

THEORIES OF ATTACHMENT

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RESEARCH ABOUT SELF ESTEEM TEENAGERS.

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There has been research into low self-esteem in young people and the problems which are associated with it e.g. poor school achievement, behaviour problems, experiencing bullying, teenage pregnancy, smoking and using alcohol and drugs. Other factors include refusing to go to school, depression and thoughts of suicide.

SELF ESTEEM IN ADULTHOOD

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Self-esteem is not fixed and may fluctuate through the life stages. In adulthood, the factors that impact on self-esteem may change. Career development and other personal achievements will increase a person's self-worth while stress and life events that are difficult to cope with can result in lack of confidence and negative self-esteem.

