



THE ROLE OF SELF-ESTEEM IN LANGUAGE LEARNING

KHAMROKULOVA GAVKHAR

A second-year student of Uzbekistan State World Languages University

gavharhamroqulova@mail.ru, tel: +998999824310

*Scientific advisor: **GULBAKHOR BEKMURATOVNA ABDUKADYROVA***

A senior teacher of UzSWLU

ABSTRACT

Self-evaluation is crucial to mental and social well-being. It influences aspirations, personal goals and interaction with others. This paper stresses the importance of self-esteem as a protective factor and a non-specific risk factor in physical and mental health. Evidence is presented illustrating that self-esteem can lead to better health and social behavior, and that poor self-esteem is associated with a broad range of mental disorders and social problems, both internalizing problems (e.g. depression, suicidal tendencies, eating disorders and anxiety) and externalizing problems (e.g. violence and substance abuse). We discuss the dynamics of self-esteem in these relations. It is argued that an understanding of the development of self-esteem, its outcomes, and its active protection and promotion are critical to the improvement of both mental and physical health. The consequences for theory development, program development and health education research are addressed. Focusing on self-esteem is considered a core element of mental health promotion and a fruitful basis for a broad-spectrum approach

Having healthy self-esteem can influence your motivation, your mental well-being, and your overall quality of life. However, having self-esteem that is either too high or too low can be problematic. Better understanding what your unique level of self-esteem is can help you strike a balance that is just right for you.

What Is Self-Esteem?

In psychology, the term self-esteem is used to describe a person's overall subjective sense of personal worth or value. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including:

- Self-confidence
- Feeling of security
- Identity
- Sense of belonging
- Feeling of competence

Other terms that are often used interchangeably with self-esteem include self-worth, self-regard, and self-respect.



Self-esteem tends to be lowest in childhood and increases during adolescence, as well as adulthood, eventually reaching a fairly stable and enduring level. This makes self-esteem similar to the stability of personality traits over time.¹

Why Self-Esteem Is Important

Self-esteem impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges. People with healthy self-esteem:

- Have a firm understanding of their skills;
- Are able to maintain healthy relationships with others because they have a healthy relationship with themselves;
- Have realistic and appropriate expectations of themselves and their abilities;
- Understand their needs and are able to express them

Conclusion

People with low self-esteem tend to feel less sure of their abilities and may doubt their decision-making process. They may not feel motivated to try novel things because they don't believe they're capable of reaching their goals. Those with low self-esteem may have issues with relationships and expressing their needs. They may also experience low levels of confidence and feel unlovable and unworthy.

People with overly high self-esteem may overestimate their skills and may feel entitled to succeed, even without the abilities to back up their belief in themselves. They may struggle with relationship issues and block themselves from self-improvement because they are so fixated on seeing themselves as perfect.

Reference:

1. 1.Brown, H. D. (1994). Principles of Language Learning and Teaching. Upper Saddle River, NJ: Prentice Hall.
2. Horwitz, E. K., Horwitz, M. B., Cope, J. A. (1986). Foreign Language Classroom Anxiety. The Modern Language Journal, Vol. 70 (2), 125-132.
3. James, William. [1890] 1983. The principles of psychology. Cambridge, MA: Harvard University Press. ISBN 0674706250
4. Nogueras, C. R. H., & Rosa, C. (1996). Self-esteem and oral communicative language proficiency in the Puerto Rican teaching-learning process. Doctoral dissertation, Inter American University of Puerto Rico.
5. Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University.
6. Bakirova H.B. Formation of lexical skills in learning foreign language terminology in a non-language university/ Emergent: journal of educational discoveries and lifelong learning (EJEDL) ISSN 2776-0995 Vol. 2, Issue 5, 2021, Indonesia.



7. Bakirova H.B. (2021) "Development of lexical competence based on content-based approach in ESP teaching, "Mental Enlightenment Scientific-Methodological Journal: Vol. 2021: Iss. 5, Article 19. Available at: <https://uzjournals.edu.uz/tziuj/vol2021/iss5/19>
8. Bakirova H.B. Formation of terminological competence in ESP education. Novateur publications. Journal NX- A Multidisciplinary Peer Reviewed Journal, ISSN No: 2581 – 4230 VOLUME 6, ISSUE 11, India.-2020. P 63.
9. Bakirova H.B. Teaching foreign language terminology at non-language universities. International journal of discourse on innovation. Integration and education. Volume: 01 Issue: 01. 2020 <http://summusjournals.uz/index.php/ijdiie>
10. Bakirova H.B. Terminological competence of the specialist in training vocabulary of specialty/ Web of scientist: International scientific research journal. ISSN 2776-0979 Vol. 2, Issue 5, 2021, Indonesia.
11. Bakirova H. Typology of methodological and linguistic difficulties in the formation of lexical competence. ACTA NUUZ. 1/5/1 2021. 44p. <http://science.nuu.uz/uzmu.php>
12. Bakirova Hilola Botiraliyevna. (2021). SOME TECHNIQUES OF WORKING ON PROFESSIONAL VOCABULARY. & quot; ONLINE – CONFERENCES & Quot; PLATFORM, 91–94. Retrieved from <http://papers.online-conferences.com/index.php/titfl/article/view/101>
13. Bakirova Khilolakhon Botiraliyevna. (2021). SELECTION OF LEXIC MATERIAL FOR TERMINOLOGICAL DICTIONARY MINIMUM OF ENERGY SPECIALTY. & quot; ONLINE – CONFERENCES & Quot; PLATFORM, 108–109. Retrieved from <http://papers.online-conferences.com/index.php/titfl/article/view/156>
14. Bakirova Hilola Botiraliyevna DIFFICULTIES IN WORKING WITH TECHNICAL TERMS IN ESP EDUCATION International Conference on Scientific, Educational & Humanitarian Advancements Hosted online from, Samsun, Turkey www.econferenceglobe.com July 15th, 2021. 65-67. Retrieved from <https://papers.econferenceglobe.com/index.php/ecg/article/view/605>