap hurts like hell. Yes, I have been there and done that. It also went deep.

Health Issues: Your self-esteem might also be influenced by your general health. Your self-esteem is one of the many components of yourself that may be strengthened by taking care of your body, mind, and soul.

You will feel as though you are missing out on things if your health prevents you from doing activities that others can do. Missing out affects your self-perception.

You come to feel as though you no longer fit in, that you don't belong, and that you have nothing in common with other people. Although health problems and their effects on self-esteem are often disregarded, the suffering is genuine. [<https://www.whitsundayprofessionalcounselling.com/8-factors-that-influence-your-self-esteem/>]

Importance of self-esteem in adolescence

You can definitely have at least one supportive coworker at your side no matter what—yourself—if you believe in and value yourself!

Being around your comrade makes it easier to prevent loneliness. Being alone isn't a huge deal since you know that you don't need someone else to make you feel loved.

However, it doesn't matter if you're "living the best life" with plenty of people who look out for you if you despise who you are.

Decision-making will become easy: Accepting that you justify your happiness is made simpler when you love and have a positive self-image. You thus know that you deserve better and have no problem rotating it down when someone haggles with you for something that you know is less than what you deserve.

Having poor self-esteem would make it impossible to say the same thing since you would assume that nothing will improve.

More than that, you race for your dreams even if you know you might not succeed when they present themselves. And the reason for this is because you love manual so much that disappointment won't

affect you.

It makes you love better: If you think poorly of yourself, you will be extremely insecure, overly sensitive, and envious. Because they make you feel cherished, which many people believe is the essence of love, connecting with someone may seem seductive.

However, this is but one of many misconceptions we have about love that, in essence, denigrate and undermine the bonds we form.

The famous shaman Rudá Iandê discusses these and other myths about intimacy and love in his astounding film.

When you're struggling with self-esteem, searching for love is like overindulging in candy to make ends meet. You'll not only end up not enjoying the candy, but you'll also get diabetes.

You are easier on others: It may surprise you to learn that those with serious issues with their self-esteem are the ones who are more mean to others or like tearing others down. They attempt to validate their self-worth by placing people under them because they struggle with their self-perception.

Conversely, self-assured people do not face these challenges. When they see other people becoming healthier than they do, they would be happy.

They would also encourage others to pursue their goals, even if they seem unattainable. Because of this, having a higher sense of self-worth will benefit not just you but also everyone around you.

People can be honest with you: People who don't think well of themselves are protective. As though everyone who does not agree with them is against them, they view everything as an assault.

Better self-esteem allows you to recognise other people's opinions and advice as just that—other people's opinions and advice. You might become more amiable with those around you by separating yourself from your ego.

Since you already know that they could be wrong and that you are not perfect since nothing is perfect, you have no excuse for using ways to check them wrongly. You believe that there is always room for improvement in a flat, and you may probably acquire guidance from trustworthy and sincere people.

You will live a fearless life: The greatest thing about liking yourself is that it makes you feel like a braver person. It is easier to not take losing personally when you own your shortcomings and believe that they are absolutely acceptable.

Failures are opportunities to grow and gain new knowledge, not ghosts waiting to drag your self-esteem down the drain. It implies that experimenting with new things will be less problematic for you.

As a result, you will learn new things about every aspect of your life, including your associations, habits, profession, and career.

It is undoubtedly difficult to make a quick adjustment in your thoughts and attitude, but with a lot of work, you will eventually get there and believe that you are deserving of greater things.

[<https://ritusingal.com/blog/what-are-self-esteem-and-the-factors-affecting-self-esteem/>]

Social adjustment

Many psychologists are interested in the subject of social adjustment as a significant indicator of psychological health. The most crucial component of a person's development is social growth, which is attained through relationships with others, particularly with parents, peers, and teachers. It is measured by how well a person adjusts to both himself or herself and other people (Hartup & Rubin, 2013). On the other hand, human civilisation is based on a set of expectations and ideals, and in order to live up to these, one must make enough adjustments. Many of the person's basic demands cannot be met without change. One will feel alone if they are not a good fit for society.

According to Mazaheri, Baghiyan, and Fatehizadeh (2006), social adjustment is the most beneficial component of adjustment, even if it includes many other elements such as social, emotional, physical, and educational dimensions. A good self-concept can lead to emotional and social adjustment, which

can help a person deal with challenges. Additionally, a better sense of self-worth enhances one's capacity to effectively manage psychological demands (Wilbum & Smith, 2005).

