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Annotated Bibliography

Branden, Nathaniel. *The Six Pillars of Self-Esteem*. Bantam, 1994.

Branden explores self-esteem and confidence in his book. It discusses the six pillars of self-esteem, which are self-acceptance, self-assertiveness, living consciously, living purposefully, self-integrity, and self-responsibility. The book explores how individuals develop self-esteem and confidence through interpersonal relationships and everyday choices. The books explain, "Yet self-esteem is a fundamental human need. Its impact requires neither our understanding nor our consent. It works its way within us with or without our knowledge" (Branden 3), suggesting that self-esteem is essential for humans as it is constantly working. Furthermore, love for your own self drives self-esteem. This book helped me in learning that self-esteem is a combination of social experience and psychological trait, and it is shaped by social interactions. Confidence is impacted by neglect and criticism; on the other hand, healthy self-esteem is reinforced by trust, recognition, and respect, which are the characteristics of the social environment. It is a trustworthy source as the book is written by Branden, who was a famous psychologist, and he spent years studying self-esteem and how it drives human motivation. Moreover, this source is based on theory, clinically supported, and cited academically. I will use this source for building a theoretical framework to support that confidence is based on internal and external factors. The

concepts from this book will help us discuss how confidence is strengthened by positive social interactions and eroded by negative or toxic relationships.

Enting, Manon, et al. "Self-Esteem and Social Interactions in Daily Life: An Experience Sampling Study." *European Journal of Personality*, 2024, doi:10.1177/08902070241292987.

Enting and colleagues studied how social interactions have an impact on self-esteem. It is a peer-reviewed research article. Data was collected by experience sampling, and participants reported morning and evening self-esteem, along with anticipated and experienced social interactions for 14 days. This study found "when having higher self-esteem, people anticipate more positive social interactions at the same time, but they do not experience more positive social interactions later on" (Enting et al, 697), which shows social interactions are anticipated to be positive if the self-esteem is higher. This article taught me that self-esteem is shaped through ongoing social interactions dynamically, and it is not fixed. Furthermore, I learnt that approval, validation, and rejection from the social environment have an impact on confidence. The study is trustworthy as it is published in a peer-reviewed academic journal and conducted by authors having affiliations with renowned European universities. Moreover, the study is based on empirical methodology, has a transparent process of data collection, and its findings have statistical evidence; all these factors enhance the reliability of the study. I will use this article in my study as evidence to support my claim that social interactions shape an individual. This shows that momentary self-esteem is influenced by social feedback, so confidence is built and eroded by positive and negative interactions with time. The effect of patterns of daily communication and relationships in shaping self-image is demonstrated by the data of this study.

Harris, Michelle A., and Ulrich Orth. "The Link between Self-Esteem and Social Relationships: A Meta-Analysis of Longitudinal Studies." *Journal of Personality and Social Psychology*, vol. 119, no. 6, 2020, pp. 1459–1477.

Harris and Orth studied the relationship between self-esteem and social relationships by conducting a meta-analysis of many longitudinal studies. The findings showed that there is a reciprocal link between self-esteem level and social relationships throughout the developmental stages and entire life, which reflects a positive loop of feedback between social relationships and self-esteem. The results show, "self-esteem and social relationships have reciprocal prospective effects on each other" (Harris and Orth 1467). This means self-esteem and social relationships are reinforced and built with time, and they help each other grow. I learnt that higher self-esteem enables people to have supportive and healthy relationships; on the other hand, low self-esteem reduces confidence, as people may experience rejection or isolation due to low self-esteem. It is also explained in the study that self-esteem is predicted by social relationships, which increases the chances of social success. It is a trustworthy source as it is published in a reviewed journal that is renowned and respected in psychology. The results are also accurate because they are analyzed using advanced statistical techniques. Moreover, the conclusion is detailed and dependable as findings of multiple studies are integrated in this study. I will use this article in my study as evidence to support my claim that social interactions shape an individual. There is strong evidence that proves a relationship between confidence and social connectedness and shows that there is a two-way relationship between self-evaluations and social experiences. The longitudinal approach of this study reveals that social patterns can affect self-esteem systematically over time.

