SELF-ESTEEM SUCH AS EMOTIONAL AND BEHAVIORAL COMPONENT OF SELF-SYSTEM

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Abstract: Past and even present interest in the problem of the self-system and the self-esteem or personal regulation led to numerous constructions, expressing various aspects of the SELF. The self use to be characterized as a multi-factor hierarchical structure of the knowledge and ideas about the self from the point of view of the content, in which the self-esteem use to be perceived as a global self-worth. The authors of the paper analyze particular levels of the SELF with the emphasis on the self-esteem. They introduce some partial results of an experimental research on the self-esteem of Slovak university student depending on the basic demographical data and within the relation to their smoking/non-smoking habits.

Keywords: self-esteem, self, research

1 Introduction

The awareness of my own SELF is present in every living and the behavior having the motivation, aim, or human will. The ability to perceive and understand the self forces the subject to be more responsible, controlled, active, goal seeking as well as sense your own competence or awareness of your own handicap. The self experience spans into your own past, presence and future. Resulting social human behavior use to be the intersection of the influence and the saturation of social needs within interpersonal relationships, and on the other hand, it's an image of unique characteristics and individual needs of its bearer.

The man works during his ontogenetic development for having his personal concept in a congruence with behavioral reactions and expectations of social environment. "Jatstvo" (the Self) becomes the important determining and regulating element of personality. The self-creation and the creation of my own subjectivity takes place in particular place and time. Mentioned process is not just rational, but even transcendent. It exceeds categorically understood personal being. Based on the rational knowledge and the possibility to freely make a decision, think, behave, man crosses the limits of physical and biological dependency, is able to change not only the world, but even himself. In principle, it's about the identification of personal presence demanding on the expression of approval in the relation to himself. Thus, human self-reflection forms within the close interaction of the facts that man already knows about himself and what he finds from the others – "social function". Tyrer and Casey (in Katsching, 1997, p. 55) understand a social function as "a level where the individual operates in his social context, while the character of his working moves from the self-preservation and the activities necessary for survival, till the social relationships within the society".

2 Social-psychological context of the Self

Jatstvo is a general idea of the self. It is the expression of a complex relation to himself and the result of understanding the basic characteristics and features of an individual personality. The self-esteem of jatvsvo use to be considered dually. The duality of the SELF is manifested either in the modem SELF as a subject of the activity and the living (is connected with the moment of the presence and the presence of the consciousness) or in the modem Self as a subject, object of self-knowing ("known", the idea of the self, self-appearance, characteristics, status, self-worth). Social-psychological view of the problem of the SELF is rather focused on the research of jatstvo as an object. The result of the development and the personality growth is manifested by fully developed and structured Self.
We can find a wide spectrum of the terms related to the Self within psychological terminology: self-concept, self-system, self-image, self-worth, self-evaluation, self-presentation, self-esteem.

Self-concept is most often determined as a "mental representation of the Self, saved in a memory as a cognitive structure created in the process of the interaction of the individual with social environment" (Blatný, Osecká, Macek, 1993, p. 445). It's the factor of psychic regulation of the behavior and the tool for orientation and stabilization of the activities at the same time. In the strict sense of the word, self-esteem is dynamic, unstable construct representing the system of the personalities at the level of knowing. Hartl and Hartlová (2000, p. 524) define the self-concept as an "idea of the self, how the individual sees himself". The emphasis is moved to the elements of knowledge, in contrast to the self-esteem consisting of evaluative and descriptive dimensions. The aspects of the self-concept are cognitive, emotional and conative. Cognitive aspect is related to the content and the structure of the self-perception and how the self-knowledge is organized. Emotional aspect expresses emotional relation to the self (is shown in personal evaluation, self-esteem). Conative element is related to outer expression of the Self (as a man presents himself in the contact with the others or how is he influenced by his "Self experience" in current social behavior).

