

## Review of Literature For Low Self Esteem In The Students

**Dr. Virendra Jain, Dr. Kalyani Durbule**

### **DEFINITION:**

According to Townsend MC1, Self-esteem refers to the degree of regard or respect that individual have for them and is a measure of worth that they place on their abilities and judgements.(1)

Coopersmith SA defines self-esteem is a set of attitudes and beliefs that a person brings with him or herself while facing the world. Self esteem is one's more or less sustained sense of liking oneself, it is an emotional component that is essential for psychological survival.(1) Whereas Low self Esteem is a feeling of worthlessness, the person present with reduced self esteem usually feel that they cannot achieve anything and hence complaints of severe loss of self confidence ,they are unable to realistically evaluate their own performance at daily tasks.(9)

Student life is one of the rapid phase of development characterized by rapid physical, social and cognitive growth.(2) In this phase student life shift from dependency to the life which demands them to carry their own responsibilities, abilities and judgement. Students who are lacking with these abilities, unlike others, need to struggle more with this developmental tasks of establishing an identity, accepting changes in physical characteristics and learning skills for healthy lifestyle, hence to improve their capabilities, there is a need for the study of their self esteem.

### **PREVIOUS STUDIES**

According to the previous study (2019) of Low self Esteem and its association with anxiety, depression and suicidal ideation in Vietnamese Secondary School, among students of the sample size of 1,149 there are 19.4% of respondent reported as Low Self Esteem according to the Rosenberg's Criteria with score below 15. In the same study there are certain risk factors responsible for low self esteem were found out as high educational stress, physical or emotional abuse by parents or other

adults in household, lower acceptance by peers, family's low socioeconomic status, parents educational level, obesity etc .(2)

Another study on Academic Stress of Self Esteem of students from higher secondary schools of Guwahati(2018), among 5 Government schools with 1122 students, 250 were selected with low self esteem by using Rosenberg's Self Esteem Scale. In which majority of study samples 215(86%) were within age group of 15-17 years, 34(13.6%) were of age group 18-20 years and only 1 were >20 years of age.(1)

### **THEORY OF SELF-ACTUALIZATION**

As a Abraham Maslow's( a prominent humanistic theorist) theory of Self Actualization, human behavior is motivated by hierarchy/ladder of needs that must be satisfied in certain order.(5)When the need of an individual met with physiological need, safety need , need of belongings and love the need of self esteem come fore. Only after this need of self esteem has been met he/she will realize his/her own potentialities and will be self actualizing.(4)

### **NEED OF SELF ESTEEM**

This is the need to develop self respect and it is enhanced by attaining prestige and power. It makes the people feel worthy competent and positive about themselves.(5)

**ICD-10 code R45.81 for Low Self Esteem** is a medical classification as listed by WHO under the range- symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified.

### **DSM-IV-TR Classification of psychiatric disorder by APA**

In a type of mood disorders there is condition called as dysthemic disorder(Dysthemia) which define as a chronic, low grade, depressed or irritable mood<sup>8</sup> for most of the day for at least 2 years, insidious onset, with origin often in childhood or adolescence, persistent or intermittent course.

Low self esteem, anhedonia and introversion often associated with depressive character.(6) Patients usually feel they cannot achieve anything and complain of severe loss of confidence.(9)

**In DSM-IV-TR diagnostic criteria** for dysthemic disorder the Symptoms of Dysthemia includes:(6,7)

- i. Poor appetite or overeating
- ii. Insomnia or hypersomnia
- iii. Low energy or fatigue
- iv. Low Self Esteem
- v. Poor concentration or difficulty making decisions
- vi. feelings of hopelessness

### **COGNITIVE THEORY**

Cognitive theory of depression also applies to dysthemic disorder. It holds that a disparity between actual and fantasized situation leads to diminished self-esteem and a sense of helplessness.(6)

Sense of guilt, worthlessness, and low self-esteem is one of the cognitive symptom in this unipolar disorder of mood disorder which elaborated as, people who are depressed often berate themselves for perceived shortcomings that they exaggerated but feel are obvious to others. Such people are unable to realistically evaluate their own performance at daily tasks. Their low self esteem may vary from mild feelings of inadequacy to severely critical auditory hallucination.(7)

### **SELF ESTEEM AND EGO**

According to the Freud's theory, ego is a part of personality of an individual that maintains balance between inner strivings and reality of the world;Through thoughts, feelings, perception and action.(7) It is the surface of the personality,the part you show to the world(5), hence it is responsible for the sense of personal identity i.e. self- importance and self-esteem. Egotism defines as a tendency to refer to oneself in a boastful and excessive way, an extreme sense of self-importance.(13) Here a person has an exalted idea of his own capabilities.

