

FORMATION OF SELF-ESTEEM IN SMALL SCHOOL-AGE STUDENTS

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Annotation. In this article, the level of self-esteem has a great impact on the whole life of a person, so parents should understand how important proper family upbringing is for a child's self-esteem.

that, in order to help children's self-esteem, it is necessary to support them, show them sincere care and give them positive evaluation of their actions and work as often as possible passed.

Keywords: Self-esteem, self-esteem, values, self-assessment, self-learning, self-esteem educational style, psychological characteristics.

How much a person loves, values and respects himself determines life satisfaction and success. The stronger these feelings, the more victories and achievements. Otherwise, there are defeats and constant failures on the way to life.

Psychologists believe that self-esteem is the basis of happiness. A self-respecting person accepts his personality without discussion, recognizes values and dignity. Respect gives birth to love and helps build relationships with people. People who do not love, appreciate and respect themselves experience inferiority, incompetence and insecurity. As a result, doubts arise and initiatives are accompanied by difficulties. In such conditions, it is problematic to achieve a goal or build relationships with people.

Self-esteem as a personal psychological factor inherent in each person from the moment of birth is important within the framework of the formation of a person as a specific person. It is he who forms in the human mind the need to achieve in his development a certain level that corresponds not only to the requirements and conditions of society, but also to his personal ideas and claims.

Self-esteem is the most necessary and at the same time a process that must be corrected in childhood. This is due to the fact that during this life cycle it begins to form only as an independent psychological mechanism. The child is not born with an already prepared inner potential and attitude to his own person. As he grows up, he acquires life experience, perceives the assessment of others, he begins to form certain claims to others and to himself. An important factor in the formation of self-esteem at this age is its preparation, the development of communication skills. When a child grows up, he independently acquires the ability to assess his inner "I", as well as how he understands himself as a social object. It is considered self-esteem, which also affects the further activities of the individual, related to the degree of his claim. Under the claims, or rather, their level, they understand the level of possible achievements and difficulties that a person determines for himself.

The competent balance of self-esteem and the level of claims has a huge impact on the emotional and mental state of the child. If a person's self-esteem is adequate, then the level of claims will change depending on the real capabilities of the individual. If there is a discrepancy between large claims and real life circumstances, which is often caused by excessive self-esteem and self-confidence, a person feels unhappy.

The child's self-esteem is actively influenced by the upbringing given by adults, as well as their behavior. In addition to the fact that an adult is an undeniable authority for a baby, it is also influenced by the assessment of his activity or personality in general by close adults. In order to develop self-esteem in a growing child, he needs to feel an atmosphere of approval and support from his parents and adults in general. At the same time, a positive assessment should be aimed not at what he did not try, but at the specific activities and successes of the child. It is worth being objective in your thoughts so that the future person is too confident in himself and self-esteem does not grow high.

The education of a primary student's self-esteem relies mainly on his active work, in particular on communication with peers, reading, self-control and self-control development. In fact, any activity, especially if there is a game or other activity in a peer group, forces the child to pay attention to himself and his actions. In some cases, self-control also develops, which is due to the need to obey certain rules. This is of great importance for the upbringing of the child. The junior student will have to master the basics of self-education, because he will have to control himself and his actions, direct them to study. It is impossible to achieve this without evaluating yourself and your potential-GIZ. Thus, a person from childhood accumulates the experience of knowledge about himself. In the process of any activity, the child evaluates himself according to several schemes. First of all, it is a comparison of your personality with others. The second way to evaluate is to compare the desired and real success achieved as a result of personal activity. Of course, the higher the child's aspirations, the more difficult it will be to achieve success.

The development of self-esteem is very individual, but at certain stages of life, the type of activity that is considered the main one at this stage of development has a great influence on it. That is, the formation of self-esteem of students is closely related to their educational process. The adequacy of the child's future self-esteem also depends on how well this process goes. The success of reading largely determines success, the interest of the student to work on himself and acquire new knowledge.

Self-esteem is very important for everyone. It is not surprising that psychologists believe that the way we treat ourselves, others treat us as well. It is not surprising that people with low self-esteem, even having excellent qualities, only cause hostility and disrespect. But absolutely ordinary, but very self-loving people often achieve heights, because they arouse respect and respect for others. The child's self-esteem is formed during the entire period of growing up, and parents need to know exactly how this happens in order to influence the child's self-esteem and, if necessary, correct it.

Self-esteem can be overestimated, adequate and underestimated. Owners of a high level of self-esteem overestimate their abilities, which leads to incorrect self-perception and possible problems. Adequate self-esteem owners are usually well aware of their strengths and weaknesses, so they can show or hide them in time. Such people have a positive attitude towards themselves and are open to the world around them. Those who have low self-esteem have a very negative attitude towards others, suffer from insecurity and disrespect for their own personality. Such people feel weak, are not capable of any courage and do not believe in the world around them.

As you can see, self-esteem affects almost all spheres of life and determines the level and quality of life of a person as a whole. Of course, self-esteem can change throughout life, but its foundations are laid at an early age. Therefore, serious attention should be paid to the formation of a child's self-esteem from the first years of his life. In addition, the child's self-esteem is most influenced by the closest people.

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