

Analysing the Significance of Self-Esteem Development during Childhood among Patients with Anxiety Disorder

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Received: 18- June -2023

Revised: 12- July -2023

Accepted: 10- August -2023

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Abstract

In this research study, the crucial cause and effect of lower self-esteem among individuals with anxiety disorder have been described and explained. However, with the growing time, it has been observed that individuals in their early childhood grow much lower esteem that further provide a massive impact on both their academic and professional life. The main aim of this study is to analyze the prime and major causes of the lower self-esteem among individuals with anxiety disorder and examine various kinds of effects of lower self-esteem in both their both academic and personal life. However, the significant findings of this study are lower self-esteem has a direct provided impact on various kinds of mental disorders such as anxiety, depression, and stress. The conclusion of this research article is anxiety and lower self-esteem has a direct correlation among them and over time it provides a great impact on individuals' life.

Keywords: Self-Esteem, Severe Anxiety, Depression, Mental Illness

1. Introduction

The rapid globalization and fast phases of human development are increasing in the past times. It could be characterized that, adolescents across the globe, are facing low-self esteem development in their anxiety disorder. It could be further characterized by rapid social, cognitive, and physical growth as well as major changes in the self-esteem of individuals with anxiety disorder. Various kinds of case studies and the report claim that self-esteem has a significant effect on vital life outcomes which further include social and health outcomes during adulthood and adolescents. In this case, it could be said that there is a clear connection between higher self-esteem besides different sorts of positive results such as better coping skills, a sense of well-being, good social relationships, and occupational success. It could have a correlation between academic achievement and positive perception through peers. On the other hand, low-self esteem could be initially related to anxiety, anti-social behavior, substance abuse, depression even suicidal tendency. Hence, in this study, the significance and impact of low self-estimation on the individual would be properly discussed in this research article. Aside from this, whether a person is poorly judged or criticized by others, their self-esteem could be much lower than the others with growing time. Apart from this, self-estimation is a much different self-confidence within an individual or a particular confidence that is majorly related to that person's life choice. A person could have very high confidence, yet they can have low self-estimation. Thus, in this study, the significance and effect of low self-esteem within an individual with anxiety disorder will be properly elaborated in this study.

2. Literature review

Analysing the cause and impact of low self-esteem among the individuals

There could be a massive number of reasons that an individual would experience low self-esteem in their early childhood and adolescence. Common self-esteem problems could arise from various kinds of reasons, such as having difficulty fitting in the school, meeting the expectation of parents besides any kids of negation, and education in early childhood. Those above-mentioned problems could be one of the vital and crucial reasons for experiencing low self-esteem in early childhood. Furthermore, the above issue could

lead to having negative emotions and beliefs about themselves. Especially young individuals and teenagers may experience self-esteem in their early childhood time and this could lead to severe anxiety disorder in their adulthood as well. The effects of low self-esteem vary massively in both academic and academic and professional life [1]. Due to low self-esteem, an individual could experience various kinds of abuse throughout both their academic and professional life. Aside from this, due to low self-esteem, a specific individual might face difficulty within a relationship alongside facing problems at school or work. The teenager might become greatly upset through criticism and disapproval. For this reason, it could lead to isolation and withdrawal from various kinds of activities from the surrounding people. They might even bring any kinds of activities, in which they could be measured or judged against other people. Few individuals with much lower self-esteem could stop looking at any kind of appearance or participating in any other kind of activity, in which there could be a chance of over-compensate. Apart from the academic and professional factors, different kinds of health factors could be a major and crucial problem for having low-esteem within the individual in their early childhoods. For example, low self-esteem might be associated with various kinds of health problems and issues such as substance abuse, attention deficit disorder, social phobia, eating disorder, anxiety, and depression. Young people in their early childhood often face various kinds of issues and problems regarding their low estimation which further trigger anxiety problems within their youth.

However, there is a slight correlation between the low-self estimation and the growing anxiety within every kind of individual, especially in the individual with severe anxiety disorder. From some research studies and case studies, it has been observed that young people with severe anxiety tended to have much lower self-esteem compared to those individuals with severe anxiety disorder. On the other hand, both depression and anxiety have been found a strong relationship with lower self-esteem. Thus, it could be claimed that young people with any sort of mental disorder have a higher tendency of low-self esteem compared to young people who do not have any kind of mental disorder in both early childhood and their present time [2]. A massive number of research reports and case studies show that individuals with higher low-self esteem have a higher tendency to various kinds of mental disorders such as self-harm thoughts, depression, and anxiety within both adolescents and adults. In various sort of case studies, it has been observed that teenage students report lower self-esteem has approximately five or six times of odds being at risk of having growing anxiety and four and five times the odds of having the symptoms of having a severe anxiety disorder. However, there are several kinds of factor that individual with low self-esteem tends to do, which are tending to catastrophize any type of interaction or events, in which they are affected by self-disturbing thoughts. Although having lower self-esteem is not categorized as mental health condition, there is a clear indication of lower self-esteem and severe anxiety disorder in both teenage and adult individuals [3]. Apart from having severe anxiety issues, individuals with lower self-esteem could have the tendency about growing other kinds of mental illnesses as well such as enhancing the likelihood of depression and stress about themselves. Besides various kinds of case studies and reports have claimed that having lower esteem can trigger the anxiety as well as different types of mental illnesses such as depression and stress. Thus, it could be said that low self-estimation in early childhood of an individual could trigger various kinds of mental illnesses such as anxiety and depression. Therefore, those growing mental illnesses could provide a major impact on the individual's professional and academic life.