### **Rosenberg's Self Esteem Scale [RSES]**

The Rosenberg's Self Esteem Scale was developed by Morris Rosenberg in 1965, it is widely used in psychology, mental health and psychiatry(10). It is a self-report instrument for evaluating individual Self-Esteem, was investigated using item response theory. A 10 item scale that measures global self-worth by measuring both positive and negative feelings about self. The scale is believed to be uni-dimensional. All items are answered using a 4 point Likert scale format ranging from strongly agree to strongly disagree.11 Total score range from 10 to 40.

It.

### **Organon Approach**

The science of homoeopathy is what is to be treated in the man who is diseased and hence this objective can only be achieved by the homoeopathic physician who has the genuine idea about the patient.

To achieve this objective, greater part of the patient's manifestation in all levels of human body ought to be taken, thus, after that the significant reasons of sickness will be uncovered. A while later, evacuating the ailment with reestablishing well being, the very point of homoeopathy, will happen.

In Organon of medicine

Aphorism 225 – There are, however, as has just been stated, certainly a few emotional diseases which have not merely been developed into form out corporeal diseases, but which, in an inverse manner, the body being but slightly indisposed, originate and are kept up by emotional causes, such as continued anxiety, worry, vexation, wrongs and the frequent occurrence of great fear and fright. This kind of emotional diseases in time destroys the corporeal health, often to great degree(3).

Hence before destroying the corporeal health of an individual by the disease which was primarily present as a slightest indisposition Dr. Hahnemann guided as in:

Aphorism 227 – But the fundamental cause in these cases also is a psoric miasm, which was only not yet quite near its full development, and for security's sake, the seemingly cured patient should be subjected to radical antipsoric treatment, in order that he may not again as might easily occur, fall into a similar state of mental disease.(3)

### **Repertorial Approach**

In the Synthesis Repertory there is a rubric for the same condition as12 MIND-Self-Esteem,low(12)

There is no medicines are mention for the rubric but cross refrence given for the same is:

MIND- Confidence,want of self-confidence(12)

Rubric understanding is Lack of feeling or consciousness of reliance on onself to perform an act under a particular condition or circumstances necessitating his attention.(13)

Under this rubric 200 medicines are given.

Some of the cross references given for the rubric MIND- Confidence,want of self-confidence are(12)

MIND- Anxiety-success;anxiety from doubt about MIND-Cowardice

MIND-Delusion- appreciated, she is not MIND-Delusion- business- unfit for,he is MIND-Delusion- insulted, he is

MIND- Discouraged MIND-Doubtful- himself MIND-fear- failure,of MIND-Timidity

### **Materia Medica Approach**

Some of the commonly used medicines are:

#### **ANACARDIUM ORIENTALE**

Lack of confidence in himself and others.(15) According to Dr. Kent a state of a person who has continues controvarsy with himself,unable to settle between doing this or that. He hears voices commanding him to do this or that. Marked

irresolution. Dullness and sluggishness of the mind prevail. Weak memory, imbecility, everything is strange, slow to comprehend.(14)

Fear of examination in children, aversion to work, irresistible desire to swear and curse(16).

Two main feelings cruelty and lack of confidence both are extreme(17).According to Dr. Sankaran dominated and suppressed people hurt by criticism, punishment abuse develop irresolution, always two wills, lack of confidence, weak memory, dullness and confusion.(17)

### **BARYTA CARBONICA**

Loss of memory mental weakness. Irresolute, loses confidence in himself, senile dementia with confusion(16).

Dr. Kent said that this remedy looks towards the development of young. Well known for Dwarfishness,which does not always means small in stature, but it is in the body and mind. Children who are late coming into usefulness or activity; late with their studies, late learning to talk, to react and make the combination that enter into life.(14)

Clinical observations mentioned by Dr Sankaran there is a state where a patient totally depend on someone to make decision for them, there is a fear of losing support and in another state a coped up person who make sure of every detail several times.(18) they are afraid of anything new like company, jobs etc.

### **LYCOPODIUM CLAVATUM**

Want of self confidence, indecision, timidity, resignation. Loss of confidence in himself and in everything. A feeling of inability to undertake, although he has been accustomed to it for many years, because he has fear that he will stumble, that he will make mistakes, that he will forget and yet when he undertakes it he goes through with ease and comfort(14). Fear of appearing in public as she dreads the presence of new person, or the coming in of friends or visitors; she wants only with those that are constantly surrounding her(14).

Best adopted to intellectually keen people, but of weak muscular power. Loss of confidence, constant fear of breaking down under stress. Apprehensive, confused thoughts, weak memory spells and write wrong words and syllables. Fear of being alone, extremely sensitive(16).

