

The role of social recognition in Japanese people's self-esteem

1. Research purposes

Nowadays, low self-esteem has been noted in Japan, and I learned about this through the media.

Low self-esteem is becoming a serious problem in Japan because people who have low self-esteem have negative emotions, such as anxiety and depression and little stress coping ability.

This study aims to clarify what social experiences strongly influence self-esteem and to suggest initiatives to improve Japanese people's self-esteem, so that more people can live more positively in society.

2. Research methods

- ① Conducting Questionnaire survey
- ② Analyzing previous research
- ③ Considering validity of survey results and suggesting initiatives to improve Japanese people's self-esteem

3. Research results and content

The reason why Japanese people have lower self-esteem than people in other countries is said to be largely due to the humility and modesty that are unique to Japanese culture. It has been shown that self-esteem can be improved through educational and parenting interventions.

The survey results suggested that an effective experience in improving self-esteem is "social recognition," such as having one's existence recognized. Furthermore, the survey results showed that social recognition from people close to oneself, such as parents, siblings, and teachers, is effective in improving self-esteem. In addition, "social recognition independent of achievement", which is a positive evaluation of effort and process, is also thought to be important in improving self-esteem.

4. Practical implications

Based on these findings, I made suggestions to improve self-esteem.

- ① Creating opportunities for dialogue to verbalize recognition of their presence in the home
- ② Introducing positive feedback in educational institutions
- ③ Calling for "social recognition independent of achievement" in the workplace

These efforts will gradually improve self-esteem, reduce mental health problems, curb condescending attitudes that create a virtual sense of competence, and foster a culture that values individuals over accomplishments.