Mayo Clinic Staff. "7 Steps to Boost Your Self-Esteem." *Mayo Clinic*, 2024,

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>

The Mayo Clinic article provides seven steps that can be taken by an individual to feel better and increase their self-esteem. It is a practical approach that allows individuals to improve confidence by using social and behavioral strategies. These steps include recognition of situations that impact self-esteem, awareness of beliefs and thoughts, challenging negative thinking, adjusting beliefs and thoughts, spotting situations and conditions that are troublesome, stepping back from thoughts, and accepting the thoughts. The article says, "Low self-esteem can affect nearly every aspect of life" (Mayo Clinic Staff). This means it is essential to increase self-esteem. I learnt from this article that there are negative thought patterns and interactions that may impact self-esteem, so it is important to challenge negative thoughts and be surrounded by people who are good for an individual. Mayo Clinic is a healthcare institution that is globally known and publishes content that is based on evidence and reviewed medically, so this is a trustworthy source. The steps given are based on cognitive behavioral therapy, which has been widely used and researched for decades. This article will be used in my research to show how psychological theories are applied in the real world. Moreover, this article gives practical steps that could be used by individuals, such as challenging and accepting thoughts, and recognizing and troubling situations. This will help me show that thoughts and beliefs are powerful and can be used to raise self-esteem, as low self-esteem may impact every aspect of life.

Mruk, Christopher J. *Self-Esteem and Positive Psychology: Research, Theory, and Practice*. 4th ed., Springer Publishing Company, 2013.

Mruk's work on Self-Esteem and Positive Psychology further enhances the concept of self-esteem. This book demonstrates, supports, and advances a two-factor, systematic, and integrated approach to self-esteem theory, practice, and research. The book combines concepts of self-esteem with modern concepts of positive psychology. After extensive work, he defined self-esteem as "intermediate of competence and worthiness because it is the point where one balances the other" (Mruk 255), showing that the counterbalance between competence and worthiness is important to honor the individual and others. What I learnt from this book is that self-esteem needs to be studied for three reasons: it is important for individuals and society, there has been advancement in concepts of self-esteem, and due to new influences that are affecting the field. Moreover, I learnt that confidence increases when individuals are valued and feel capable, and this could damage self-esteem. This book is a trustworthy source because the author is a professor who has been working in the field for 20 years, and it has been published by Springer, which is a respected and well-known academic press. Furthermore, Mruk added several peer-reviewed research studies and theories to provide a multidimensional perspective on confidence, which is practical and could be applied to the real world. This book will be used in my research to add to the theoretical basis and to explain competence and worthiness and their impact on confidence.

Santos, Henri Carlo Y. "What Is Self-Esteem? A Psychologist Explains."

PositivePsychology.com, 2024, <https://positivepsychology.com/self-esteem/>

The article on self-esteem provides an extensive overview of self-esteem and discusses self-esteem in relation to positive psychology, examples and facts about high self-esteem, relevant

research, tips, and ways to enhance self-esteem. The article says that "Building self-esteem involves acknowledging strengths, setting realistic goals & challenging negative self-talk to foster a positive self-image" (Santos). This means that an individual's strengths, goals, and negative self-talk have an impact on self-esteem. This article taught me that self-esteem reflects our perception and value while motivating behavior. The article shows that self-esteem is different than self-image, self-worth, self-confidence, self-efficacy, and self-compassion. It also teaches that people with high self-esteem have specific qualities that are provided as examples, and it also suggests ways and tips to maintain high self-esteem. The source is trustworthy as it is published by PositivePsychology.com, which is a certified platform for psychologists, and it publishes articles with references to research from peer-reviewed journals. This article will be used in my research to define the concept of self-esteem and compare it with similar concepts. My claim that confidence is shaped by internal and external factors is supported by the social dimension given by Santos. This source will also help me in demonstrating that confidence is affected by social relationships and communications.