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Self-esteem is a judgment or self-evaluation of our work or goodness and how well we feel we are doing in areas of our life that we rate as important (Yang, Xu, Chen, Shi, & Han, 2016). But while the definition is useful and intuitively valid, it soon becomes clear that self-esteem is a complex construct like many other psychological concepts.

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Self-esteem should be viewed as a continuum, and can be high, medium or low, and is often quantified as a number in empirical research. When considering self-esteem it is important to note that both high and low levels can be emotionally and socially harmful for the individual.

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Many theorists have written on the dynamics involved in self-esteem. The need for self-esteem plays an important role in psychologist Abraham Maslow's hierarchy of needs, which depicts self-esteem as one of the basic human motivations. 1 ? Maslow suggested that people need both esteem from other people as well as inner self-respect.

What Is Self-Esteem? - Verywell Mind

According to some researchers, low self-esteem

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is associated with highly
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