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# **ВЛИЯНИЕ САМООЦЕНКИ НА УРОВЕНЬ ЛИЧНОСТНОЙ ТРЕВОЖНОСТИ**

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Цель нашей работы – исследовать действие самооценки на уровень личностной тревожности и взаимозависимость между повышенной тревожностью и низкой самооценкой. В результате проведённого исследования выдвинутая нами гипотеза подтвердилась.

**Ключевые слова:** самооценка, личностная тревожность, взаимосвязь.

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# **THE INFLUENCE OF SELF-ESTEEM ON THE LEVEL OF PERSONAL ANXIETY**

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The aim of our work is to investigate the effect of self-esteem on the level of personal anxiety and to investigate the interdependence between increased anxiety and low self-esteem. As a result of the article became hypothesis.

**Keywords:** self-esteem, personal anxiety, interrelation

Detection of the interrelation between self-esteem and the level of personal anxiety is especially topical due to the changes taking place in our society. People in an increasingly hurried world are inclined to worry about work, studies, tomorrow. Their level of anxiety can often be too expressed, which will negatively affect the quality of life, and it is important to investigate the underlying causes of this, in particular self-esteem.

## **The purpose of the work**

The purpose of the work was to explore the influence of self-esteem on the level of personality anxiety and the interrelation between high anxiety and low self-esteem.

## **Material and methods**

The materials and methods were the test-questionnaire "Determination of self-esteem level" by S.V. Kovalev, C.D. Spielberger's methodology to identify personality anxiety.

Self-esteem (according to V.S. Agapov) is "the presence of an individual's critical position with respect to what he has" [1, p. 68]. In his works, the scientist relies on the point of view of L.V. Borozdina, who believes that self-assessment is "not a stating of the available potential, but its estimation from the point of view of a certain system of values... According to the results of self-assessment, a one or another attitude to oneself is formed, positive or negative, with traits of denial, disapproval" [2, p.99].

Self-esteem plays an important role in human life. As the problems of human self-esteem have been studied in the works of Russian and foreign psychologists, the importance of such an aspect in life as self-esteem has been increasingly revealed. It was decided that many difficulties in life, in addition to biological and physiological problems, are to some extent related to low self-esteem.

Creating strategies in carrying out various activities and solving problems, building interpersonal relationships, carrying out self-determination, self-expression and self-actualization are based on self-esteem. It can also function as a psychological protection and help to maintain internal stability. Anxiety (according to R.S. Nemov) - "a special emotional state that often occurs in a person and is expressed in increased emotional stress, accompanied by fears, worries, concerns that hinder normal activity or communication with people" [3, p.353]. [3, c.353]. Anxiety as an experience of emotional discomfort, a premonition of impending danger is an expression of the unsatisfaction of significant human needs, actual at situational anxiety experience and steadily dominating hypertrophied type at constant anxiety. [5, c.104]. It is proved that there are two types of anxiety - personal and situational. Personal anxiety is understood as an individual characteristic of a human personality, showing his stable predisposition to emotional-negative reactions to life situations, carrying a threat to his Ego. Situational anxiety does not have such stability and manifests itself only in certain situations of life. But its stability is of a different kind - the manifestation of anxiety occurs in situations similar to the original one that gave rise to it.

Anxiety, as well as self-esteem, takes an important place in a person's life. In the condition of anxiety, it is difficult for a person to concentrate on the set goals and on the solution of various tasks and problems. There may be problems in the family, at work. But this is incomparable with the feelings that a person experiences with all-consuming anxiety. Fear, doubts, confusion of thoughts - all this and not only characterizes the anxious person. In the last decade, the interest of Russian psychology specialists in the study of anxiety has increased greatly. This is due to the transformations in social life, which give rise to uncertainty of the future and, as a result, emotional tension, anxiety and nervousness [4, p.37]. The interrelation of anxiety and self-esteem of a person takes place, as self-esteem affects the development of human personality, and anxiety is a personal characteristic.

In order to identify this connection, we conducted a research among the students of BSMU. The sample included students aged 18 to 20 years old (1-2 course). A total of 50 respondents were interviewed. They were offered to take an online test, using the test-questionnaire "Determination of self-esteem level" by S.V. Kovalev and C.D. Spielberger's methodology to identify personality anxiety.

### **Results and discussion**

As a result of the research, low self-esteem and high level of anxiety were revealed in 25 respondents (50%), low self-esteem and moderate level of anxiety - in 6 (12%), and 5 subjects had extreme values of anxiety level, close to high anxiety level. 9 (18%) students showed average level of self-esteem, which indicates a low level and is not the norm. At the same time, their anxiety level is moderate, which is normal. The average level of self-esteem and high level of anxiety was found

in 4 (8%) respondents, with 1 having an extreme value of self-esteem level close to that of the lowered one. 2 (4%) students made an interesting group in which the level of self-esteem is high, but the level of anxiety is low, which is an deviation. 2 (4%) respondents showed an average level of self-esteem and low level of anxiety. And finally, only 2 (4%) students had a normal level of self-esteem and personality anxiety.

The obtained results indicate not only the connection between the low level of self-esteem and high indicators of personal anxiety level, and vice versa, but also the fact that the majority of people from the sample have low self-esteem, and the level of personal anxiety is high. The reasons for this condition in students are quite numerous, but among the possible causes of low self-esteem we can identify the following: negative experiences (betrayal, unrequited love, etc.), increased self-demanding, which is quite understandable, because we are future doctors, perfectionism, also explained by the responsibility to their future. Self-criticism, which appears in the last two phenomena, puts pressure on self-esteem, which leads to its decline. It would also be worth noting that during the conversation and survey among respondents, some students noticed that the reason for entering BSMU was parental will, as a result of which it can be assumed that the presence of this fact can cause indecision and guilt. Indecisiveness leads to the failure to fulfill one's own desires, and as a consequence, to lower self-esteem. Guilt can arise from not conforming to the demands made by parents and leads to the same outcome. Worries about repeating negative experiences, expecting superior performance from oneself, and praise from parents contribute to anxiety levels.

Hypothesis: there is a logical inverse interrelation between the level of anxiety and the level of self-esteem of a person.

### **Summary and conclusions**

The hypothesis that the level of anxiety is inextricably linked to self-esteem and depends on it was confirmed in the process of our research. In our work, the connection between low self-esteem and high level of anxiety was revealed to a great extent, and we substantiated possible reasons for it. The struggle with low self-esteem continues in the world, in particular, for example, related to the inconsistency with ideal parameters of body or appearance, which, in fact, do not exist. But, I think, most often a person's self-esteem is of a more profound nature, and it is also important to pay attention to it and to practice, for example, sessions of restoration of low self-esteem that arose as a result of wrong upbringing. This is important, because self-esteem influences not only a person's anxiety, but also his or her entire life.

We offered practical recommendations for students with low self-esteem:

1. There will always be those in life who have achieved something more than you. Stop comparing yourself to others and pay attention to what you yourself have achieved;

2. You must learn to accept praise. Every step you take towards your objective, even the smallest one, is already a result. You can even make a list of your achievements;
3. Learn to make decisions on your own and not depend on anyone;
4. You should not be highly critical of yourself, as well as dwell on negative experiences. It is inherent in human beings to make mistakes, because no one who does nothing makes mistakes;
5. Spend more time socializing with optimistic and confident people;
6. Don't focus on your negative qualities. Make a list of the things you like about yourself;
7. Take time to do an activity you enjoy, then you will feel important and your self-esteem level will increase.

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