3. Methodology

The methodology section in research methodology is one of the prime and crucial portions of any kinds of research article. Research article majorly assists to have a much better and deeper analysis of a research study paper. Application of the research methodology massively helps to get a proper understanding of the adopted procedure which helps to analyze the particular subject matter in a much better and clear way. For the research approach, the deductive research approach will be applied in this research article. The deductive approach would be mainly utilized for elaborating the practical application of theories and core concepts of the given subject matter [4]. This particular research approach majorly assists in getting a clear idea of the crucial content of the research article. Aside from this, for the research design, the descriptive research design will be applied to further complete the research article. The descriptive research design is majorly helpful during the period of conducting events and getting to know the much better analysis of the subject matters in this research article.

Data are majorly considered as regards one of the valuable gathering and collection procedures of relevant information regarding the research studies. A proper data collection procedure majorly helps to find relevant data and information regarding the subject matter. However, there are two types of data collection procedures which are the primary quantitative data collection procedure and the secondary qualitative data collection procedure. Preceding data collection procedures mainly focus on statistical analysis. Put in simple words, quantitative research methods is a proper data gathering and collecting methods that could be evaluated through surveys, online polls, and questionnaires. On the other hand, secondary qualitative data collection procedures are the prime implementation of the qualitative data collection by someone and any sort of existing research data [5]. Therefore, the qualitative data collection procedure properly avoids the extra burden of conducting a survey and interviewing the participants. Hence, in this research article, the secondary qualitative data collection procedure will be applied to collect the relevant data and information. However, during the data collection methods, it would be ensured that all the data and information would be taken from authentic data sources such as research study papers and journals.

4. Findings and Discussions

Primary and major causes of low self-esteem among students with anxiety disorder

There are massive numbers of definitions of self-esteem and besides it has been advanced in recent times, which is further contradictory with nature. Systematically self-esteem has been viewed as regards one of the vital aspects of a much inclusive construct, which is additionally labeled regarding self-perception or self-concept. Self-concept could be viewed in the context of any individual's self-image that was initially nonjudgemental and descriptive. On the other hand, self-esteem is mainly constructed regarding those attitudes or aspects, which could be categorized as self-evaluative. Some of the research studies and case reports have believed in viewing the particular distinction among them in what process one could describe oneself besides in what procedure one could evaluate oneself. The evaluative factor was much more vulnerable to value and situational influences [6]. For this particular purpose, various kinds of study and research have defined self-esteem as regard appreciating one's own importance and worth besides having an accountable character and acting with a responsibility to others. When an individual enters school in their early childhood, their primary self-concept is already being formed in a particular way. Although nothing affects the overall development of the child's self-esteem compared to significantly their family. The impact of the school environment could not be overlooked compared to their family. Some researcher has primarily believed that self-esteem was a crucial combination of various kinds of factor such as innate intelligence, family, and the school sector.

Those mentioned factor was the prime factor for enhancing self-esteem in the period of their academic years. Over time when children, enter school mainly feel good about them and expect a much good grade. Besides, they do not particularly think about their overall achievement and success in their academic life. Yet, over time when those individuals learn about their grades and start caring about their academic aspect, they primarily come to having a negative impact on experiencing their success. Those mentioned changes are the main attributes for developing low esteem in early childhood among a particular individual. One of the important factors about this is an external evaluation of the achievement is one of the most common among the school system. Hence, it could be said that, both interpersonally and academically, a particular student's self-esteem is massively impacted through evaluation besides family members, peers, and school personnel. Due to the multitude of social and academic roles which students assume, they could be systematically evaluated beside reevaluate their skills and knowledge and comparing them to others [7]. Alongside the above-mentioned fact, there are several kinds of reasons why an individual suffers from low esteem and grows anxiety disorder in early childhood. Poor academic achievements and performance within the school are one of the prime reasons that an individual goes through low esteem, which further causes a lack of confidence. Even in early childhood, continuous stressful life could be another major factor for the growing low self-esteem. Besides getting poor treatment from peers, partners, and family members could be another crucial factor for growing low self-esteem among the individual with anxiety disorder.

