

Self-Esteem

Definition

Self-esteem is often understood as persons' overall evaluation of their worthiness as a human being (Rosenberg, 1979). Low self-esteem is related to externalizing problems including aggressive thoughts, feelings, and behaviours. This finding holds true regardless of age groups, different nationalities, and multiple methods of assessing self-esteem and externalizing problems (Donnellan, Trzesniewski, Robins, Moffitt & Caspi, 2005). Having a healthy level of self-esteem has also been linked to better health and social behaviour (Mann, Hosman, Schaalma, & de Vries, 2004).

Scoring Guidelines

Items with an asterisk are reverse coded and scored, that is, SA=0, A=1, D=2, SD=3.

Related Indicators

- Self-Concept
- Collective Self-Esteem
- Social Self-Efficacy
- Emotional Self-Efficacy
- Social Competence
- Resilience

Rosenberg Self-Esteem Scale

Please read each statement carefully, and circle your answer based on how much you agree or disagree by using the following scale from:

0 = Strongly Disagree; 1 = Disagree; 2 = Agree; 3 = Strongly Agree

Note: **Bolded** items are reverse coded.

1.	On the whole, I am satisfied with myself.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
2.	*At times, I think I am no good at all.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
3.	I feel that I have a number of good qualities.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
4.	I am able to do things as well as most other people.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
5.	*I feel I do not have much to be proud of.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
6.	*I certainly feel useless at times.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
7.	I feel that I am a person of worth, at least on an equal plane with others.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
8.	*I wish I could have more respect for myself.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
9.	*All in all, I am inclined to feel that I am a failure.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
10.	I take a positive attitude toward myself.	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3

Source: Rosenberg, 1965