### **SILICEA TERRA**

Want of grit(16).

A man in the habit of appearing in public with self confidence, firmness and the fullness of thought and speech, he had come to a state where he dreads to appear in public due to feeling of his own selfhood due to fear that he will fail as he worn out by prolong mental work but then forces himself and does his work with promptness, fullness and accuracy. When let alone he is timid, mild, gentle, tearful women(14)

### **BIBLIOGRAPHY**

1. Sarma H, Bordoloi B. A Co Relational Study on Academic Stress and Self-Esteem of students from Higher Secondary Schools of Guwahati city. Indian Journal of Psychiatric Nursing [Internet]. 2018;15(2):4. Available from: <http://https://www.ijpn.in/article.asp?issn=2231-1505;year=2018;volume=15;issue=2;spage=4;epage=12;aulast=sarma>.
2. Nguyen, D., Wright, E., Dedding, C., Pham, T. and Bunders, J., 2019. Low Self- Esteem and Its Association With Anxiety, Depression, and Suicidal Ideation in Vietnamese Secondary School Students: A Cross-Sectional Study. Frontiers in Psychiatry, [online] 10. Available at: <https://pubmed.ncbi.nlm.nih.gov/31611825>.
3. Hahnemann S, Boericke W. Hahnemann's Organon of Medicine. 6<sup>th</sup> ed. Delhi: B Jain Pub Pvt Ltd; 2016.
4. Morgan, C., King, R., Weisz, J. and Schopler, J., 2004. Introduction to PSYCHOLOGY. 7<sup>th</sup> ed. New Delhi: Tata McGraw-Hill Publishing Company Limited, p.singlepage no 298.
5. Khanna, R., 2006. PSYCHOLOGY An Approach to Mind and Behaviour. Jaipur: Jaipur printer P. Ltd, pp.Two pages no 176 and 180.

6. Kaplan H, Sadock B. KAPLAN AND SADOCK'S Synopsis of Psychiatry Behavioral sciences/Clinical Psychiatry. 8<sup>th</sup> ed. Pennsylvania: Williams & Wilkins; 1997.
7. Waldinger, R., 1997. Psychiatry for medical students. 3<sup>rd</sup> ed. Washington, DC: American Psychiatric Press, pp.two pages no. 106 and 110.
8. Harwani, S., 2008. Homoeopathy in Treatment of Psychological Disorders. Kolkata: New Central Book Agency, pp.page no. 17,20,21 and 52.
9. Agrawal A. CLINICAL PSYCHIATRY. Culcutta: New Central Book Agency (P) Ltd.; 1995.
10. Tinakon W, Nahathai W. A Comparison of Reliability and Construct Validity between the Original and Revised Versions of the Rosenberg Self-Esteem Scale. Psychiatry Investigation [Internet]. 2012;9(1):54. Available from: <https://pubmed.ncbi.nlm.nih.gov/22396685/>
11. Rosenberg M. [Internet]. Fetzer.org. 1965 [cited 6 August 2022]. Available from: [https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self\\_M easures\\_for\\_Self-Esteem\\_ROSENBERG\\_SELF-ESTEEM.pdf](https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self_M easures_for_Self-Esteem_ROSENBERG_SELF-ESTEEM.pdf)
12. Schroyens F. Synthesis Repertorium Homeopathicum Syntheticum Edition 9.1. New Delhi: B. Jain Publisher (P) LTD; 2004.
13. Master, F., 1998. Perceiving rubrics of the mind. 2<sup>nd</sup> ed. New Delhi: B. Jain Publishers PVT. LTD., pp.Two pages No. 98 and 99.
14. Master F. PERCEIVING RUBRICS OF THE MIND. 2<sup>nd</sup> ed. New Delhi: B. Jain Publishers PVT. LTD; 1999.
15. Kent, J., 2007. Lectures on homoeopathic materia medica. New Delhi: B. Jain Publisher (P) Ltd., pp.Range of Pages No. 103-105, 221-229, 703-713, 925-935.
16. Allen, H., 1999. Keynotes rearranged and classified with leading remedies of the materia medica & bowel nosodes. New Delhi: B. Jain Publisher (P.) Ltd., pp.Range of page no. 26-27.
17. Boericke W. BOERICKES'S New Manual of Homoeopathic Materia Medica with Repertory. 3<sup>rd</sup> ed. New Delhi: B. Jain Publisher (P) LTD.; 2007.
18. Sankaran, R. and Fimmelsberg, J., 1992. The spirit of homoeopathy. Bombay: Homoeopathic Medical Publishers, p.224.

19.Sankaran, R., 1994. The substance of homoeopathy. Bombay: Homoeopathic Medical Publishers, pp.page no. 193 and 194.