



## Psycho-physiological Considerations on Low Self-Esteem

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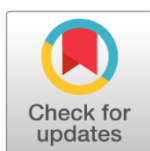
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**Abstract:** This document is a short review article on the psycho-physiological considerations of low self-esteem. The methodology used was the bibliographic review of those selected texts that are related to the subject in question. Addressing from the definition of low self-esteem, to its symptoms, physiological repercussions and some final considerations. It is concluded that this critical emotional episode should be dealt with in a timely manner by psychology specialists, to avoid the general deterioration of physical and mental health.

**Keywords:** Low self-esteem, Psychology, Physiology, Psychological disorder

### 1. Introduction

At present, psychological studies have turned towards the knowledge of the psychological relationships of low self-esteem. Acceptance and esteem (loving as you are) oneself from the individual and / or personal point of view, as well as, at the social level implies a maturity of the "inner self", that is, the particular identity of each being human that involves the genetic, physiological, anatomical and social aspect (Adbell Khalek, 2016).

Self-esteem as an inherent structure of the human psychological condition is essential to establish behavioral patterns aimed at self-realization and emancipation of the individual. It has been shown that psychological health is interconnected with physical or organic health, leading to respiratory, digestive and neurological conditions, among others (Anderson and Shivakuvar, 2013).

For this reason, psychological counseling plays a fundamental role in this type of patient, to curb the medium and long-

term impact of low self-esteem on the general physiology and associated behavioral disorders, such as: aggressiveness, sedentary lifestyle, intolerance (Fortini, Dapieve, Dalbosco, 2018).

In this article, we will talk about the meaning of low self-esteem, signs of recognition, physiological repercussions, recommendations and final considerations.

### 2. Methodology

This study was framed in the bibliographic design under the systematic review and of different documents collected and selected. The type of investigation corresponded to the documentary, with the investigation of the information and data obtained in the different electronic repositories. The research contemplated logical and mental procedures of analysis, synthesis, deduction and induction (Palella and Martins, 2012).

### 3. Meanings of low self-esteem

There is no single definition of low self-esteem. According to Psychoanalysis and Positive Psychology, two great schools of Psychological Sciences define that low self-esteem is a negative biopsychosocial state of the personality that affects the emotional, physiological state and interpersonal relationships. This leads to the person not accepting herself, creating damage to her image and self-acceptance.

In addition, patients report feelings of oppression and self-rejection towards their body, placing great importance on the opinions of third parties. It is even so important that it has for the person who suffers it, that it can cause associated pathologies such as: bulimia, anorexia, personality disorder, among others (Larios et al., 2017).

According to each person, the meaning of self-esteem as an emotional and spiritual representation varies from one individual to another, and everything will depend on the level of importance that the person gives to his life as an emotional, experiential entity, full of intrinsic love and donor of the same to other people.

#### Stages of recognition of the "inner self" associated with low self-esteem

1. Trust vs. mistrust.
2. Autonomy vs. shame and doubt.
3. Initiative vs guilt.
4. Industriousness vs inferiority.
5. Identity vs diffusion of the paper itself.
6. Fertility vs stagnation.
7. Intimacy vs isolation
8. Integrity of self vs. aversion, despair

Trust implies personal security and the ability to meet challenges during an individual's life. However, with low self-esteem, distrust and inability to solve

problems and make assertive decisions is created. Autonomy is the individuality inherent in those behaviors that are favorable to undertake new paths, but it is only achieved if the person feels capable of experiencing novel situations and not letting doubt and shame due to the risk of possible failure, be stronger than self-initiative to take actions that overcome fear.

This implies a diligence to build new steps towards a world that may be unknown to the person in part, but there is the will and positive thinking that it is possible to achieve a new goal. To do this, having a personal image that inspires confidence and security is important to achieve the expected success, otherwise, self-inferiority will be greater, leading to personal failure (García, Marín and Bohòrquez, 2012).

Also, fertility is affected by low self-esteem, studies in Reproductive Psychology show that those couples who have problems to procreate are emotionally very affected, even the immune system is depressed causing other diseases by opportunistic pathogens. But those couples who seek different options to have children with a more hopeful attitude, can achieve better results in making decisions about how to get pregnant, including the possibility of adoption (Mainardi, 2018).

Personal intimacy is another state that is affected by low self-esteem. This implies internal dialogue with oneself and the ability to evaluate ourselves regarding our decisions and attitudes towards others and life itself. This leads to an integrity of the "inner self" (peace, inner confidence and self-love). In this step, the person accepts himself as he is, aware of the good and bad around himself.

All the aforementioned stages according to Erikson's Theory must be fulfilled in the established order, otherwise some of them will be negatively marked on the individual for the rest of her life. However, there is always a "biopsychosocial crisis of the self", which is important for the

transformation of the adolescent during puberty, and even into adulthood and reproductive maturation.

#### 4. Physiological repercussions

Among the effects at the organic level of a severe low self-esteem can be mentioned: cellular oxidation (aging), deterioration of the central, peripheral and vegetative nervous system, personality disorder, eating disorders, gastrointestinal diseases, leading the person to the worst of the cases to a generalized depressive picture, associated with recurrent episodes of anxiety (San Martín and Barra, 2013).

It should be noted that good physical health is only achieved with an optimal emotional state, since anxiety and stress release certain hormones and specific stress proteins, which in the first instance block some neurotransmitters, including serotonin. This is produced in the stomach and intervenes in the chemical synapse at the neuronal level, this being the main reason why the gastrointestinal and nervous system is seriously affected in patients with low self-esteem.

#### 5. Recommendations

There is no universal recipe or recommendations adaptable to all people who suffer from low self-esteem. Each case is different and depends on the individual worldview of each patient on how that individual perceives their reality. The important thing in any case, is to attend a psychological consultation to ask the health professional about those signs and symptoms that affect your mental and physical health.

#### 6. Conclusion

Help for low self-esteem begins when the person is able to recognize that they have a problem, and that they must deal with it as

soon as possible, to prevent it from invading the entire biopsychosocial and intrapersonal sphere of the patient. It is known that it is not an easy decision when reality is not accepted, no matter how harsh it may be, one must have the power of decision to change towards a scenario of inner tranquility.

This does not mean that the problems will end, not at all. But if the person will feel able to solve them individually or jointly when they need help from their loved ones or from any other person who can help them find a feasible solution to their problem.

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