



Well-Being of Adolescents and their Self-Esteem

Manpreet Kaur*

Assistant Professor, Khalsa College of Education, Amritsar, Punjab, India

***Corresponding Author:** Manpreet Kaur, Assistant Professor, Khalsa College of Education, Amritsar, Punjab, India.

Received: January 24, 2023

Published: March 01, 2023

© All rights are reserved by **Manpreet Kaur**.

Change is the immutable law of nature. Though changes, of varied types, are experienced through human life, they are more pronounced during adolescence. These changes can and many a time do make adolescence a scary time, full of angst and new emotions. This transitory phase involves biological, social and psychological changes. This stage of life is a period when the cognitive development is rapid. The thoughts, ideas and concepts developed during this period of life greatly influence the individual's adulthood and play a major role in character and personality formation.

It is also the stage of life that plays significant role in the construction of one's self-esteem. The belief and self-evaluation that a person possess is helpful in determining the answers of questions who they are, what they can do and what they can become in their lives. Self-esteem is a disposition that a person has which represents their judgments of their own worthiness. This self-esteem of a person helps in dealing with different challenges and expectations that a person encounters in life (educational, social, emotional, mental and professional aspects of life).

As the adolescence is a transitional period from childhood to adulthood. Moreover, during this phase rapid biological, sociological, psychological changes take place. It is indeed a period of 'storm and stress'. Hence, the construction of self-esteem during this stage become more challenging for adolescents.

Likewise, in the current scenario with rapid changes, students are suffering from many behavioural problems related to their physical as well as mental health like, depression, anxiety, poor well-being and poor self-esteem due to which school life is becoming more or less unpleasant, boring and dissatisfying to them. All these factors are deteriorating the personality of adolescents.

Hence, it is important to give emphasis on well-being of adolescents who are facing many problems in their personal and social life due to different reasons like shyness, less social development and aggressiveness. Even, rapid changes during the adolescence phase that they experience in their physical, emotional, social, intellectual and moral aspects affects their self-esteem and well-being. So, it is the responsibility of the teachers, parents and guidance workers that the problems should be identified at an early stage and immediate remedial measures should be provided to the adolescents to lead a better life in the real world.

In order to maintain good level of well-being and self-esteem among adolescents there may be training provisions for teachers also so that they can maintain their and their student's well-being and self-esteem in positive sense. Adolescents should be motivated day by day so that they can have a positive attitude and better adjustment which is essential to live a happy and healthy life. Hence, both the teachers as well as parents can contribute in enhancing the well-being of adolescents by designing appropriate strategies.