

Improved Self-Esteem: Vital in Promoting Enhancement of Living Conditions

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Abstract: *The individuals from the stage of early childhood, throughout their lives need to acquire an efficient understanding of meaning and significance of self-esteem. Furthermore, they need to augment information in terms of all the factors, which are necessary in carrying out this task. The individuals are required to augment their information in terms of different factors, which are facilitating in the achievement of this goal. The different types of factors are, job duties, responsibilities, methodologies, procedures, techniques, approaches, efficiency, morality, ethics, diligence and conscientiousness. Furthermore, individuals are required to ensure, they are not overwhelmed by any types of stressful situations. In cases of these, one needs to cope with these in an effective manner. Furthermore, these are prevented from giving rise to impediments within the course of putting into operation different tasks and activities. One of the important aspects that needs to be taken into account is, these should not have unfavourable effects on overall living conditions of individuals. In addition, throughout the lives of the individuals, they need to augment information in terms of various factors, which are facilitating in promoting enhancement of overall personality traits. As a consequence, individuals, belonging to all occupations and communities will render an important contribution in enhancing self-esteem. Therefore, it can be stated, improved self-esteem is vital in promoting enhancement of living conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of self-esteem, measures to be put into operation in bringing about improvements in self-esteem and advantages of bringing about improvements in self-esteem.*

Keywords: *Abilities, Communities, Improvements, Individuals, Job Duties, Living Conditions, Methodologies, Self-Esteem*

I. INTRODUCTION

The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the major goals of bringing about improvements in one's overall quality of lives. In order to achieve this goal, they need to be well-informed in terms of different types of subjects and factors. In other words, one needs to be well-prepared. Furthermore, one needs to inculcate the traits of morality, ethics, diligence and conscientiousness. These traits are facilitating in doing well in one's job duties and responsibilities, achieving desired goals and meeting the expectations of family members, educators, employers and so forth (Kazu, 2009) [1].

Throughout the lives of the individuals, they need to be well-equipped in terms of the importance of self-esteem. It is referred to self-respect, self-confidence, self-worth and self-image. The individuals are required to be well-informed in terms of different types of ways that are necessary in enhancing their self-esteem. The individuals need to make sure, they are reinforcing positivity in their tasks and activities. Therefore, reinforcing self-esteem is essential in bringing about improvements in one's overall quality of lives.

The individuals need to put into operation communication processes in an effective manner. The communication processes are facilitating in augmenting information in terms of different types of subjects and concepts; exchanging different types of ideas and viewpoints; obtaining answers to all types of questions and clarifying doubts in terms of different factors. The communication processes takes place in a verbal and written form. Verbal communication takes place face to face or through utilization of technologies, whereas, written communication takes place through exchanging messages and emails (Leonard, 2021)[2] [6] [7] [8] [9] [10]. The individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. The up-gradation of technical skills is facilitating in putting into operation communication processes in an effective manner. The main reason being, different types of technologies are utilized on a comprehensive basis. Therefore, it can be stated, honing communication skills and interactive abilities are vital in bringing about improvements in self-esteem.

A. Understanding the Meaning and Significance of Self-Esteem

From the stage of early childhood, throughout the lives of the individuals, they need to inculcate the traits of morality and ethics. These are the traits, which are facilitating in differentiating between different types of appropriate and inappropriate factors; reinforcing the traits of efficiency, honesty and truthfulness; not possessing any types of negative feelings in terms of anybody; depicting the traits of helpfulness and co-operation; concentrating on job duties and responsibilities in a well-organized and satisfactory manner and promoting well-being and goodwill of all individuals.

The individuals, belonging to all occupations and fields need to ensure, they acknowledge and implement these factors on regular basis. As a consequence, one will contribute efficiently in doing well in one's job duties, promoting well-being and goodwill and bringing about improvements in one's overall quality of lives.

Manuscript received on 08 June 2024 | Revised Manuscript received on 18 June 2024 | Manuscript Accepted on 15 September 2024 | Manuscript published on 30 September 2024.

