

A review on the impacts of self-esteem towards psychological well-being among children from low-income background

ABSTRACT

Self-esteem is an important psychological element that affects one's health and quality of life. Building high self-esteem throughout one's life appears to be the most fundamental goal of mental, emotional, and social wellness. Positive self-esteem is substantially related to both mental health and happiness, and it consistently correlates with psychological well-being. Poor self-esteem can lead to a variety of self-depreciation, self-defeating attitudes, mental illness, social difficulties, or dangerous behavior. Children from low-income families are more likely to have low self-esteem. It could be because poor households are unable to meet their basic needs, such as food, shelter, educational opportunities, and clothing, in comparison to other well-off households. To explore the relationship between a low-income background and children's self-esteem and how self-esteem development affects their psychological well-being. This study involved a systematic literature review of studies related to self-esteem and psychological well-being of children from low-income backgrounds. Financial status and children's self-esteem were shown to be strongly linked, with children from low-income families having lower self-esteem and poorer psychological well-being, including a higher likelihood of depressive symptoms, dissatisfaction with life, and suicidal attempts. Parental involvement, parenting style, and parental awareness of their children's self-esteem development were all found to be essential mediators of children's self-esteem development. Low self-esteem in children not only makes them less likely to be accepted by friends, negatively impacting their social development, but it's also linked to mental health issues such as anxiety, depression, eating disorders, and externalizing issues such as aggression, antisocial behavior, and delinquency. The family's financial level was significantly connected to the children's self-esteem and psychological well-being. This self-esteem serves as a preventative mechanism against dangerous mental health problems and reflects their ability to deal efficiently with difficulties in life.