According to Dhingra and Colleagues (2005), adjustment is a lifelong process that involves making adjustments to be in harmony with oneself, others, and one's surroundings. Finding a balance between one's desires and societal expectations, which impact every area of one's life, is the fundamental goal of adjustment. As a result, the individual may react appropriately to all environmental cues in order to obtain reward and other positive stimuli.

According to Nasir and Lin (2012), a person's personality, self-perception, and social interactions are influenced by their compatibility. A good self-concept is effectively influenced by adjustment. As a result, someone with a good self-concept enjoys a wide variety of hobbies and pleasures. According to Rogers (1951), a person who lacks a distinct self-concept is incompatible. Rogers distinguishes between the ideal self that one aspires to become and the real self that is based on one's experiences. According to Rogers, one suffers more from incompatibility if these two selves are far apart, and vice versa, when one has a good self-concept, feels more valued for having a strong sense of self-worth, acts with confidence, and has a high level of social adjustment. (Rogers, 1951)

Importance of self-esteem in social adjustment of adolescents

Since adolescence is one of the most crucial times in a person's life, social adjustment is a process that is carried out throughout life, especially at this time. Adolescence is a time of change for people who are moving from childhood to adulthood, making it both significant and challenging. In essence, adolescent people experience a range of changes. These changes might be internal, including physical, cognitive, and affectional characteristics, or external, involving status difficulties in their social context. Adolescence requires appropriate adjustment in order to be successfully navigated. Your ability to adjust in the future will be hampered if you suffer from social adjustment problems throughout that time. It is reasonable to assume that teenagers who are capable of making social changes would grow up to be as mature as possible and be accepted by their surroundings.

Social adjustment is one of the most challenging developmental tasks of adolescence. In this situation, teenagers must be able to form new, more adult bonds with their friends, attempt to act in a socially responsible manner, and grow intellectually.

To successfully navigate their new social milieu, adolescents must start preparing themselves to deal with a variety of unique personalities and social circumstances. Some teens are unable to make the necessary adjustments, and as a result, they act in ways that are not in line with the expectations of their surroundings. such as the current trend of numerous student fights, disregard for rules like absenteeism, and the use of illegal narcotics by students and adults.

A person's level of self-confidence might affect their social adjustment. According to Thursan Hakim (2002), self-confidence is the belief in one's own strengths in all areas, which allows one to accomplish a variety of life objectives. In order to make appropriate social adjustments, a person with strong self-confidence will be composed, not easily agitated, proactive in dealing with their surroundings, and not self-centred (Guilford, Lauster, and Instone in Tina Afiatin and Sri Mulyani Martaniah, 1998:67). Conversely, those who lack confidence often feel uncertain and unable to take action, hesitate and spend time when making decisions, feel inferior and cowardly, and are negative when faced with challenges. According to Lauster and Rakhmat in Tina Afiatin and Sri Mulyani Martaniah (1998), people who lack confidence are also embarrassed to appear in front of an audience and constantly feel nervous when expressing their ideas. As a result, they are unable to make positive social adjustments.

The degree to which an individual can successfully adjust to their surroundings is determined by their personality. A person's personality changes and evolves, just as human development and growth include a variety of mental and physical processes. In this instance, a person's social adjustment success or failure is also influenced by their level of self-confidence. To put it another way, a person's social adjustment is significantly influenced by their level of self-confidence.

Strategies to enhance Self-esteem in adolescent

Sadly, low self-esteem is a self-fulfilling prophecy. Thinking about yourself will prevent you from achieving your goals because it makes you less confident and makes it difficult to concentrate on your motivations. It is simple to spiral into a negative and circular pattern of thinking that keeps you stuck in harmful and incorrect viewpoints.

Stop thinking about what others think: You can never truly be yourself while you are preoccupied with what other people will think of your life, style, career, and other aspects of it. Make the firm decision to quit caring about what other people think. You should begin to consider yourself and base your selection on your needs, wants, and objectives.

Stand in your comfort zone: Go to your relief zone and spring yourself. Get creative and try something new, interact with other people, or address a situation in an unusual way. The corner of your cosiness area is where confidence begins.

Heal your past: Issues and conflicts that have not been resolved might leave you mired in low self-esteem. Seek the assistance of a qualified therapist to help you move on to the future in a positive and confident manner by healing the past.

Read the inspirational stories and book: The best technique to raise your self-esteem is to read anything that makes you feel better and more confident. To increase your mental optimism, it would be beneficial to read books and tales that inspire you as well as watch films and videos. Having more positive thoughts will help you feel better about yourself.