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One of the important aspects that needs to be taken into account is, one will be able to emerge into moral and ethical human beings and productive citizens of the country. Furthermore, one will be able to bring about improvements in self-esteem. Therefore, individuals are able to acquire an efficient understanding of the meaning and significance of self-esteem, when they are inculcating the traits of morality and ethics.

The individuals, belonging to all professions and fields are required to implement the traits of diligence, resourcefulness and conscientiousness. These are the traits, which are facilitating in being well-informed in terms of job duties and responsibilities; augmenting information in terms of different types of methodologies and procedures; making use of modern, scientific and innovative methods and materials; possessing the abilities to work under stress; putting in efforts to one's best abilities and carrying out all types of job duties and responsibilities in a well-organized and regimented manner.

The individuals, belonging to all occupations and fields need to ensure, they acknowledge and put into operation these factors on regular basis. As a consequence, one will contribute efficiently in doing well in one's job duties, promoting well-being and goodwill and bringing about improvements in one's overall quality of lives. One of the important aspects that needs to be taken into account is, one will be able to cope with different types of dilemmas and challenging situations in an effective manner. In addition, one will hone confidence levels and overcome the feelings of apprehensiveness and vulnerability. Furthermore, one will be able to render an important contribution in bringing about improvements in self-esteem. Therefore, one is able to acquire an understanding of the meaning and significance of self-esteem, when individuals are implementing the traits of diligence, resourcefulness and conscientiousness.

The individuals are required to carry out number of job duties and responsibilities in their personal and professional lives. These are required to be put into operation in a well-organized and satisfactory manner. Furthermore, individuals need to augment their information in terms of ways that are necessary in carrying out all types of job duties and responsibilities satisfactorily. The individuals are required to make sure, they are promoting well-being of not only themselves, but also family and community members through putting into operation different types of job duties and responsibilities. The individuals need to be well-informed in terms of time-management skills. These are the skills, which are facilitating in creating a balance between personal and professional lives. The main reason being, one is able to take out sufficient amount of time for all tasks and activities.

The individuals are required to ensure, they are leading to up-gradation of motivation and concentration levels. These are essential in stimulating the mind-sets of the individuals towards putting into operation different types of tasks and activities. Furthermore, one will form positive viewpoints in terms of different types of subjects and concepts, possess the abilities to work under stress and put in efforts to one's best abilities. As a consequence, one will render an important contribution in carrying out all types of job duties and responsibilities in a well-organized and satisfactory manner. Therefore, an understanding of the meaning and significance

of self-esteem is acquired, when individuals are putting into practice their job duties and responsibilities in an appropriate manner.

B. Measures to be put Into Operation in Bringing about Improvements in Self-Esteem

The individuals are different from each other in terms of number of factors, i.e. castes, creeds, races, ethnicities, religions, cultures, educational qualifications, occupations, personality traits, communities, categories and socio-economic backgrounds. In spite of these differences, they have one of the major goals of bringing about improvements in their overall living conditions (Our Values and Ethics at Work, 2011) [5]. Hence, when one is wholeheartedly committed toward achievement of this goal, they need to bring about improvements in self-esteem. For this purpose, one needs to be well-informed in terms of measures. All the measures are required to be put into practice in a well-organized and disciplined manner.

One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in these measures. The individuals generate information in terms of these measures on their own or through obtaining support and assistance from family and community members. Furthermore, the individuals are required to be well-informed in terms of traits of meticulousness, efficaciousness, goodness and decency. As a consequence of acknowledging and implementing these traits, one will be able to do well in one's job duties and generate desired outcomes. Therefore, measures to be put into operation in bringing about improvements in self-esteem are stated as follows:

C. Implementing Effective Communication Processes

The individuals need to put into operation communication processes in an effective manner. The communication processes is facilitating in augmenting information in terms of different types of subjects and concepts; exchanging different types of ideas and viewpoints; obtaining answers to all types of questions and clarifying doubts in terms of different factors. The communication processes takes place in a verbal and written form. Verbal communication takes place face to face or through utilization of technologies, whereas, written communication takes place through exchanging messages and emails. The individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude.