Self-image is, as well as a self-concept, a mental representation of perceived subjective characteristics and competences appearing in the early period and modify during the whole life, while they significantly influence the actual level of living and behavior of an individual. Dynamicity and multi-functionality are the basic characteristics of the self-image. It means that self-image is not homogenous structure, but consists of various number of fields significant for an individual. Argyle, in his book Social Interaktion (1976, p. 88), underlines the connection of self-image with the reality that "the man is still considered by the others and therefore learns to predict evaluative actions and prepare for them. Consequently, he perceives himself by these terms and got the self-image".

Self-system represents the personification of the Self or what the person says if he talks about himself. It's about comprehensive identification of all the aspects of thinking, prediction, analysis of the self. Controversial tendencies appear in the form of inadequate underestimation or overestimation of the self in the self-system. Argyle (1976, p. 54) identified the following sources of the structure "Self", "me" from the point of view of social interactions: a) the reaction of the others, b) comparison with the others, c) activity of (social) roles, d) identification with the models.

Self-worth is the product, the result of social comparison (Festinger, 1954), it is the subject to the changes, depends on situational factors and has its non-recurring, interpersonal and interpretational context. The personalities with a high self-worth have more complicated structure of the Self significance, don't behave anxious or depressive, are not willing to move extremely too often in emotional reactions to the evaluative feedback of the environment. People with a low self-worth tend to a lowered limits of a self-assurance, demand continuous acceptance of their worth.

Self-efficiency as the knowledge of self-effectiveness is an important factor of auto-regulative structure of the man. It is the expression of universal confidence in the ability of an individual to balance his hard life conditions and challenges. Representative experience (as a result of observation of others) is important in creating the self-efficiency. Regarding the self-efficiency, we distinguish two types of expectations: a) expectation of the efficiency focused on behavior efficiency rate leading to a particular goal, b) expectation of the results related to the expectation whether the behavior leads to expected goals. High rate of self-efficiency minimizes negative emotional states. The change of its level can essentially influence the living and behavior of an individual.

Self-esteem as a basic part of self-worth is determined by wide spectrum of influences. It's a psychological construct of perception of the self, how the man globally considers his self-worth. Nákonečný (1998) considers self-esteem to be the key aspect of the Self (jatstvo), expressing an ego-relational motivation. According to Smékal (2004, p. 108), the self-esteem is considered to be a specific sense of the Self, in terms of self-esteem (pride) or degradation. Stated sense depends on how the man is conscious of his position in the world and how he perceives his influence on the others.

Self-esteem is created as a result of interpersonal and social comparison and as a result of self-appraisal based on the watching of your own activity. Social comparison emphasizes that self- esteem is partially a consequence of individual comparison of the self with the others and the creation of positive or negative self-approach.

Originally, self- esteem was understood as the relation between personal success and well accomplished external requirements. Currently, Rosenberg's (1965) definition of self-esteem – as stable sense of the self-worth – is used more often.

The way, how to understand the self-worth the best, is a possibility to deal with the sources that supply it. Greenwald (2000, In: Gajdošová, 2003, p. 217) states four sources of the origin and the creation of subjective value consciousness.

a) Achievement – stresses competency as the first source of the self-esteem
b) Approval by the others – feedback of the community
c) Lack of faults in executed activity, self-activity
d) Lack of defects

Ellison (2001) states the similar characteristics of the self-worth and the self-esteem. It's about an image characteristics (habit, outlook treatment in comparison to others), achievement (what an individual is able to do and perform in the confrontation) and the state (social level of how high an individual climbed the social scale of social evaluation of the successfulness).

Tafarodi and Swann (1998) identified two dimensions of global self-esteem of self-competence and self-liking. They presume that they express two mutually dependent but different self-attitudinal dimensions that create a self-esteem. Self-consciousness of the self as a competent person identifies generalized experience of self-efficiency and power, self-liking, generalized experience of the self-worth of the self as a social object. Self-competence is an evaluative experience, practice of the overall competence, internally positive self-awareness, as effective and capable. It comes from the consciousness of the decision making and wanting and is relatively independent of the surrounding. Self-liking is the value of the personality, inner side of the man, self-assessment as a social entity with the reflection of own internalized standards of the good and the evil.

