A Study on Impact of Self-Esteem on Altruistic Behavior
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Abstract:
There is relationship between self esteem and altruistic behavior as this relationship can be defined by various symptoms like helping nature, anger, feeling happy, giving charity and many more. This concept can improve the relationship between self esteem and altruistic behavior like those who have high self esteem have high altruistic behavior and vice versa. In this COVID 19 we can see the importance of self esteem like people are facing many issues so people those who have high self esteem are helping people with food, charity and many more things. Thus there exist a positive relationship between self esteem and altruistic behavior.

I. INTRODUCTION

1.1. Introduction
Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie defined it by saying "The self-concept is what we think about the self, self-esteem is the positive or negative evaluations of the self, as in how we feel about it." Self-esteem is an attractive psychological construct because it predicts certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behavior. Self-esteem can apply to a specific attribute (for example, "I believe I am a good writer and I feel happy about that") or globally (for example, "I believe I am a bad person, and I feel bad about myself in general").

1.2. Components of Self-Esteem
There are four different components of self esteem which will define from where the self esteem comes:

1.2.1. Self-confidence (feeling of security)
This is the foundation of self-esteem. If we feel secure with our family, if we feel loved and our needs are met, our self-esteem develops. That’s when we try to take our place and dare to try new things and new experiences. For example, when we learn to walk, we fall down the first few times, but with encouragement, we develop our confidence and try again!

1.2.2. Identity
This is the knowledge we have of ourselves. By experimenting, learning, and getting feedback from the people around us, we come to identify our characteristics, abilities, needs, and feelings. Identity can be divided into several parts: including physical (the representation that each person has of their own body) and social (how I come into contact with other people, the groups I associate with, my economic situation, my place as a student, worker, teen, how I act with my girlfriend or boyfriend, which sex attracts me, etc.).

1.2.3. Feeling of belonging
We all belong to several groups: family, friends, school, sports team, etc. We also define ourselves by belonging to these groups, by the relationships we have with other people and the experiences we have in these groups: feeling like part of a group, feeling solidarity, seeking out the other group members, communicating well, sharing, etc. The various groups we belong to allow us to feel understood and know that there are people who are like us.

1.2.4. Feeling of competence
To feel competent, we need to have different experiences, succeed and fail, and learn new things. The feeling of competence is related to motivation: a person is motivated when they face challenges that they are able to meet. Success results in a feeling of efficacy and pride that promotes self-esteem and pushes the person to accept new challenges. Self-esteem is not carved in stone. It changes and stabilizes based on the people we meet and our life experiences. Although it can be a challenge during adolescence, one thing is certain: the more different situations we face, the more we learn about ourselves and the better we know who we are and who we want to identify with, what we don’t want to repeat, and what we want for our lives.

1.3. What is altruistic behavior?
Altruistic behaviors are selfless acts that put the wellbeing of others before yourself and not expecting anything in return. This could be anything from helping someone reach something in the grocery store to giving someone in need an organ. More recently people have thought as altruistic behaviors as something that can be beneficial for both parties Altruism is characterized by selflessness and concern for the well-being of others. Those who possess this quality typically put others first and truly care about the people around them, whether they have a personal tie to them or not. Altruism by definition is the unselfish acts to better the well-being of others disregarding the well-being of self. These include behaviors that are beneficial to others that show generous tendencies, kindness to others, and helpfulness. Altruism is derived from atrium, French for ‘other person’ which further developed from the Old French word outré meaning ‘other’.

1.3.1 What do altruistic behaviors look like?
For example, let’s say it’s a rainy day out and you are driving on the highway and all of a sudden you see a car skid off the road and flip over and is now laying belly side up. Automatically, you
II. LITERATURE REVIEW

1. Jon L. Pierce has found in his research paper self-esteem within the work and organizational context that on numerous occasions it has been suggested that an individual’s self-esteem, formed around work and organizational experiences, plays a significant role in determining employee motivation, work-related attitudes and behaviors.