One of the important aspects that needs to be taken into account is, one needs to form positive viewpoints regarding all individuals. The up-gradation of technical skills is facilitating in putting into operation communication processes in an effective manner. The main reason being, different types of technologies are utilized on a comprehensive basis.

Hence, it can be stated, honing communication skills and interactive abilities are vital in bringing about improvements in self-esteem. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be put into operation in bringing about improvements in self-esteem.

II. INCULCATING THE TRAITS OF MORALITY AND ETHICS

Throughout the lives of the individuals, they need to inculcate the traits of morality and ethics. These are the traits, which are facilitating in differentiating between various types of appropriate and inappropriate factors; reinforcing the traits of efficiency, honesty and truthfulness; not possessing any types of negative feelings in terms of anybody; depicting the traits of helpfulness and co-operation; concentrating on job duties and responsibilities in a well-ordered and satisfactory manner and promoting well-being and goodwill of all individuals.

The individuals, belonging to all occupations and fields need to ensure, they acknowledge and implement these factors on regular basis. As a consequence, one will contribute efficiently in doing well in one's job duties, promoting well-being and goodwill and bringing about improvements in one's overall quality of lives. One of the important aspects that needs to be taken into account is, one will be able to emerge into moral and ethical human beings and productive citizens of the country. The tasks and activities will be put into operation in a principled manner. Furthermore, one will be able to bring about improvements in self-esteem. Therefore, inculcating the traits of morality and ethics is one of the significant measures to be put into operation in bringing about improvements in self-esteem.

A. Implementing the Traits of Diligence, Resourcefulness and Conscientiousness

The individuals, belonging to all professions and fields are required to implement the traits of diligence, resourcefulness and conscientiousness. These are the traits, which are facilitating in being well-informed in terms of job duties and responsibilities; augmenting information in terms of different types of methodologies and procedures; making use of modern, scientific and innovative methods and materials; possessing the abilities to work under stress; putting in efforts to one's best abilities and carrying out all types of job duties and responsibilities in a well-ordered and regimented manner.

The individuals, belonging to all occupations and fields need to ensure, they acknowledge and put into operation these factors on regular basis. As a consequence, one will contribute efficiently in doing well in one's job duties, promoting well-being and goodwill and bringing about improvements in one's overall quality of lives. One of the important aspects that needs to be taken into account is, one will be able to cope with different types of dilemmas and challenging situations in an effective manner. In addition, one will hone confidence levels and overcome the feelings of apprehensiveness and vulnerability. Furthermore, one will be able to render an important contribution in bringing about improvements in self-esteem. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is

an expedient measure to be put into operation in bringing about improvements in self-esteem.

B. Being well-informed in terms of Job Duties and Responsibilities

The individuals are required to carry out number of job duties and responsibilities in their personal and professional lives. These are required to be put into operation in a well-ordered and satisfactory manner. Furthermore, individuals need to augment their information in terms of ways that are necessary in carrying out all types of job duties and responsibilities in a satisfactory manner. The individuals are required to make sure, they are promoting well-being of not only themselves, but also family and community members through putting into operation different types of job duties and responsibilities. The individuals need to be well-informed in terms of different types of skills and abilities. These are the key in achievement of desired goals and objectives.

The individuals are required to ensure, they are leading to up-gradation of motivation and concentration levels. These are essential in stimulating the mind-sets of the individuals towards putting into operation different types of job duties and responsibilities. Furthermore, one will form positive viewpoints in terms of different types of subjects and concepts, possess the abilities to work under stress and put in efforts to one's best abilities. As a consequence, one will render an important contribution in carrying out all types of job duties and responsibilities in a well-ordered and satisfactory manner. Therefore, being well-informed in terms of job duties and responsibilities is an eminent measure to be put into operation in bringing about improvements in self-esteem.

C. Being Well-Equipped in Terms of Methodologies and Procedures

The individuals, belonging to all occupations and fields need to be well-aware in terms of different types of methodologies and procedures. These are referred to the ways of doing well in one's job duties, achieving desired goals and meeting the expectations of family and community members. The different types of methodologies and procedures are complicated as well as manageable. The individuals need to acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. This is essential in honing confidence levels in terms of different types of methodologies and procedures. Furthermore, individuals are required to overcome the feelings of apprehensiveness and vulnerability.