High personal competences are accepted and widely appreciated in the Western culture. They make the status of the man. Highly-competent people look forward a greater respect and appreciation of the others. The sense of a personal dignity, awareness of respectability increase their self-esteem. Expressing the appreciation by the others is a partial source of self-liking, the experience of the self-worth. It's generally presumed that it's normal that people having really high competences possess high self-judgment as well and have social reasons to like themselves. Dimensions of competence and self-worth act as an independent variables, thus, can be consistent, but even contrary. According to some authors (Schimel, 2001, In: Gajdošová, 2003), self-esteem is based on particular fields that have been sensitive, injured, activated during the life or accepted in particular term. They demand constant process of assessing, observation and control towards external or internal standards.

Self-esteem is closely related to some other personal characteristics, mainly to oppression rate, dominant emotional customization and temperament dimension of unstableness – stableness (Macek, 2003). Extroverts and stable personalities have higher rate of self-esteem than introverts and unstable personalities. Extraversion and neuroticism influence the way how the man presents the self-esteem externally. High rate of extraversion is related to the tendency to talk about yourself in a positive manner (it's expressed with honesty, responsibility, esteem and love feelings towards yourself and the others) and high neuroticism correlates more with the tendency not to resist the acceptance of negative assessment (Blatný, 2001).

Blatný and Osecká (1998) advise of a high self-esteem and its connection with the dominance over its environment and they state that mentioned relationship is independent of situational variables and is applied at the time of mental balance living as well as in the situations of increased exhaustion (they believe that extraversion effects on the increase of the self-esteem indirectly through the dominant behavior). Depending on the sex (higher in case of men), hostility increases the self-esteem.

Robins and Trzesniewski (2002) dealt with the research of the development of the self-esteem during the life of a human. They found out that its standard is changed during the life depending on physical growing of an organism during the teenage, cognitive fall in older age, the changes in social environment and other influences. It's relatively high during the childhood, it decreases in adolescence (mainly in case of girls), grows in adulthood and finally decreases deeply in old age. The researchers assume that children have increased self-esteem because of insufficiently developed critical thinking, non-objective or biased view of the self. The self-esteem decrease goes on during the adolescence. Body changes, higher education degree transition, development of abstract thinking and deeper understanding of unrealized opportunities and unfulfilled expectations are the main reasons. Self-esteem gradually grows until the 60th year of age in adulthood. It changes the social position and increases the status of an individual in personal and even work life that causes the growth of self-worth. There's rather tendency of decrease caused by dramatic changes within the relationships, social roles, in psycho-somatic behavior of a man. Interesting finding is the fact that there are individuals holding stable level of self-esteem towards others during all their life. It means that the one who possesses a high level of self-esteem towards other people keeps this relative level in a certain age during all his life.

3 Research

We did a research within a research program VEGA 1/1408/04 through which we were looking for the level of self-esteem depending on the basic demographic data as well as self-esteem correlation in the relation to smoking habits. The research has been made by 819 university students focused on technical and social education from 2 universities of Košice. An average age of a respondent was 20,5 year and had unequal representation. Data has been executed by statistical program SPSS, version 11.0.

3.1 Research Methods

Personal correlates of self-esteem were searched depending on the sex and experiences with cigarette smoking. We used 2 questionnaires. Smoking questionnaire and Self – esteem Scale (10 item uni-dimensional Rosenberg's XXX, 1965) through which we find a global relation to self-esteem (respondents expressed their approval with 5 positive and 5 negative statements related to their approaches to themselves). Total score varied from 10 to 40.

3.2 Results and interpretations

We present measured values of a self-esteem in the next tables (table no. 1, 2). Sex and smoking status were distributional criteria.

The Question: 1.I'm satisfied with myself. 2. Sometimes I think I'm not doing well. 3. I think I don't have a lot of good qualities. 4. I can handle the things as good as the others. 5. I cannot be proud of anything. 6. Sometimes I feel useless. 7. I'm at least as worth as the others. 8. I would like to esteem myself more. 9. Sometimes I think I shouldn't be born at all. 10. I love myself.

