

Self esteem

[Literature](#), [Russian Literature](#)



Self esteem College: SELF ESTEEM The generally accepted meaning of self esteem is the evaluation that a person makes and habitually maintains uphold in regard to himself. It is expressed as a mind-set of approval or disapproval (Rosenberg, 1971, p. 5). Nonetheless, self esteem is an unending process and very many actions and situations may influence self esteem. Moreover, constructive experiences may results in elevated valuation of self esteem. Conversely, a failure or rather rejection results to decline in self esteem in an individual in the society (Mruk, 2006 p. 78). Usually, teenagers put much concern and considerations to their individual images in the community and what the society sees in that more than in other teenagers. Moreover, social acceptance besides interpersonal correlation has vita effects on self esteem (Nunley, 1996 p. 90). Friendship impacts on self esteem from puberty up to when a person develops into an adult (Cause, Mason, Gonzales, Hiraga, and Liu, 1998 p. 54). Evidently, singing together at the Bristol integrate will make these persons to develop some friendship and relationship thus boosting their personal self esteem. Furthermore, assistance and support given to people also helps in improving the self esteem of children and the adolescents in the society. Extra areas that also promote self esteem of any person are the school transition besides social success. Actually, when a person graduates from one level of education to another, they realize their position in the society thus improving their self esteem as described by Feldman and Elliot. Some of these social successes in the adolescents may comprise having self confidence in their physical appearance, their intelligence in class, besides social belonging (Fennel, 2011 p. 56). However, the children who don't recognize such

confidence in them will hate themselves, thus, low self esteem.

Singing as a group in enhanced the interpersonal relationship among the individuals in Bristol Integrate. The possibility of the individuals to relate to one another very in the group leads to high social esteem. Conversely, the inability to interrelate will result in very low self esteem among the singers. Moreover, as the majority of the participants were from the BMER, they are likely to have low self esteem within them. First singing entails opening of mouth and the research indicates that such persons have poor dental health, what ensues is low self esteem. They would not freely sing due to internal fears in them. However, continuous involvement in the group singing would boost the self esteem of the individuals.

Moreover, music therapy is involves a process by whereby the music therapists music besides all the aspect of music to aid the individuals recover from their mental plus physical problems. The facets include spiritual, aesthetic, social, mental physical and the emotions of the personalities. Music will help in developing the cognitive functioning, their emotional improvement, and social abilities besides the quality of life.

Music also has great impacts in ethics and morality in the society (Haweis, 1900 p. 89). The communal singing would aid the participants in improving their listening ability besides their understanding that would go beyond the songs they sing but also in improving their self esteem.

In conclusion, it is evident that singing is a very great tool in improving and boosting the self esteem of individuals. Getting involved in the group music projects in the Integrate Bristol has great significance in the participants thus one should take part and get involved.

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