The individuals are required to ensure, they are leading to up-gradation of motivation and concentration levels. These are essential in stimulating the mind-sets of the individuals towards putting into operation different types of methodologies and procedures. Furthermore, one will form positive viewpoints in terms of different types of subjects and concepts, possess the abilities to work under stress and put in efforts to one's best abilities.

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As a consequence, one will render an important contribution in carrying out all types of job duties and responsibilities in a well-ordered and satisfactory manner. Therefore, being well-equipped in terms of methodologies and procedures is a renowned measure to be put into operation in bringing about improvements in self-esteem.

D. Utilizing Pioneering Methods and Materials

With advancements taking place and with the advent of modernization and globalization, one needs to augment information in terms of different types of pioneering methods and materials. The individuals, belonging to all occupations and fields are making use of these methods and materials in order to do well in their job duties. Furthermore, one will be able to render an important contribution in achievement of desired goals and objectives. The different types of these methods and materials are, utilization of charts, graphs, maps, pictures, images, models, structures, designs, tools, devices, machinery, equipment, apparatus and various types of technologies.

The individuals need to acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. This is essential in honing confidence levels in terms of different types of pioneering methods and materials. Furthermore, individuals are required to overcome the feelings of apprehensiveness and vulnerability. The individuals are required to ensure, they are leading to up-gradation of motivation and concentration levels. As a consequence, one will render an important contribution in doing well in one's job duties and improving self-esteem. Therefore, utilizing pioneering methods and materials is a noteworthy measure to be put into operation in bringing about improvements in self-esteem.

III. AUGMENTING SKILLS AND ABILITIES

The individuals, belonging to all occupations, communities and socio-economic backgrounds are required to put emphasis on augmenting skills and abilities throughout their lives. The different types of skills that need to be honed are, communication skills, analytical skills, time-management skills, critical-thinking skills, problem-solving skills, technical skills, creative skills, leadership skills, negotiation skills, personal skills, presentation skills, professional skills, intellectual skills, artistic skills and public-speaking skills. On the other hand, abilities, which need to be honed are, convincing, persuasion, planning, organizing, directing, controlling, co-ordinating, emotional intelligence, systems thinking, possessing the abilities to work under stress, putting in efforts to one's best abilities, coping with different types of dilemmas and challenging situations in a satisfactory manner and carrying out all types of tasks and activities in an adequate manner.

The different types of skills and abilities need to be put into practice in personal and professional lives. The individuals are required to make sure, they are making use of these skills and abilities in a moral and ethical manner. Furthermore, one will be able to do well in one's job duties and achieve desired goals and objectives. In addition, one will be able to please other individuals within homes, educational institutions and in various types of employment settings. Therefore,

augmenting skills and abilities is a notable measure to be put into operation in bringing about improvements in self-esteem.

A. Promoting Community Well-being

The individuals, belonging to all fields are required to put into operation different types of job duties and responsibilities. They need to ensure, these are put into operation in order to promote community well-being. The educators in the field of education are imparting information among students in terms of academic subjects and lesson plans. In this manner, they are rendering an important contribution in promoting community well-being. In the medical and health care centres, medical practitioners and health care specialists are carrying out the job duties of providing medical and health care facilities to individuals. In this manner, they are contributing efficiently in promoting community well-being.

As a consequence of carrying out different types of job duties and responsibilities in a well-organized manner, which are related to promoting community well-being, one will be able to improve self-esteem (Marais, 2020) [3]. The individuals in this manner will acquire appreciation and reverence from other individuals. In this manner, one will be able to contribute efficiently in seeking support and assistance from other individuals within and outside the homes. All these factors are regarded as vital in developing mutual understanding with others. In this manner, one will contribute efficiently in bringing about improvements in self-esteem. Therefore, promoting community well-being is an essential measure to be put into operation in bringing about improvements in self-esteem.

