

CHILDREN: HOW WILL YOU FARE IN THE FUTURE. THE ELEMENT OF SELF-ESTEEM

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ABSTRACT

This article highlights the personality of self-esteem and its far reaching implications among the children of today. In this ever changing world, children must now quickly grasp proper self-esteem as a tool to be successful in later life. Having a strong academic certificate together with high self-esteem is a strong combination that could assist greatly in their journey of education and employment. Self-esteem is a judgmental view of one's self. It can be either positive or negative. High self-esteem in children can propel them to seek out answers and tackle challenges head on. Children will grow into students and having high self-esteem can quickly be identified as a favourable characteristic by parents, caretakers, lecturers and subsequently their future employers. Low self-esteem also portrays just as a visible beacon, where this is also quickly identifiable. Low self-esteem bring about many negativity that may hinder a children developmental progression into a self-sufficient adult in later years. Self-esteem, as one of the personality characteristic is revealed and discuss in this article.

KEYWORDS: Self-Esteem, Psychology, Developmental Psychology, Education Psychology, Students, Children

INTRODUCTION

Those who have children now, will know, the world has changed. It has become indefinitely more challenging. As the children grow up before our eyes, the question always linger if they will be alright in this world. And those couples who are going to have children soon, also wonder, how the kids are going to fare in the future. What do they need to make it now in this world of stiff labour-competition, high prices, costly houses and the multitude of expenses. This is not a new question to parents and soon-to-be-parents everywhere. This is quite the question of the ages. If by a twist of fate, we are now in the age of early human civilization, we will also still worry about the fate of our children. In that time, our children must know how to hunt. To provide food, and to build a strong roof. The children of the time, they will need to learn to defend, to attack, and by that standard they will be equipped to face the future and have family of their own. Fast forward to our time now, this is a rather obsolete method. Although still existing, most of us will not picture our children going into the jungle to hunt and gather. Now, they must have intelligence. They must learn perseverance and concentration. Armed with certificates and qualifications, they will then have to face the interview session. Their chances in getting selected will all come crashing down if they are deemed shy, slow, and of lowly confidence. As lecturers everywhere, we sometimes have the chance of participating in a interview session. It is more likely the candidates with strong personality in confidence that will be considered. This is their challenging world now. Scholarly qualifications candidates are everywhere and more so in their upcoming interviews. Rooms will be packed with similar graduates all eager to be hired. This article will highlight the one essence of personality that the children, the caretakers, the parents and the lecturers might want to enhance, the personality of self-esteem.

WHY SELF-ESTEEM

Self-esteem is the way one look at oneself. It is the value and qualities that one feels to possess and is proud to show. Self-esteem is defined as a favorable or unfavorable attitude toward the self (Rosenberg, 1965). In a more detail description by Cantrell and Lupinacci (2004), Self- esteem is an essential component of an ego-identity which is the cornerstone of successful adolescent psychosocial development and self-care. Although this is an very introspective personal judgment of oneself, it is all too clear and easily pick out by watchers and bystanders. Just as any lecturer worldwide, we encounter students on a daily basis and this characteristic of our students is easily identified. As with parents worldwide, why do some of the children display this more strongly than others? Was there some developmental hiccups, some in-appropriate treatment during their growing years, or is there still permanent occurrence of hindrance for them to develop this characteristic.

Self-esteem takes time to teach. It will take longer for the younger ones to absorb. Reaching the end full cycle, they will display it towards their interactions and problem-solving. This characteristic is important and no parents, caretaker and lecturer in the practice of healthy upbringing will see this as a negative social outcome. Thus as many research has suggested, the development of self-esteem-which is defined as a “person’s appraisal of his or her value” (Leary & Baumeister, 2000) may have significant consequences for life outcomes.

THE GOOD (SELF-ESTEEM)

Children having high self-esteem will display strong tendencies towards activities. Having this one characteristic will propel them to be active and see problems as exciting challenges much like a game. It is viewed as fun, ticklish and the solution is a matter of a different combination of answers and ways. High self-esteem has been shown to be associated with better mental health outcomes, better coping ability, and a lower incidence of depression in both adolescents and adults (Birndorf, Ryan, Auinger, & Aten, 2005). If there are no reversal of this development, children with high self-esteem will become students with high self-esteem. Here at colleague and university level, it will become more crucial as they face more challenging academic endeavours and interactions. Having high self-esteem will make them brave in facing failure, un-answerable questions and task and in unforeseen academic circumstances. Going through this hurdle with a high self-esteem is now essentially of core importance. This all will soon be displayed in their all important hurdle, the interview room. In their next stage after achieving academic certification, they will be put to the final test by companies, locally and internationally. Future employers hardened by their years of labour management will be quick to single out a strong candidate. A strong candidate will be one that possesses the quick wit to answer, the cool calm to ponder and the confidence of steel in getting something done. That is something if we see our children and student to possess and ultimately landing that job, is a singularity success that we can be proud of beyond academic achievements.

THE BAD (SELF-ESTEEM)

On occasions, as parents we come across children whom are shy and of lowly confidence. As lecturers where we demand students to properly communicate and behave as scholars, we also will come across a certain few whom are quiet, reserved and all too scared to try anything. This will be a big problem if the few becomes many. Getting an academic certificate is one thing, but droves of our low self-esteem students going into an interview session can only spell disaster. The possible rejection will only add salt to the wound. Self-Esteem at the upbringing and education arena could sometime be passed over as an in-significant characteristic. But if the children is our own, what is to become of them if this characteristic hinders them forward to work placement. Without employment and subsequent income, they can only return to us as one of the viable option. As a young adult, they will continue to stay with us but until what end. Without a steady

flow on financial generation, it is unlikely they will be able to overcome this stage of life and blossom into a strong and steady self-sufficient adult with a family of their own. They will be living in sort of a frozen in time way. Parents around the world facing this problem will opt to shelter them back and continue provisions of food and clothes as one would need. This generosity too does has an end. In the short-term and the long-term, the children are to face the world by themselves. Low self-esteem is a crucial problem that this article strives to highlight. It may manifest itself to be a entire different setback in the eyes of others. Negativity are quick to form when one encounters a person with low self-esteem. In one research, Trzesniewski et al. (2006) found that low self-esteem during adolescence predicts poorer mental and physical health, worse economic well-being, and higher levels of criminal activity in young adulthood.

CONCLUSIONS

This article will attempt to publish the knowledge of self-esteem. That as parents and lecturers, the smallest way of our upbringing and teaching style can bring about tremendous change towards the children and students. This one characteristic of self-esteem is highlighted here. Self-esteem is an important component of a children's life. It must be driven into them. Children must be taught that "Yes, you can." They must be encouraged and should they falter, they must be carried up and emulate a fighting spirit. Teaching self-esteem is no high cost or high technology using expensive equipment. It is just a matter of words. High self-esteem has been shown to bring about many benefits to the younger ones in school, in university and in their employment. Low self-esteem has been also highlighted in links to deviant and unsuccessful patterns in later life. Maybe this component misses the target of a wholesome youth, but as parents and lecturers around the world, we would have hit our mark if we see all of our children and students facing this competitive world with their head and self-esteem high.

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