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Self-Esteem and Self-Efficacy

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Self-Esteem and Self-Efficacy

When considering how the 'self' is defined, two important parameters come in; self-esteem and self-efficacy. According to Harris & Orthu (2020), self-esteem is the personal evaluation of one's worth. This evaluation is based on many factors for different individuals depending on what is deemed important to them. The factors are countless, but the most common ones are intelligence, beauty, or athletic ability. On the other hand, self-efficacy entails a belief in person's effectiveness as well as competence. It is about how people believe they are capable of doing things.

Furthermore, self-efficacy varies from task to task. For instance, someone may be good in mathematics but has a low self-efficacy for juggling. Self-efficacy is not a small factor, as research shows that a simple belief in person's ability can improve performance (Harris & Orthu, 2020). Besides, having too low or too high self-esteem is dangerous. For instance, when an individual has excess levels of self-esteem, they over-evaluate themselves. They end up praising themselves when they do not deserve it while expecting others to praise them too. That is the case with a majority of politicians. Contrarily, those with low self-esteem find it hard to execute a task. As a result, motivation becomes an issue. A perfect example is seen among comedians when their self-esteem is low and they end up forgetting what they planned to say once on stage and get anxious in the process. They end up feeling a constant sense of failure and are not good enough. Additionally, self-efficacy and self-esteem are related; self-efficacy improves self-esteem if a person has it for an action they value (Vance & Brandon, 2017). However, in case the activity does not have value never helps self-esteem.

Self-serving bias is a cognitive bias that enhances one's self-confidence and ego. These are people who love themselves. Their ego drives their actions, and their self-centered approach

confirms their narcissism. Nonetheless, while striving to bring out the best from within, people must think of others.

References

- Vance, A. J., & Brandon, D. H. (2017). Delineating Among Parenting Confidence, Parenting Self-Efficacy and Competence. *ANS. Advances in Nursing Science*, 40(4), E18.
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