B. Possessing the Abilities to Work under Stress

It is apparently understood that within the course of putting into operation different types of tasks and activities, there are occurrences of stressful situations in terms of different factors, i.e. job duties, responsibilities, methodologies, procedures, techniques, approaches, work pressure, unawareness in terms of various subjects and concepts, lack of implementation of time-management skills, lack of analytical, critical-thinking and problem-solving skills, scarcity of financial, human, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. In cases of all types of stressful situations, one needs to possess the abilities to work under stress. Furthermore, individuals need to form positive viewpoints in terms of different factors and reinforce a constructive approach. This is essential in coping with different types of stressful situations in a satisfactory manner.

The individuals will render an important contribution in bringing about improvements in self-esteem when they will prevent stressful situations from assuming a major form. Furthermore, one will be able to prevent these from giving rise to impediments within the course of putting into practice different types of tasks and activities. As a consequence, one will be able to contribute efficiently in doing well in one's job duties and responsibilities. Furthermore, one will be able to acquire appreciation and reverence.



Therefore, possessing the abilities to work under stress is a favourable measure to be put into operation in bringing about improvements in self-esteem.

C. Putting in Efforts to one's Best Abilities

Within the course of putting into operation different types of job duties and responsibilities in personal and professional lives, there are occurrences of different types of problems in terms of various factors. Hence, it is necessary for individuals to be well-informed in terms of different types of subjects and concepts. In cases of putting into operation different types of tasks and activities, it is necessary for individuals to put in efforts to one's best abilities. This is vital in doing well in one's job duties and responsibilities.

One of the important aspects that needs to be taken into account is, individuals need to form positive viewpoints in terms of different factors and reinforce a constructive approach. This is essential in coping with different types of dilemmas and challenging situations in a satisfactory manner. Furthermore, one will be able to prevent these from giving rise to impediments within the course of putting into practice different types of job duties and responsibilities. As a consequence, one will render an important contribution in leading to progression. This will open the room for individuals to bring about improvements in self-esteem. Therefore, putting in efforts to one's best abilities is a useful measure to be put into operation in bringing about improvements in self-esteem.

D. Advantages of Bringing about Improvements in Self-Esteem

The individuals are required to augment information in terms of different types of subjects and concepts, which would be facilitating in bringing about improvements in self-esteem. The individuals are required to ensure, they are carrying out all types of tasks and activities in a moral and ethical manner (Moseley, 2020) [4]. Furthermore, they need to prevent these from giving rise to impediments within the course of putting into practice different types of job duties and responsibilities. As a consequence, one will render an important contribution in promoting well-being and goodwill. This will open room for individuals to bring about improvements in self-esteem. Furthermore, the individuals are required to augment information in terms of different types of advantages of bringing about improvements in self-esteem. Therefore, the advantages are, augmenting competencies, abilities and aptitude; promoting enhancement of career prospects; forming an effective social circle; leading to up-gradation of overall personality traits and bringing about improvements in overall standards of living. These are stated as follows:

E. Augmenting Competencies, Abilities and Aptitude

The individuals, belonging to all occupations, communities and socio-economic backgrounds are required to put emphasis on augmenting competencies, abilities and aptitude throughout their lives. These are, communicating, convincing, persuasion, planning, organizing, directing, controlling, co-ordinating, leading, negotiating, emotional intelligence, systems thinking, possessing the abilities to work under stress, putting in efforts to one's best abilities,

coping with different types of dilemmas and challenging situations in a satisfactory manner and carrying out all types of job duties and responsibilities in an adequate manner. The different types of competencies, abilities and aptitude need to be put into practice in personal and professional lives. The individuals are required to make sure, they are making use of these skills and abilities in a moral and ethical manner. Furthermore, one will be able to do well in one's job duties and achieve desired goals and objectives. In addition, one will be able to please other individuals within homes, educational institutions and in various types of employment settings. Therefore, augmenting competencies, abilities and aptitude is regarded as one of the indispensable advantages of bringing about improvements in self-esteem.

