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Abstract and Figures Self-esteem has been conceptualized as an outcome, motive, and buffer, but there is no overall theory of self-esteem. In this article it is suggested that identity theory can...

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Self-esteem should be viewed as a continuum, and can be high, medium or low, and is often quantified as a number in empirical research. When considering self-esteem it is important to note that both high and low levels can be emotionally and socially harmful for the individual.

Low Self Esteem | Simply Psychology

An analysis of the recent explosion of research and literature on the enhancement of self-esteem. On both theoretical and practical levels, the author defines self-esteem and how it can be developed or enhanced.

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What Is Self-Esteem? - Verywell Mind

According to some researchers, low self-esteem is associated with highly negative self-feelings and a wide variety of maladaptive cognitive, affective, motivational, and behavioral patterns.

The Interactive Roles Of Stability And Level Of Self ...

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