

# Self esteem development



Mark Liljeros, Section 125-003, March 6, 2013, Application Paper #2 - Self Esteem In Chapter Two, the text book looks at one of the most vital aspects, in regards to interpersonal communication, which is self-esteem. Self-esteem is the back bone of communication and the perception of who we are as individuals. According to Charles Berger, " A. R. Cohen it has been suggested that people with extremely high self-esteem and people with extremely low self-esteem, in contrast to people with moderate self-esteem, tend to be more defensive when faced with ego threatening information (Berger 286). " The concept of self is perhaps our most fundamental possession. Knowing who we are is essential, because without a self-concept it would be impossible to relate to the world (Adler and Proctor 41). " Self-esteem has been proven to be what our net worth is of ourselves. According to Adler and Proctor, " research suggests that personality is, to a large degree, part of our genetic makeup (44). " This is saying that children that grow up shy or timid usually carry these traits onto their adulthood. There are very distinct personality traits that go with being extroverted or introverted. These traits do determine what type of person we become.

Self-esteem development at a young age, helps a child to develop their " self-concept" of who they are, and how we believe others see them. As a society we need to help the children of tomorrow, and be role-models in their self-esteem by encouraging every kid we come across in our lives. It is vital for a child to develop their self-esteem for optimum health and growth while young. Back in 1975, I can remember being shy and timid for the whole year in kindergarten. I did not say a word basically all year and I would just stare at the ground. The school held me back for another year of kindergarten.

After that first year in kindergarten, my mother signed me up for baseball that spring, thinking that baseball may help my self-esteem. The first t-ball coach I had was the nephew of a professional baseball player who was Rick Monday. Rick played for the Los Angeles Dodgers. So at a young age, I was exposed to professional athletes who had a great deal of self-esteem and feelings of net worth. After that season, I was able to talk to classmates, and not be shy and timid any longer. Over the course of my youth, and teenage years growing up in Orange County, California, I was exposed to several professional athletes from the Angels to the Rams.

Having these role-models in my life coach and mentoring me sure brought out my self-esteem and developed me into a team leader on my sports teams for my years. This has helped me develop, into the out-going, driven man, which has a full head of steam on life. In conclusion, self-esteem is a vital part of the communication process in society today. Some may be genetically low on self-esteem, the time to develop it is at a young age. And, whether one is learning it from a coach, teacher, parent or another kid, self-esteem is a must in order to live a healthy and happy life.

Work Cited Adler Ronald B. , Proctor Russell F. , " Looking Out Looking In. " Wadsworth Cengage Learning. Print. 2007. Berger Charles R. , Attributional Communication, Situational Involvement, Self-Esteem and Interpersonal Attraction. The Journal of Communication Vol. 23, September 1973, p. 284405. University of Northwestern. Print. 1973. Cohen, A. R. , " Some Implications of Self-Esteem for Social Influence. " In C. I. Hovland and I. L. Janis (eds. ) Personality and Persuasibility. New Haven: Yale University Press. Print.