



The Different Causes and Effects of Low Self-Esteem

Low self-esteem is a psychological feeling where one feels unsatisfied with his/her self. This problem is highly present in adulthood as there are many factors affecting it. An adult needs to have a well self-esteem as it reflects on every aspect of their lives. Having low self-esteem can affect an adult in a very negative way and sometimes ruin the adult's life. A high self-esteem is a route to accomplishments and having a happy life. This essay explains the causes, effects, and previous solutions of low self-esteem.

According to Brockmeyer et al. (2012), the first and most common cause being low self-esteem amongst adults in obesity. The general issue here is the adult's self-image. They do not feel comfortable or even confident in their skin. When an adult has low self-esteem, they always view their bodies as inferior even if it is not to other people. They feel like they cannot reach perfection as they are not good enough. The problem here lies in the fact that sometimes the adult has nothing to be ashamed of with his/her body. However, due to low self-esteem it feels like no weight or body image it good enough.

Another cause being having low self-esteem is peer pressure and bullying. These two points are connected through the social network of the adult. Sometimes the adult thinks that if he/she is not accepted by the group than they are substandard. The pressure and bullying cause by their friends causes them to develop low self-esteem. How could someone feel self-confident, if the people around him/her keep mocking them? Friends and peers can have a huge influence on how a person sees his/herself

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