Table 1: Self-esteem – gender differences

	G	N	A.M	S.D.	S.E.	F	Sig.
1.	M	340	2,22	,634	,034	1,155	0,283
	F	469	2,28	,573	,026		
2.	M	339	2,36	,676	,036	1,907	0,168
	F	466	2,35	,637	,029		
3.	M	337	2,02	,542	,029	1,309	0,253
	F	463	1,98	,500	,023		
4.	M	337	1,84	,563	,306	16,102	0,000 ***
	F	468	2,00	,539	,024		
5.	M	340	2,97	,730	,396	0,060	0,807
	F	466	3,13	,656	,304		
6.	M	340	2,71	,740	,040	2,389	0,123
	F	467	2,63	,681	,031		
7.	M	339	1,63	,577	,031	2,907	0,089
	F	470	1,62	,534	,246		
8.	M	336	2,27	,794	,043	0,657	0,418
	F	461	2,17	,801	,037		
9.	M	340	3,46	,784	,042	1,147	0,285
	F	468	3,38	,815	,376		
10.	M	335	1,98	,618	,033	0,640	0,424
	F	462	1,94	,577	,026		

G=gender, M=masculinity, F=femininity   N=812 *** p< 0,001

Acquired results of the self-esteem of university students didn't confirm too big differences among the sexes (F-test p<0,331).

Overall average score of the self-esteem of women was 23,52 and of men 23,49. We found the highest measured average score in quotation no. 9 – *"Sometimes I think I shouldn't be born at all"* of men (3,46) and of women (3,38%). Almost identically, both sexes are aware of the worth of themselves – *"I'm at least as worth as the others"* (averagely 1,63), and also expressed their satisfaction and love to the self (satisfaction 2,24; love 1,96).

F-test (p<0,001) confirmed highly significant differences on the behalf of men in the review of their competency *"to act the good as the others"*. Averagely, 1,84 men and 2,00 women believed in this.

Table 2: Values of self-esteem related to smoking status (F-test)

	Smoking status	N	AM	S.D.	F	Sig.
1.	1st gr.*	216	2,17	0,62	4,305	0,014*
	2nd gr.*	265	2,32	0,59		
	3rd gr.	219	2,24	0,58		
2.	1st gr.	214	2,44	0,70	2,655	0,071
	2nd gr.	363	2,32	0,61		
	3rd gr.	219	2,34	0,65		
3.	1st gr.	212	1,93	0,56	1,886	0,152
	2nd gr.	361	2,02	0,50		
	3rd gr.	218	2,00	0,49		
4.	1st gr.	214	1,94	0,59	0,806	0,447
	2nd gr.	364	1,95	0,52		
	3rd gr.	218	1,89	0,55		
5.	1st gr.	217	3,05	0,76	0,156	0,856
	2nd gr.	361	3,06	0,65		
	3rd gr.	219	3,09	0,68		
6.	1st gr.	216	2,70	0,73	2,954	0,053
	2nd gr.	364	2,60	0,69		
	3rd gr.	218	2,73	0,70		
7.	1st gr.	217	1,63	0,57	0,179	0,836
	2nd gr.	364	1,64	0,51		
	3rd gr.	219	1,61	0,59		
8.	1st gr.	213	2,29	0,77	3,717	0,025*
	2nd gr.	358	2,12	0,80		
	3rd gr.	217	2,26	0,79		
9.	1st gr.	217	3,36	0,75	0,999	0,369
	2nd gr.	364	3,41	3,41		
	3rd gr.	218	3,47	3,47		
10.	1st gr.	212	1,93	0,57	1,664	0,194
	2nd gr.	359	2,00	0,58		
	3rd gr.	216	1,91	0,61		

n=800   p<0,05

Explanation: 1st gr. = non-smokers, 2nd gr. = "ex-smokers" that used to smoke in the past but they don't smoke right now, 3rd gr. = smokers

3.3 Results and Discussion

We compared the results of non-continual questionnaire of smoking with data of continual scale of self-esteem by statistical analysis (F-test) what enabled us to qualify if a measured differences between the group averages were only accidental or statistically significant. No significant differences were found in parametric procedure, in case of non-parametric were found some.

