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**GST122 ASSIGNMENT**

**100 LEVEL INTERNATIONAL RELATIONS AND DIPLOMACY**

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**EFFECTS OF LOW SELF-ESTEEM ON YOUTHS IN THE SOCIETY**

Self-esteem is your overall opinion of yourself how you feel about your abilities and limitations. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. In [psychology](https://www.verywellmind.com/psychology-basics-4157186), the term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself. It involves a variety of beliefs about yourself, such as the appraisal of your own appearance, beliefs, emotions, and behaviors. Self-esteem often seen as a [personality trait](https://www.verywellmind.com/trait-theory-of-personality-2795955), which means that it tends to be stable and enduring.

One of the issues that can affect teenagers is that of self-esteem. Self-esteem refers to how one feels about him or herself. Also, it refers to how you think others feel about you. Do you think they like you? Or do you feel like no one values you? There are different factors that go into self-esteem, and for teenagers these factors often make a bigger difference. Low teen self-esteem can lead to sexual activity (sometimes resulting in teen pregnancy), depression and even suicide. It is important to recognize that teenagers need to feel valued and loved.

The following are the effects of low self-esteem in youths/teenagers

Negative feelings-Self-esteem is closely linked to mood, so when it is diminished, you may experience a slew of negative feelings — sadness, shame, anxiety, fear, anger, loneliness, stress, even depression .Everyone experiences periods of negative emotions; but a person suffering from low self-esteem will have an especially difficult time shaking them, and will often experience them in combination.

Self-loathing-Hating yourself will cause you to loathe your own thoughts and actions, and have difficulty forgiving yourself .Hating your body will end up being reflected in how you behave in relationships and at work, as feeling unworthy of self-care will give you license not to take care of yourself.

Believing you have nothing to offer-This is a biggie, and reflects a deep-rooted sense of worthlessness. You may perceive others’ traits and gifts as being superior to your own — even “heroic,” and therefore unattainable.If you are struggling with the effects of a low self-esteem, you may believe that no one cares what you think, how you feel, or even what you have to offer. And believing those things can lead to loneliness, hesitation to reach out and engage, and eventually increasing repressed anger.

Difficulty getting motivated-A low self-esteem can make every day feel like a Monday morning in heavy traffic…after driving off with your coffee mug on the roof of your car.There is a pervasive assumption that “I am going to fail anyway, so why bother?” This undertow of being “stuck” and “out of gas” can wreak havoc with your performance at work and at home.It can also easily leak over into your willingness to try new things that may help both your mood and your bank account.

Obsession with perfection-Believing you have to be “perfect” in all you do will lead to a constant sense of failure and never being “good enough.”If you are suffering from the effects of a low self-esteem, you may find yourself confusing “making a mistake” with “being a mistake.,” and therefore unable to forgive yourself for simply being human and making “human” mistakes.And that is the tell-tale sign of toxic shame. There are many ways to cope when you do not feel like you are good enough.

Lowered resilience-Because the effects of a low self-esteem are imbued with a sense of futility “there is no hope,” “things can’t get better” you will have difficulty bouncing back from setbacks that should only be temporary.

Lack of self-care-When your self-worth is suffering, it’s likely your self-care is, as well. Because there is an underlying assumption that “things can’t get better, so why waste my energy,” it’s easy to then ignore essential elements of well-being, like sleep, good nutrition, and exercise.Low self-esteem will also increase your vulnerability to fear-based distractions like drug and alcohol abuse, compulsive sex, eating, and shopping, all in an effort to avoid conflict, pain, and failure.

Struggling relationships-Relationships inevitably suffer when low self-esteem is onboard. You may not believe you deserve or can maintain a healthy relationship, so you don’t put forth your best effort or present your best self.

Being a “people pleaser”-Wanting to make the world a better place isn’t the problem here; not having clear boundaries and not being able to say “no” are.If your self-esteem is at the bottom of its well, you will feel unworthy of receiving goodness from others and you will feel obligated to make sure they feel good.

Believing you are powerless to change anything-This falsehood naturally leads to fear and anxiety, and when compounded by the belief that your own thoughts don’t matter to others, will deepen your repressed hurt and anger.