Keep negative people: Let's say you are surrounded by negative people who are just thinking bad ideas and have nothing constructive to say. The presence of negativity in your surroundings does not contribute to your success in life.

Therefore, it would be beneficial if you constantly thought of such individuals as being out of your life. Keep them at bay and boost your self-esteem to accomplish your life's objectives since you can't do it with them.

Consider better about your dressing sense: You feel your best and most optimistic when you look your best. You should think carefully about how you dress. Having superior fashion sense and looking well makes you think more favourably and boosts your self-esteem.

Consider failure as part of the development: It's normal to become irritable and irate after failing at any undertaking. However, it might help you maintain perspective if you can shift your thinking to understand that failure is an opportunity to learn and that learning new things is a must. When you experience failure, you should view it as an opportunity to grow and make changes.

Face your fear: Give yourself permission to be afraid, but keep going. When you experience any form of dread, you should confront it rather than run away from it. To succeed in life, you must overcome every obstacle in order to achieve your objectives and boost your poor self-esteem.

Define success: Describe what success means to you in terms of your confidence. You must learn to value yourself and do your work with ease if you want to perform.

Perform something creative: One important way to restore the flow in your life is to take on creative tasks. You can perform more creative things because creativity stimulates the intellect.

This is a quick overview of self-esteem, and the material above will undoubtedly improve your

understanding of it. [<https://ritusingal.com/blog/what-are-self-esteem-and-the-factors-affecting-self-esteem/>]

Results

The study's conclusions highlight how crucial social adjustment and self-worth are during adolescence, especially in determining general wellbeing and developmental outcomes. Teenagers who had higher self-esteem were more resilient, flexible, and self-assured while making decisions and interacting with others. They had a higher chance of effectively navigating emotional upheaval, academic difficulties, and peer pressure. Teenagers with poor self-esteem, on the other hand, experienced greater anxiety, social disengagement, and trouble establishing positive relationships. Self-esteem was strongly associated with social adjustment, namely the capacity to strike a balance between one's own interests and those of society. Positive self-concept adolescents showed improved peer interactions, less behavioural problems, and improved social integration.

Successful social adjustment and the development of a positive sense of self were shown to be significantly influenced by parental participation. Supportive parenting, which permits both independence and direction, improved teenagers' self-esteem and social skills. Peer connections were also shown to be significant; healthy peer relationships increased confidence and offered emotional support, whereas toxic relationships negatively affected social integration and self-esteem.

Discussion

The findings suggest that during adolescence, social adjustment and self-esteem are interrelated. Teenagers' approaches to social relationships, decision-making, and emotional control are influenced by their sense of self-worth. According to Erikson's theory of identity vs. role confusion, adolescents who have a strong sense of self-worth are more likely to create meaningful connections, participate in healthy social behaviours, and deal with difficulties in an effective manner. Because they feel comfortable enough to experiment with other viewpoints and beliefs, these teenagers are also more likely to acquire moral thinking.

Given the link between social adjustment and self-esteem, fostering the growth of a positive self-concept is essential for enhancing psychological health and social competence. Adolescent self-esteem may be greatly enhanced by programs that emphasise emotional intelligence, self-compassion, and mindfulness. Furthermore, a key component of teenage growth continues to be parental direction. Children's self-esteem and social skills are enhanced by parents who support and manage their children's freedom.

On the other hand, poor self-esteem is associated with increased vulnerability to risk-taking behaviours, social anxiety, and peer pressure. Teens who have poor self-esteem may also find it difficult to build positive social relationships, which can make them feel excluded or alone. This highlights the value of early intervention in promoting healthy self-esteem through school initiatives that enhance social skills and self-worth as well as family support.

It was also shown that personality qualities have a significant role in social adjustment, with adolescents who have a positive self-concept demonstrating better levels of social adaptation. While those with low self-esteem suffered from social anxiety and peer rejection, these people were better at negotiating social disagreements, setting boundaries, and making wise judgements.

The study concludes by emphasising the importance of self-esteem in predicting effective social adjustment. Future studies should look more closely at focused therapies meant to boost social skills and self-esteem, especially in teenagers who struggle with identity development or peer interactions. By putting these strategies into practice, low self-esteem may have less detrimental impacts, promoting better teenage development and easier transitions into adulthood.

