Autoestima

***En* psicología,**' la **Autoestima** es la opinión emocional profunda que las personas tienen de sí mismas, y que sobrepasa en sus causas la racionalización y la lógica de dicho individuo, también se puede expresar como el amor que tenemos hacia nosotros mismos.

La alta autoestima es quererse a uno mismo y querer a los demás. Significa saber que eres valioso, digno, y afirmarlo. Implica respetarte a ti mismo y enseñar a los demás a hacerlo

Está relacionada con otras variables psicológicas como son locus de control y expectativa de autoeficacia. De forma que un locus de control interno implica, generalmente, una alta autoestima, y viceversa; mientras que alta expectativa de autoeficacia para ciertos comportamientos y situaciones suele estar asociada a una alta autoestima, y viceversa.

- **Autoestima pedagogía**

El concepto de Autoestima ha tenido papeles preponderantes en la toma de decisiones en ciertos sistemas educativos. En particular, a principios de la década de 1990, en Estados Unidos y otros países anglosajones, la **autoestima** se convirtió en un concepto en boga entre algunos teóricos de la pedagogía. La teoría propuesta en ese entonces, era que la autoestima es una *causa* de las actitudes constructivas en los individuos, y no su *consecuencia*, diciéndose que si por ejemplo, un estudiante tiene buena autoestima, entonces tendría buenos resultados académicos. En esta corriente encontramos a autores como Goleman que apoyan que la autoestima influye en el desarrollo del coeficiente intelectual. Esta teoría adquirió una gran notoriedad e influencia entre los responsables del sistema educativo estadounidense, pero con escasa o nula validación estadística y revisión científica.

Y sin embargo, a pesar de la carencia de pruebas de tales afirmaciones, los efectos en la forma de estructurar los planes de estudio y los cursos fueron de importantes a mayúsculos. La idea de promover la autoestima de los estudiantes, llevó en algunos lugares a la supresión de cualquier medida utilizada para distinguir a los mejores estudiantes, para no afectar la autoestima de los que no obtenían buenas notas. Medidas que por lo general obtuvieron resultados contrarios a los que buscaban, al no incentivar el desempeño sino la uniformidad.

La autoestima es una o la mejor base de asentamiento de los sentimientos, desde el punto de vista racional y siempre lo que se tiene que fomentar es la capacidad del individuo y el sentirse como tal y la ausencia de todos los sentimientos negativos sobre su capacidad e inseguridad. La autoestima es muy importante en la comunicación interpersonal...

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