🔓 **Research Article**

ADOPTING ATTITUDE OF SELF--ESTEEM AND SELF CONFIDENT IN ENTREPRENEURIAL ACTIVITIES OF ORGANIZATION

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ABSTRACT

Entrepreneurial Activities is an exciting and challenging journey that requires a unique set of skills and qualities. Over the years, studies have revealed certain characteristics that are common among successful entrepreneurs. Among these traits, self-confidence stands out as the most crucial attribute. Self-confidence forms the foundation upon which all other entrepreneurial qualities are built. This article delves into the significance of self esteem and self-confident that will provides practical strategies to nurture and maintain it .

Self--esteem is a central construct in clinical, developmental, personality, and social psychology. Its role in psychological functioning has been studied for more than a century. Self-esteem construct has spawned a research literature of such magnitude and richness that it is impossible to summarize. Therefore, the aim of the present research was to highlight the main topics in this domain. That is, the self-esteem definition, dimensionality, and components; its formation and development, and assessment; the positive and negative effects of both high and low self-esteem, the association between low self-esteem and psychopathology especially depression, the dark side of high self-esteem (e.g., narcissism) self-esteem and both culture and demographic variables associations were reviewed, and the stability of self esteem.

KEYWORDS

Attitude , Self-esteem , Confident , Adopting , Activities , Organization , Entrepreneurial.

INTRODUCTION

The Self-Esteem is related to personal beliefs about skills, abilities, and social relationships. Self-esteem is also defined as a global barometer of self-evaluation involving cognitive appraisals about general self-worth and affective experiences of the self that are linked to these global appraisals (Murphy, Stosny and Morrel, 2005). By the same token, Wang and Ollendick (2001) stated that self-esteem involves an evaluation of oneself followed by an emotional reaction towards oneself. The evaluative and affective elements are present in all extant definitions and theories of self-esteem. Brown, Dutton, and Cook

(2001) distinguished three ways in which the term "self-esteem" is used: (a) global or trait self-esteem to refer to the way people characteristically feel about themselves, i.e., feelings of affection for oneself; (b) self-evaluation to refer to the way people evaluate their various abilities and attributes, and (c) feelings of self-esteem to refer to momentary emotional states, e.g., a person might say her self-esteem was sky-high after getting a big promotion, or a person might say his self-esteem plummeted after a divorce. Perhaps the simplest definition of self-esteem is found in Webster's dictionary, which says that "self-esteem is satisfaction with oneself". In another edition of the same dictionary, self-esteem means "one's good opinion of one's dignity or worth". Hewitt (2002) sought to transform our view of self-esteem from a universal psychological trait and motivating force to a socially constructed emotion grounded in mood. This point of view was based on Smith – Lovin's (1995) definition of self-esteem as a reflexive emotion that has developed over time in social processes of invention, that individuals learn to experience and to talk about, that arises in predictable social circumstances, and that is subject to social control. For the purpose of the present work , self-esteem could be defined as the self-evaluation and descriptive conceptualization that individuals make and maintain with regard to themselves.

Self-esteem: is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence. Your self-esteem can affect whether you: Like and value yourself as a person.

Types of self-esteem

The ranges of self-esteem

* Overly high self-esteem: Feeling superior to others. People with overly high self-esteem are often arrogant, self-indulgent, and express feelings of entitlement. ...

* Low self-esteem: Feeling inferior to others. ...

* Healthy self-esteem: Having an accurate and balanced self-view.

Benefits of Self- esteem

Self-esteem gives you the ability to value and believe in yourself

Self-esteem helps you realize that you already have enough strength and talent within you to accomplish whatever you desire.

Self-esteem gives you the strength to be yourself in order to tap into and unleash your inner strength and talent so you can create and live the lifestyle you love.

Self-esteem gives you the ability to accomplish things quicker and better.

How To Improve Our Self Esteem

Self-esteem is one of the most important characteristics that a person needs to have. Self-esteem is the pure form of self-confidence. So you cannot find the proper difference. You need to know that whenever you start to feel confident, your self-esteem will grow automatically.

In brief, we can consider that self-esteem is directly connected with self-value also. When you are confident and giving enough value to yourself, then your self-confidence will start to grow gradually.

4 Ways To Master Time Management

* Do Good Planning

Good planning demands time. On the contrary, making appropriate plans in a short time-frame is a skill needed nowadays. You need to develop good planning skills to resolve quick tasks as well as big tasks. It comes with managing your time.

* Execute it

Once you are done planning, execute it. Executing a plan has multiple factors corresponding to it. Understand the time every stage of execution takes. Manage the time well through planning, scheduling, and deciding. By doing so, you can easily get the results.

* To-do list or Checklist

It depends upon individual preferences. Preparing a check-list or to-do list of all your tasks, priorities, and important works will help you. It lets you keep track of things.

* Meeting Deadlines

It's an important skill associated with Time-Management. Meeting your deadline brings more credibility to you. In order to achieve it, you need good planning. Utilizing time efficiently is important here.

What are the 8 components of self-esteem

Here are some of the building blocks that contribute to healthy self-esteem:

A sense of security

A sense of belonging

A sense of purpose

A sense of personal competence and pride. ...