Conclusion

Future well-being is shaped during adolescence, which calls for emotional fortitude, self-assurance, and flexibility. Positive identity formation requires both good social adjustment and the development of a healthy sense of self-worth. Adolescents may provide a solid basis for adulthood by encouraging positive social interactions, self-acceptance, and supportive surroundings. Promoting self-compassion, emotional intelligence, and personal development enables individuals to overcome obstacles with effectiveness, which enhances their psychological health and social skills.

References

1. American Academy of Pediatrics. Stages of Adolescence (<https://www.healthychildren.org/English/ages-stages/teen/Pages/Stages-of-Adolescence.aspx>). Accessed 1/5/2023.
2. APA dictionary of psychology. (n.d.). APA Dictionary of Psychology. <https://dictionary.apa.org/self-esteem>
3. Identify 7 basic self-esteem concepts. (2012, May 29). Home - Mindfulness Muse. <https://www.mindfulnessmuse.com/positive-psychology/identify-7-basic-self-esteem-concepts>
4. (n.d.). Image and Video Upload, Storage, Optimization, and CDN. <https://resources.finalsite.net/images/v1611608788/stisdnet/iziysmbmx76wri7eeiv/10tipsforboostingyourselfesteem.pdf>
5. Just a moment... (n.d.). Just a moment... <https://www.mind.org.uk/information-support/types-of-mental-healthproblems/self-esteem/about-self-esteem/>
6. McCarthy, M. (n.d.). Why strong self-esteem is the secret to success in life. Journaling For the Health of It® | CreateWriteNow. <https://www.createwritenow.com/journal-writing-blog/why-strong-self-esteem-is-the-secret-to-success-in-life>
7. Therapist.com team. (2022, October 13). Self-esteem: Definition, techniques for improvement. therapist.com. <https://therapist.com/self-development/self-esteem-definition-techniques-for-improvement/>
8. What is self-esteem? (2010, July 20). Very well Mind. <https://www.verywellmind.com/what-is-self-esteem-2795868>
9. Why self-esteem is important and its dimensions - Mental help. (2019, March 28). MentalHelp.net. <https://www.mentalhelp.net/self-esteem/why-itsimportant/#:~:text=Self%2Desteem%20is%20important%20because,and%20explore%20their%20full%20potential>
10. [Yengimolki, S., Kalantarkousheh, S. M., & Malekitabar, A. (2015). Self-concept, social adjustment and academic achievement of Persian students. *International Review of Social Sciences and Humanities*, 8(2), 50-60.]
11. Merck Manual. Adolescent Development (<https://www.merckmanuals.com/home/children-s-health-issues/growth-and-development/adolescent-development>). Accessed 1/5/2023.
12. National Library of Medicine. Adolescent development (<https://medlineplus.gov/ency/article/002003.htm>). Accessed 1/5/2023.
13. U.S. Department of Health & Human Services Office of Population Affairs. Adolescent Development Explained (<https://opa.hhs.gov/adolescent-health/adolescent-development-explained>). Accessed 1/5/2023.
14. World Health Organization. Adolescent health and development (http://www.who.int/maternal_child_adolescent/topics/adolescence/development/en/). Accessed 1/5/2023.