We assumed that the rate of presence and level of cigarette consumption will decrease with the increase of the rate of self-esteem in 3 reviewed items (i.e. they reached the lowest score): *"I can handle the things at least as good as the others"* (1,89), *"I'm at least as worth as the others"* (1,61), *"I love myself"* (1,91). The answers that suggest the lowest rate of self-esteem were following: *"I cannot be proud of anything"* (3,09), *"Sometimes I feel useless"* (2,73), *"Sometimes I think I shouldn't be born at all"* (3,47).

Comparing the self-esteem in subcategories (non-smokers, ex-smokers, smokers), only two of ten self-esteem factors were statistically confirmed as disruptive.

The most satisfied in the first item (*"I'm satisfied with myself"*) were smokers (2,24%); statistically significant difference (p<0,014) has been measured between the first – non-smoking and the second – ex-smoking group. Non-smokers (A.M. 2,17) were more satisfied than ex-smokers (2,32).

We got the similar result in quotation no.8: *"I would like to esteem myself more"*, there we can find the significance of the differences at the level of 5% of the competence (p<0,025) in the first two subgroups, while the number of ex-smokers who thought in this way was higher than non-smokers (an average score of non-smokers – 2,29 non-smokers and 2,12 experimenters).

Just above the level of statistical significance (p<0,053) appeared the statement of the self-uselessness. Both non-smokers and smokers stated almost the same (average score of 2,70 and 2,73 in smokers). The most useful were experimenters. Significant differences were not measured in the item: *"Sometimes I think I'm not doing well"*, (p<0,071). Smokers approached an average values the most (averagely – 2,34). Thus, it's questionable whether the presence of smoking university students is the demonstration of devious effort to self-realization or useless way of presenting the self-esteem.

Mentioned partial results of the research show the relevant task of personal components filling the health and psychical quality of life. Healthy life-style doesn't assume risky and endangering behavior. Slovak university students already have it inside of their behavior. Self-esteem as an emotional item of self-system influences the intensity and stability of living states, play an important role in development of an individual and together with other personal components participates in the structure organization of the personality and its behavioral expose.

4 Conclusion

Thinking about a various dimensions of the quality of outer world enables the man to better understand his own inner world. Categories such as usefulness, self-esteem, sense of personal dignity or conscience that are connected by the consciousness of the self-worth cross the scope of a pure psychological reflection and have its ethical, philosophical, cultural-historical and sociological dimension.

Global self-evaluation expresses overall summary sense of the self-personality. The researchers confirm that global self-evaluation is not just a simple summary of particular evaluations, but I determined by recent emotional setting of the person to a great extent, is its worth orientation, existential sense.

Reasonable self-esteem becomes an inner filtering zone, decisive of the success or the failure in life. At the same time, it's even the indicator of how comfortably and healthy an individual will feel in his life, how the others will feel in his company. On the other hand, tend to what does overreach the man and his egocentrism – following not only his own goals, but even the respect to other man and his needs, respect and the help the other, is one of the way offering the man an experience of disinterestedness of the good, usefulness, sense and the mission in his own life and feed even the experience of the self-worth – self-esteem.

Self-worth, self-experience of living and conscious of the self, as well as the relationship to self-personality are a unique characteristics of a human psychic giving subjective sense and principal dimension to human life. The need to keep a suitable self-esteem and positive relation to the self use to be expressed as an inclination to so-called benefaction that means an effort to see myself as an affective and competent person. If an individual is evaluated positively, he look at the situations happening around him more positively and applies his really living sentiments even in the situations of various life difficulties. Subjective sense of healthy self-esteem gives him an inner force and necessary energy to solve even hard and difficult situations directly, without any disposition, blaming and resignation. The man is the object and the subject of his self-reflection at the same time.

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