A sense of trust

A sense of responsibility

A sense of contribution

A sense of making real choices & decisions

Comparisiem between Self--Esteem Self Confident

Self- Esteem.	Self- Acceptance
Self-evaluation.	Relating to the self
Comparisons needed.	No comparisons needed
Contingent on circumstances.	Contingent on circumstances
Fragile.	Secure
Mixed effects on well-being.	Positive effects on well-being

Low self-esteem :- refers to a person having an overall poor sense of self-value. It essentially means having a poor opinion of yourself. Low self-esteem can encompass a range of factors, such as your sense of identity, self-confidence, feelings of competence, and feelings of belonging. Self-esteem is about more than just generally liking yourself—it also means believing that you deserve love and valuing your own thoughts, feelings, opinions, interests, and goals. It can also play a vital role in how you allow others to treat you. Having self-esteem not only impacts how you feel about and treat yourself, but it can even affect your motivation to go after the things you want in life and your ability to develop healthy, supportive relationships. It plays an important role in a variety of areas in life, which is why having low self-esteem can be such a serious problem. Having low self-esteem means that you often think negatively about yourself, judge yourself badly, and lack confidence in your abilities.

Self-Confidence: The Bedrock of Entrepreneurship

Self-confidence is the magical power that empowers individuals to believe in themselves, their abilities, and their potential for success. It serves as the driving force that propels entrepreneurs forward, even in the face of challenges and setbacks. Without self-confidence, the pursuit of entrepreneurial goals becomes arduous, as doubts and insecurities hinder progress.

The Power of Positive Thinking Positive thinking is a vital component of self-confidence. By adopting a positive attitude, entrepreneurs cultivate a mindset that embraces possibilities and believes in favorable outcomes. This optimistic outlook serves as a catalyst for innovation, problem-solving, and resilience. Furthermore, positive thinking has a ripple effect, inspiring those around entrepreneurs and attracting new opportunities.

Taking Persistent Action Self-confidence must be accompanied by persistent action for it to be effective. Entrepreneurs must take proactive steps toward their goals, consistently and unwaveringly. Even in the face of obstacles, they persevere, finding creative solutions and adapting their strategies. Persistence is key to overcoming challenges and turning setbacks into stepping stones for growth. Entrepreneurs must remain committed to their vision and continuously strive to improve their skills and knowledge.

Cultivating and Maintaining Self-Confidence Building and maintaining self-confidence is an ongoing process that requires conscious effort. Here are some practical strategies for nurturing self-confidence:

* Embrace self-reflection: Regularly assess your strengths, skills, and accomplishments. Celebrate your achievements, however small they may seem, and use them as fuel for self-belief.

* Set realistic goals: Establish clear and attainable objectives. Breaking down larger goals into smaller, manageable tasks enhances confidence by providing a sense of progress and accomplishment.

* Seek support and mentorship: Surround yourself with a network of individuals who inspire and uplift you. Collaborate with mentors who can offer guidance, encouragement, and constructive feedback.

* Learn from failures: Embrace failure as an opportunity for growth and learning. Analyze setbacks objectively, identify lessons, and use them to refine your approach.

* Continuous learning and skill development: Invest in yourself by acquiring new knowledge and honing your skills. The more competent you become, the more confident you will feel.

Signs of Low Self-Esteem

While not a mental illness, poor self-esteem can still affect a person's thoughts, emotions, and patterns of behavior. Sometimes its signs can be fairly apparent. Other times, low self-esteem symptoms are much more subtle.

For example, some people with low self-esteem talk negatively about themselves, while others go out of their way to make sure other people are pleased with them. In either case, a lack of personal worth and value can have a negative impact on life and wellness.

Some common signs or symptoms of low self-esteem include:

* Lack of confidence

* External locus of control

* Negative social comparisons

* Trouble asking for help

* Worry and doubt

* Difficulty accepting compliments

* Negative self-talk

* Fear of failure

* Poor outlook of the future

* Lack of boundaries

* Being a people-pleaser

STABILITY OF SELF-ESTEEM

Most theories of self-esteem view it as a relatively stable personality trait. Based on this perspective, self-esteem is stable because it slowly builds over time through personal experiences, such as repeatedly succeeding at various tasks or continually being valued by significant others. A number of studies, however, assumed that self-esteem can momentarily manipulated or affected. Therefore, self-esteem can be viewed as a "trait" as well as a "state" (Heatherton and Wyland, 2003). Greenier et al., (1995) stated that self-esteem instability is a dimension distinct from level of self-esteem. Self-esteem instability refers to the magnitude of short term fluctuations that people experience in their contextually based feelings of self-worth. Among high self-esteem individuals, self-esteem instability reflects fragility in one's positive self-feelings, and is associated with heightened tendencies to defend and promote these positive self-feelings. On the other hand, among low self-esteem individuals, self-esteem instability is related to various indices of psychological difficulties and maladjustment.

CONCLUSION

Self-confidence is the cornerstone of entrepreneurial success. By cultivating a positive mindset and taking persistent action, entrepreneurs can unleash their full potential. With unwavering self-belief, they can overcome challenges, inspire others, and navigate the ever-changing landscape of entrepreneurship. Remember, self-confidence is not a destination but a journey—one that requires dedication, resilience, and an unyielding belief in oneself.

Thousands of research papers have published in the self-esteem subject and many normal and abnormal variables have been correlated with it. Indeed, much knowledge about self-esteem has been accumulated

in the mainstream Western industrialized culture. A less amount of research papers has been published to compare Western and Asian, particularly Chinese and Japanese samples, on self-esteem. However, the studies with the Arab participants are scarce. The Arab countries have special characteristics regarding geography, history, political conditions, economy, language, religions, culture, and child rearing practices, among other factors. Further studies are needed to examine the level, the underlying meanings, and the social and cultural contexts that influence self-esteem among Arab participants, as well as its cultural predictors. Regarding the assessment issue, a major problem inherent in the measures of self-esteem is the extent to which self-reports are influenced by self-presentational concerns (Heatherton and Wyland, 2003).

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