15. Youth.gov. Adolescent Development (<https://youth.gov/youth-topics/adolescent-health/adolescent-development>). Accessed 1/5/2023.
16. <https://my.clevelandclinic.org/health/articles/7060-adolescent-development> Last reviewed on 01/05/2023.
17. <https://study.com/academy/lesson/g-stanley-hall-storm-stress-in-adolescence.html>
18. <https://study.com/academy/lesson/self-esteem.html>
19. Morsünbül, Ü. (2015). The effect of identity development, self-esteem, low self-control and gender on aggression in adolescence and emerging adulthood. *Eurasian Journal of Educational Research*, (61), 99-116.
20. <https://ritusingal.com/blog/what-are-self-esteem-and-the-factors-affecting-self-esteem/>
21. <https://www.whitsundayprofessionalcounselling.com/8-factors-that-influence-your-self-esteem/>
22. Yengimolki, S., Kalantarkousheh, S. M., & Malekitabar, A. (2015). Self-concept, social adjustment and academic achievement of Persian students. *International Review of Social Sciences and Humanities*, 8(2), 50-60.
23. Ernst, M., Hale, E. A., Balderston, N., & Torrisi, S. (2015). Introduction to functional brain connectivity: Potential contributions to understanding adolescent vulnerability to substance abuse. In *Adolescent Addiction* (pp. 181-199). https://consensus.app/papers/introduction-to-functional-brain-connectivity-potential-ernst-hale/f811950a30fb5114ae63544df1269ad3/?utm_source=chatgpt
24. Rana, S., Hariharan, M., Nandinee, D., & Vincent, K. (2014). Forgiveness: A determinant of adolescents' happiness. *Indian Journal of Positive Psychology*, 5(3), 245. https://consensus.app/papers/forgiveness-a-determinant-of-adolescents-happiness-rana-hariharan/cc57740ddd475016857ca1c128356cc8/?utm_source=chatgpt
25. Kim-Spoon, J., & Farley, J. (2014). Adolescence and early adulthood. In *Handbook of Life Course Health Development* (pp. 87-112). https://consensus.app/papers/adolescence-and-early-adulthood-kim-spoon-farley/2e42f6f4832c586dbaae94e923302d9e/?utm_source=chatgpt
26. Zaky, E. (2016). Adolescence; a crucial transitional stage in human life. *Journal of Child and Adolescent Behavior*, 4(1), 1-2. https://consensus.app/papers/adolescence-a-crucial-transitional-stage-in-human-life-zaky/a62b5f5c93d65b0d8739ecbe19f62122/?utm_source=chatgpt
27. Bhakti, D. T. B. (2024). SELF-CONFIDENCE AND SOCIAL ADJUSTMENT IN ADOLESCENTS. *European Journal of Psychological Research*, 11(5).
28. Yurgelun-Todd, D. (2007). Emotional and cognitive changes during adolescence. *Current Opinion in Neurobiology*, 17(2), 251-257.
29. Malagoli, C., & Usai, M. (2018). WM in adolescence: What is the relationship with emotional regulation and behavioral outcomes? *Frontiers in Psychology*, 9, 844.
30. Kim-Spoon, J., & Farley, J. (2014). Adolescence and early adulthood. In *Handbook of Life Span Development* (pp. 87-112). Springer.
31. Ciampo, L., & Ciampo, I. (2020). Physical, emotional, and social aspects of vulnerability in adolescence. *Journal of Community Medicine*, 3(1), 183-190.
32. Choudhury, S., Blakemore, S., & Charman, T. (2006). Social cognitive development during adolescence. *Social Cognitive and Affective Neuroscience*, 1(3), 165-174.
33. Best, O., & Ban, S. (2021). Adolescence: Physical changes and neurological development. *British Journal of Nursing*, 30(5), 272-275.
34. Barkauskienė, R., Čekuolienė, D., Adler, A., & Gervinskaitė-Paulaitienė, L. (2018). The development of mentalization in adolescence and its dysfunctions. *Psychology*, 56, 7-19.

35. Bajovic, M., & Rizzo, K. (2020). Meta-moral cognition: Bridging the gap among adolescents' moral thinking, moral emotions and moral actions. *International Journal of Adolescence and Youth*, 26(1), 1-11.
36. Schweitzer, R., Seth-Smith, M., & Callan, V. (1992). The relationship between self-esteem and psychological adjustment in young adolescents. *Journal of Adolescence*, 15(1), 83-97.
37. DuBois, D. L., Burk-Braxton, C., Swenson, L. P., Tevendale, H. D., Lockerd, E. M., & Moran, B. L. (2002). Getting by with a little help from self and others: Self-esteem and social support as resources during early adolescence. *Developmental Psychology*, 38(5), 822-839.
38. Omoponle, A. H., & Dwarika, V. (2024). Improving psychological adjustment of the sexually abused in-school adolescents in Nigeria: The roles of emotional stability, social anxiety, and self-esteem. *E-Journal of Humanities, Arts and Social Sciences*, 1-12.
39. De la Barrera, U., Schoeps, K., Gil-Gómez, J., & Montoya-Castilla, I. (2019). Predicting adolescent adjustment and well-being: The interplay between socio-emotional and personal factors. *International Journal of Environmental Research and Public Health*, 16, 4650.
40. DuBois, D. L., Bull, C., Sherman, M., & Roberts, M. (1998). Self-esteem and adjustment in early adolescence: A social-contextual perspective. *Journal of Youth and Adolescence*, 27(5), 557-583.
41. Ahmad, Z., Bano, N., Ahmad, R., & Khanam, S. J. (2013). Social anxiety in adolescents: Does self-esteem matter? *Asian Journal of Social Sciences and Humanities*, 2(1), 91-98.
42. Betsur, N. C., & Mahmoudi, A. (2010). Relationship between adjustment and self-esteem among adolescents. *Asian Journal of Development Matters*, 4, 197-203.