All sorts of effects due to low self-esteem among students in their childhood

In recent times, the overall number of individuals with low self-esteem is rapidly increasing, and for this reason, there are various kinds of mental illnesses are growing among them. However, whether an individual is going through an ongoing self-esteem problem in their life, there could be some the significant characteristics that could be noticed among them. Initially, an individual with low self-esteem has some major severe characteristics such as they could be extremely critical to themselves; ignoring and avoiding their positive qualities beside judge themselves for being inferior to their peers [8]. They further assume that they do not play a crucial part in their achievements and do not take any kind of credit for obtaining something. All the above-mentioned factors are one of the main characteristics that are majorly observed within an individual. Aside from this, there are even some of the characteristics, which are majorly seen among an individual with low self-esteem. Those characteristics are, they often blame themselves when a particular thing goes poorly. Instead of seeking help from others they further isolate themselves and grow various kinds of mental illness.

There are various kinds of effects due to low self-esteem, and it could be seen differently among individuals. Besides low self-esteem could produce various kinds of issues within a person's life and their overall life quality. Some of the major and crucial effects among the individual are self-harming behavior, lack of self-care, low resilience, fear of judgment, having the tendency to perfectionism, and various kinds of negative feelings. The constant and frequent self-criticism could lead to persistent feelings of anger, anxiety, depression, and sadness besides any kind of shame or guilt. A specific individual with much lower self-esteem might doubt their overall abilities and their worth, in which they even stop trying their best for avoiding any kind of challenges or risks. Comparing with another is one of the major factors for chasing perfection in both academic and professional life. Thus particular kinds of mentality could lead to consistent low self-esteem and for this reason; individuals even get a tendency for developing an anxiety disorder in their early childhood [9]. Thus, perfectionism could be an open major issue among individuals in which low self-esteem could rapidly grow. Alongside the above-mentioned factor, an individual with low self-esteem has a major fear of judgment by others. For this reason, those individuals could avoid various kinds of activities and action which includes other people's s and activities. Those activities could be taking participation in social events or sports, due to the fear that, they might get judged negatively by others. Regarding that, from some study and report it has been observed that individual with low self-esteem often feels stressed and self-conscious around other people alongside looking for a Constant sign that, other people do not like them. Lack of self-care is one of the criteria and crucial among the individual with much lower self-esteem [10]. The person with low esteem tends to hard for coping with challenging life events and care much little they often ignore the abuse around them. For this reason, systematic self-criticism could lead to a serious anxiety disorder and different kinds of mental problems.

5. Discussion

From the above study, it has been observed that individuals with much lower self-esteem might face various kinds of both academic and professional life issues throughout their life. Alongside, facing various kinds of challenges and issues, those individuals with low self-esteem might undergo various kinds of mental illnesses such as depression and anxiety. Aside from this, continuously living with lower self-esteem could severely harm their mental health, which could lead to issues such as anxiety and depression. Thus, it could be estimated that individuals with lower self-esteem have a great tendency of undergoing severe anxiety in both early childhood and adulthood. Whether an individual face various kinds of low self-estimation in their early childhood, they might undergo anxiety during their early childhood. Besides severe anxiety problems [11] and complexities could lead to a permanent effect on their academic and professional life. On the other hand, self-esteem and anxiety are much related to each other. For example, people with much lower self-esteem were more prone to anxiety and on the contrary people with higher depression and anxiety are initially prone to have much higher self-esteem issues compared to other people.

6. Conclusion

From the above, it has been observed that's the rapid era of globalization, adolescents are facing various kinds of mental issues due to low self-esteem in their early childhood. The rapid increment of lower self-estimation in early childhood could occur due to various kinds of reasons. The lower self-esteem issue

within the individual could arise due to different kinds of issues and problems such as having difficulty fitting within the school and meeting the proper expectations of parents and peers in their childhood school. Especially young teenagers and individuals who might experience lower self-esteem during their early childhood time, which could further lead to severe anxiety throughout their life. Hence, it could be said that, both academically and interpersonally students and their lower self-esteem get impacted by various kinds of factors such as school personnel, peers, and family members. Furthermore, there a particular relationship exists between the growing severe anxiety and low self-esteem among every kind of individual. From some of the studies, it has been observed that young people with anxiety have much tendency of low self-esteem compared with an individual with not have any kinds of mental health issues or problems. From the above study, it has been further concluded that having severe depression and anxiety issues and an individual with much lower self-esteem could have a tendency to grow other kinds of mental illness as well.

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