



Relationship between selfestime and personal success

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Abstract: Selfestime is being formed since childhood while the conscous is developed. While growing up every person gather information for himself. This information give us possibility to value our selfestime. This is the way when we measure our possibilities and the possibilities of others. Selfestime could be personal and social. It depends on what human is according to himself and according to others. Both of them could be developed in two parts – real and ideal. So we have ideal personal selfestime (what we want to be), real personal (selfestime) the human according to himself, ideal social selfestime (the way human want to be known from others), real social selfestime (how the human think that others look at him) [3]. Selfestime contains information that every human has for himself, for example – communication skills, sensitivity and act., and the way that human feels when he heard the following qualities. And the last but not the least – the way that we react. Usually person react in way that is expected.

Key words: selfestime, personal success, positive reflection.

I. SELF REFLACTION

In the most common way selfreflaction is the opinion of a person for himself. It contains the qualities that we have (Me-real) and the qualities that we are willing to achive (Me-idel). If person has really measure his qualities real, he could be more adaptive. William James is considering a method for estimating selfestime . In order to get more inside into the methods the following formula is explained. Selfreflacion = Success/ claims [6]. In that way we could increase our selfreflacion in two ways. First is by increasing out success and second is through decrease the claims. In order to have positive reflaction for yourself the following facts should be considered:

1. Trust in family, good relationships with parents and siblings. The confidence of human could be increased by trust, motivation, by taking part in important for society activities, by approval that is given from others, by different advancements at work place, by own ambition and ect.

2. Position in different groups. The group is community of people with common ideas for life. The group could be componented form youngsters, colleagues at work or at the university, friends and ect. The influence of the group is very important. Every person should find his own group that fits of his interests, ideals, dreams, behavior and ect. The way person act, react, and behave is important for selfestime.

3. A stereotype is a popular belief about specific social groups or types of individuals. The concepts of "stereotype" and "prejudice" are often confused with many other different meanings. Stereotypes are standardized and simplified conceptions of groups based on some prior assumptions. [4]

4. Tolerance. We should be more tolerant with others that are different from us. This difference could be: skin color, physical and mental disabilities, religion and others. Specific for physical and mental disabilities is that they could be real and fake. Usually youngsters in early youth age gives funny names or making jokes with this schoolmates. The physical and mental scarfs could stay in the rest of human lives.

5. Social stigma is a severe social disapproval of or personal discontent with a person on the grounds of their unique characteristics distinguishing them from others in society. Almost all stigma is based on a person differing from social or cultural norms. Erving Goffman defined stigma as 'the process by which the reaction of others spoils normal identity' [1]. The three forms of stigma recognised by Goffman include: The experience of a mental illness (or the imposition of such a diagnosis); a physical form of deformity or an undesired differentness; or an association with a particular race, religion, belief, etc. [1].

II. VALUE SYSTEM

The way goals and priorities are prioritized is called a value system. A **value system** is a set of consistent ethic values (more specifically the personal and cultural values) and measure¹ used for the purpose of ethical or ideological integrity. A well defined *value system* is a moral code. For every person the value system is unique [5].

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One or more people can hold a value system. Likewise, a value system can apply to either one person or many.

- A personal value system is held by and applied to one individual only.
- A communal or cultural value system is held by and applied to a community/group/society. Some communal value systems are reflected in the form of legal codes or law

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