2. Julio J. Rotemberg has found in his research paper charitable giving when altruism and similarity are linked that this paper presents a model in which anonymous charitable donations are rationalized by two human tendencies drawn from the psychology literature. The first is people's disproportionate disposition to help those they agree with while the second is the dependence of peoples' self-esteem on the extent to which they perceive that others agree with them.

3. Mark Relearn has found in his research paper the nature and function of self-esteem: Sociometer theory that describes self-esteem and provides an overview of existing perspectives on self-esteem. Self-esteem is a socio meter, essentially an internal monitor of the degree to which one is valued or devalued as a relational partner.

4. John F. Dovidio has found in his research paper Helping Behavior and Altruism: An Empirical and Conceptual Overview that this chapter provides an overview of motivational, cognitive, and situational factors that influence helping behavior and altruism. The emotional experience of arousal as well as the overall level of arousal appears to be a critical determinant of prosocially behavior. There are several different types of emotion that can mediate intervention. The strong feelings of upset associated with high levels of psycho physiological activity motivates helping in emergency situations.

5. C. Sharp has found in his research paper Altruism, gift giving and reciprocity in organ donation that Living and deceased organ donation are couched in altruism and gift discourse and this article reviews explores cultural views towards these concepts. Altruism and egoism theories and gift and reciprocity theories are outlined from a social exchange theory perspective to highlight the key differences between altruism and the gift and the wider implications of reciprocation. The notion of altruism as a selfless act without expectation or want for repayment juxtaposed with the Massena gift where there are the obligations to give, receive and reciprocate.

6. J. Hill has found in his research Human altruism and socio cultural fitness that Socio cultural fitness is defined in terms of contribution to the concept pool mediated through the ability of individuals to gain prestige and thus to influence the concepts of their fellow group members. It arose from biological fitness when the evolution of articulate speech enabled dominant individuals to influence the concepts of other group members, so that the attention paid to them, which had complemented their sexual dominance and hence their superior biological fitness, now promoted their sociocultural fitness.

7. Kimberly A. Wade-Benzoni has found in his research The Egoism and Altruism of Intergenerational Behavior that some of the most important issues in society today affect more than one generation of people. In this article, the authors offer a conceptual overview and integration of the research on intergenerational dilemmas—decisions that entail a tradeoff between one’s own self-interest in the present and the interests of other people in the future. Intergenerational decisions are characterized by a combination of intertemporal (i.e., behaviors that affect the future) and interpersonal (i.e., behaviors that affect other people) components.

8. Shalom H. Schwartz has found in his research Internalized Values as Motivators of Altruism that for us, altruism refers to self-sacrificial acts intended to benefit others regardless of material or social outcomes for the actor. Crucial to this definition is an emphasis on the actor’s motivation: An act is altruistic only to the extent that it is motivated by concern for the welfare of others.

9. Shmuel Amir has found in his research A welfare function of altruism and its biological rationale that This article contends that an explanation of the biological emergence and preservation of the phenomenon of altruism requires an inspection of the simultaneous operation of forces on more than one level of organization. The scope of individualistic interactions must be extended to include the struggles between communities themselves in addition to the struggle of individuals within isolated communities.

III. OBJECTIVES OF THE STUDY

- To understand the importance of self-esteem and altruistic behavior as it applies to the individuals, i.e. self-respect, empathy.
- To recognize the symptoms of self-esteem and altruistic behavior.
- To understand how this concept can improve the relationships between the humans.
- To suggest ways of improving self-esteem and altruistic behavior.
- To understand that the relationship between self-esteem and altruistic behavior.