F. Promoting Enhancement of Career Prospects

Promoting enhancement of career prospects is an essential goal of all individuals, belonging to all occupations, communities and socio-economic backgrounds. Furthermore, the individuals have one of the major goals of bringing about improvements in one's overall quality of lives. In order to achieve this goal, they need to be well-informed in terms of different types of subjects and factors. In other words, one needs to be well-prepared. Furthermore, one needs to inculcate the traits of morality, ethics, diligence and conscientiousness. These traits are facilitating in doing well in one's job duties and responsibilities, achieving desired goals and meeting the expectations of educators and employers. Throughout the lives of the individuals, they need to be well-equipped in terms of ways that are necessary in leading to up-gradation of career prospects. Bringing about improvements in self-esteem is regarded as one of the essential factors that is necessary in promoting enhancement of career prospects. Therefore, promoting enhancement of career prospects is one of the significant advantages of bringing about improvements in self-esteem.

IV. FORMING AN EFFECTIVE SOCIAL CIRCLE

As a consequence of implementing all the factors that are necessary in bringing about improvements in self-esteem, one will be able to render an important contribution in forming an effective social circle. The main reason being, individuals will contribute efficiently in reinforcing contacts. The individuals in this manner will have an effective social circle comprising of family members, relatives, friends, educators, employers, supervisors, classmates, colleagues, neighbours, and service providers. The individuals need to be well-informed in terms of all the essential ways that are vital in forming an effective social circle. The different factors that need to be taken into account are, making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. In this manner, loneliness will be alleviated and prevented from assuming a major form. Therefore, forming an effective social circle is an eminent advantage of bringing about improvements in self-esteem.



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A. Leading to Up-gradation of overall Personality Traits

Leading to up-gradation of overall personality traits is regarded as one of the major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. As a consequence of implementing all the factors that are necessary in bringing about improvements in self-esteem, one will be able to render an important contribution in implementing all the factors, which are necessary in the achievement of this goal. The different factors are, diet and nutrition; exercises and physical activities; yoga and meditation; treating different types of health problems and illnesses; forming an effective social circle; alleviating loneliness; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; being well-informed in terms of job duties and responsibilities; being well-equipped in terms of various types of methodologies and procedures; having a pleasant personal appearance and reinforcing a constructive approach. Therefore, it is well-understood, leading to up-gradation of overall personality traits is a prominent advantage of bringing about improvements in self-esteem.

B. Bringing about Improvements in overall Standards of Living

Bringing about improvements in overall standards of living is regarded as one of the major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. As a consequence of implementing all the factors that are necessary in bringing about improvements in self-esteem, one will be able to render an important contribution in implementing all the factors, which are necessary in the achievement of this goal. The different factors are, implementing effective communication processes; augmenting skills and abilities; making wise and productive decisions in terms of different areas; promoting good health and well-being, physically and psychologically; forming an effective social circle; alleviating loneliness; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; being well-informed in terms of job duties and responsibilities; being well-equipped in terms of various types of methodologies and procedures and managing financial, technical, material and information resources in a well-organized manner. Therefore, it can be stated, bringing about improvements in overall standards of living is a noteworthy advantage of bringing about improvements in self-esteem.

V. CONCLUSION

Self-esteem is referred to self-respect, self-confidence, self-worth and self-image. Measures to be put into operation in bringing about improvements in self-esteem are, implementing effective communication processes, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness, being well-informed in terms of job duties and responsibilities, being well-equipped in terms of methodologies and procedures, utilizing pioneering methods and materials, augmenting skills and abilities, promoting

community well-being, possessing the abilities to work under stress and putting in efforts to one's best abilities. Advantages of bringing about improvements in self-esteem are, augmenting competencies, abilities and aptitude; promoting enhancement of career prospects; forming an effective social circle; leading to up-gradation of overall personality traits and bringing about improvements in overall standards of living. Finally, it can be stated, bringing about improvements in self-esteem is essential in leading to progression.

DECLARATION STATEMENT

Funding	No, I did not receive.
Conflicts of Interest	No conflicts of interest to the best of my knowledge.
Ethical Approval and Consent to Participate	No, the article does not require ethical approval and consent to participate with evidence.
Availability of Data and Material	Not relevant.
Authors Contributions	I am only the sole author in this article.

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