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Nota di contenuto	Cover; Title; Copyright; Contents; Preface; Acknowledgments; Chapter 1: The Crucial Issue of Defining Self-Esteem; The Importance of Defining Self-Esteem; The Major Definitions; Self-Esteem as Competence; Self-Esteem as Worthiness; Self-Esteem as Competence and Worthiness; The Original Definition of Self-Esteem and Self-Esteem in Everyday Life; An Existentially Based Two-Factor Definition of Self-Esteem; Chapter 2: Self-Esteem Research Problems and Issues; The Major Paradoxes of Self-Esteem; Is the Function of Self-Esteem to Maintain the Self or to Expand It? Is Self-Esteem a Trait or a State? Is Self-Esteem a Developmental Product or a Process?; Is Self-Esteem Primarily a Psychological or Sociological Phenomenon?; Is Self-Esteem an Independent Variable or a Dependent Variable?; Problems Associated with Assessing Self-Esteem; Special Problems Generated by Studying Self-Esteem Scientifically; Introspection; Case Study; The Interview Method; Observational Methods; Correlational Method; Experimental Research; The Problem of Scientific Paradigms and Researching Self-Esteem; Phenomenological Methods; Methodological Advances in Researching Self-Esteem Integrated DescriptionThe Question of Validity and Self-Esteem Research; Chapter 3: Major Self-Esteem Research Findings; Parental Factors Affecting Self-Esteem; Genetic Predispositions; Parental Support (Involvement); Self-Esteem and Values; Social Values; Self-Values; Self-Esteem and Social Factors; Gender and Self-Esteem; Racial, Ethnic, and

Economic Factors Affecting Self-Esteem; Self-Esteem in Relationships; Culture and Self-Esteem; The Sources of Self-Esteem; Acceptance Versus Rejection; Virtue Versus Guilt; Influence Versus Powerlessness; Achievements Versus Failures
Competence and Worthiness as the Two Basic Sources of Self-Esteem
The Paradoxes Revisited; The Function of Self-Esteem Is to Maintain and to Expand the Self; Self-Esteem as Traits and States: Basic Types and Levels; Self-Esteem as a Developmental Product and Process; The "Self" in Self-Esteem is Both Psychological and Sociological; Self-Esteem as a Variable?; Practical Research Findings: Enhancing Self-Esteem; Assessing and Measuring Self-Esteem; Findings Concerning Enhancing Self-Esteem; Chapter 4: Major Self-Esteem Theories and Programs; General Perspectives on Self-Esteem
The Jamesian Tradition
The Social Learning Tradition; The Humanistic Tradition; Major Contemporary Empirically Based Theories of Self-Esteem; Epstein's Cognitive Experiential Self-Theory; Harter's Developmental Approach; An Existential View: Terror Management Theory; The Evolutionary Approach: Sociometer Theory; Summary of Findings About Theories; Major Self-Esteem Enhancement Programs; Frey and Carlock: Eclectic Variations on a Humanistic Theme; Increasing Self-Esteem Behaviorally: Pope, McHale, and Craighead; Bednar, Wells, and Peterson: Enhancing Self-Esteem Cognitively
Harter's Developmental Approach

Sommario/riassunto

Praise for the Previous Edition: "This book attempts to clarify misunderstandings about self-esteem and offer a rationale for the legitimacy of including the construct as an important variable for mental health. The author writes fluently and clearly. He is also considerate in his explanations by organizing chapters appropriately so that his narrative follows well-articulated empirical findings." - PsycCritiques. "Why another book on self-esteem? As Mruk points out to begin his own, there are already 7,337 articles and books on this topic. What Mruk also makes clear early on is just how li