IV. RESEARCH METHODOLOGY

In present work, I have adopted following research methodology:

- **Sample size:** 60
- **Instrument Used:** Questionnaire, Microsoft excel (Filter) – to collect and categorize data

- **Methods of data collection**

  1. Primary
    - i. Questionnaire (Google form’s)
  2. Secondary
    - i. Books
    - ii. Journals
    - iii. Internet
V. RESULT ANALYSIS

On the whole, I am satisfied with myself.
60 responses

I feel that I have a number of good qualities.
60 responses

I feel I do not have much to be proud of.
60 responses
I take a positive attitude toward myself.
60 responses

- 51.7%: Agree
- 20%: Neutral
- 16.7%: Disagree
- 11.7%: Strongly disagree

I would give directions to someone I did not know.
60 responses

- 26.7%: Never
- 31.7%: Once
- 15%: More than once
- 13.3%: Often
- 13.3%: Very often

I would donate clothes or goods to a charity.
60 responses

- 38.3%: Never
- 23.3%: Once
- 15%: More than once
- 11.7%: Often
- 11.7%: Very often
I would help carry belongings of someone I did not know.
60 responses

I would offer to help a handicapped or elderly person across the street.
60 responses

I certainly feel useless at times
60 responses
V. FINDINGS

1. It is found that majority of the responses that are 40% of the individuals agree that on the whole they are satisfied with themselves. High self esteem means that you believe in yourself and know that you are a great addition to this world.

2. It is found that majority of the responses that are 46.7% of the individuals agreed that they feel they have number of good qualities. Self esteem people focus on the things they are good at and dismiss the things they’re not so good at.

3. It is found that majority of the responses that are 31.7% of the individuals are disagree that they feel they don’t have much to be proud of. Self esteem individuals compare themselves to themselves. As they know comparison leads to feeling of inferiority.

4. It is found that majority of the responses that are 53.3% of the individuals agreed that they take a positive attitude towards themselves. Positive thinking can help people to increase self esteem, but you have to apply right kind of positive thinking.

5. It is found that majority of the responses that are 31.7% individuals said that more than once they will give directions to someone they don’t know. Altruism is the principle and moral practice of concern for happiness of other human beings or animals, resulting in a quality of life both material and spiritual.

6. It is found that majority of the responses that are 38.3% of the individuals said that they will donate clothes or goods to charity more than once. Donating is selfless act. One of the major positive effects of donating money to charity is simply feeling good about giving.

7. It is found that majority of the responses that are 41.7% of the individuals said that would help more than once in carrying the belongings of someone they don’t know. Altruism is distinguished from helping behavior. Altruism refers to prosaically behaviors that are carried out without expectation of obtaining external reward or internal reward.

8. It is found that majority of the responses that are 30% of the individuals said that often they would offer to help a handicapped or elderly person across the street. Helping behavior may be initiated when we feel empathy for the person, that is, identifying with another person and feeling and understanding what that person is experiencing.

9. It is found that majority of the response that are 33.3% of the individuals said that they would offer more than once their seat on a train or bus to someone who was standing. Altruism is characterized by selflessness and concern for the well being of others. Those who possess this quality typically put others first and truly care, about the people around them, whether they have personal tie to them or not.

10. It is found that majority of the response that are 41.7% of the individuals agree that they certainly feel useless at times. Low self esteem is characterized by a lack of confidence and feeling badly about oneself. People with low self esteem often feel unlovable, awkward or incompetent. Low self esteem people have negative thoughts about their worth and value as a person.

VI. CONCLUSIONS

- The study provided the relationship between the self-esteem and altruistic behavior. In other words those who are altruistic also tend to have high self-esteem. Those who report high self esteem also are altruistic. Support is provided by both the cross-sectional and longitudinally by the data.

- The findings of this study provide that altruistic behavior and self esteem is the result of both internal and external factors, of personality and situational variables.

- This study recognizes the symptoms of self esteem and altruistic as we are able to give and receive the social support and help that fosters health and well-being.

- This study attempts to study the impact of self esteem and altruistic behavior which includes the respondents’ relationship with others. As self esteem and altruistic behavior are significant predictor of both satisfaction with life and subjective happiness.

- This study shows that it is important to realize that simple imagining helping behavior can have great effects on ones’ self-
esteem, and altruistic behavior especially when people imagine
doing something good for others.

VII. REFERENCES

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