

УДК 159.922.7:331.101.3-053.6

DOI: <https://doi.org/10.32782/2708-0366/2024.22.3>**Herlovan Yana**

Assistant at the Department of Social and Behavioral Sciences,  
Kherson State Agrarian and Economic University  
(Kherson / Kropyvnytskyi)

**Герлован Я.Е.**

Херсонський державний аграрно-економічний університет  
(м. Херсон / м. Кропивницький)

## THE IMPACT OF SELF-ESTEEM AND MENTAL HEALTH QUALITY ON THE ABILITY OF YOUNG PEOPLE TO WORK

### ВПЛИВ САМООЦІНКИ ТА ЯКОСТІ ПСИХІЧНОГО ЗДОРОВ'Я НА ПРАЦЕЗДАТНІСТЬ МОЛОДИХ ЛЮДЕЙ

*The article examines the impact of self-esteem and mental health quality on the mental and working capacity of young people. The author notes that the issue of mental health is relevant in the modern world, as it determines the quality of human life, motivation and ability to work. Self-esteem as a key aspect of mental health affects the perception of oneself, one's capabilities, and interaction with the world around us. It shapes the level of aspirations, sense of success, and mental well-being. Research shows that self-esteem affects a person's productivity, emotional state, and ability to withstand stress. In particular, adequate self-esteem increases self-respect, self-confidence, and productivity, while inadequate self-esteem can lead to stress, anxiety, and depression. We conducted a study that showed that respondents with healthy self-esteem have more stable mental health. The results of the study are shown in percentage terms for easy reference. Developing a healthy self-esteem is one of the most important facts to pay attention to in childhood. Self-esteem shapes the future of a person, determines the further vector in life, allows you to establish healthy social connections, build a career, and arrange a personal life. When the balance of self-esteem is disturbed, when people are not satisfied with the factors we have previously listed, they necessarily face the need to correct their mental health. There is nothing more important to a person than life balance and success in every important area of life. Thus, the study of this topic is a relevant and useful vector for science. This topic needs further research and detailed attention from scientists, and to prevent problems with the mental health of young people in the future, they need to monitor their self-esteem now, to take care of its stability and normality. This will help young people achieve all possible benefits in life.*

**Keywords:** self-esteem, mental health, productivity, youth, self-knowledge, self-realization.

*У статті розглядається вплив самооцінки та якості психічного здоров'я на розумову працездатність молоді. Автор зазначає, що питання психічного здоров'я є актуальним у сучасному світі, оскільки воно визначає якість життя людини, її мотивацію та працездатність. Самооцінка як ключовий аспект психічного здоров'я впливає на сприйняття себе, своїх можливостей та взаємодію з навколишнім світом. Вона формує рівень домагань, відчуття успіху та психічне благополуччя. Дослідження показують, що самооцінка впливає на продуктивність людини, її емоційний стан та здатність протистояти стресу. Зокрема, адекватна самооцінка підвищує самоповагу, впевненість у собі та продуктивність, тоді як неадекватна самооцінка може призвести до стресу, тривоги та депресії. Ми провели дослідження, яке показало, що респонденти зі здоровою самооцінкою мають більш стабільне психічне здоров'я. Результати дослідження наведені у відсотках для зручності. Розвиток здорової самооцінки – один з найважливіших фактів, на який варто звернути увагу в дитинстві. Самооцінка формує майбутнє людини, визначає подальший вектор у житті, дозволяє встановлювати здорові соціальні зв'язки, будувати кар'єру, влаштовувати особисте життя. Коли баланс самооцінки порушується, коли люди не влаштовують перераховані нами раніше фактори, вона обов'язково стикається*

*з необхідністю корекції свого психічного здоров'я. Для людини немає нічого важливішого, ніж життєва рівновага та успіх у всіх важливих сферах життя. Таким чином, вивчення даної теми є актуальним та корисним вектором для науки. Ця тема потребує подальшого дослідження та детальної уваги з боку науковців, а для того, щоб запобігти проблемам з психічним здоров'ям молоді в майбутньому, потрібно вже зараз стежити за своєю самооцінкою, дбати про її стабільність та нормальність. Це допоможе молодим людям досягти всіх можливих переваг у житті, активувати свою працездатність, підвищити рівень життєвих досягнень, здобути впевненість в собі. Стійке ментальне здоров'я допоможе молоді рішуче йти вперед, долати життєві негаразди, вірити в свої сили та завжди досягати бажаного. Якщо цій темі приділяти недостатньо уваги, та не допомагати новому поколінню зараз, це призведе до значного погіршення ринку праці та ерудованого персоналу на займаних посадах.*

**Ключові слова:** самооцінка, самопізнання, психічне здоров'я, продуктивність, реалізація, впевненість в собі, мотивація.

**Formulation of the problem.** In today's world, the issues of mental health and its impact on the quality of human life are becoming increasingly relevant and discussed. One of the key aspects that affects mental health is self-esteem. Which in turn affects the ability of young people to work. Self-esteem, as an element of self-awareness, determines the assessment of oneself as a person, abilities, moral qualities and actions, shapes the level of aspirations, sense of success and mental well-being. These aspects are important in the lives of young people and require attention and research.

**Analysis of recent research and publications.** Studenthood (usually 18–24 years old) is a period of intensive development, self-discovery and learning. This time in the life of each of us is full of new experiments and self-realization, the formation of new interpersonal relationships, and the first steps towards professional identity. Mental health is an important component of a student's life, as it has a direct impact on a young person's academic performance, productivity, and overall quality of life. Students who are mentally stable are more prepared to cope with stress, build effective relationships, and achieve their goals. Mental health is an important aspect of a person's overall well-being in general and during student life in particular. The stresses of academic life, social expectations, and personal challenges can negatively affect young people's mental health and lead to depression. Mental health problems can have negative consequences for academic performance, relationships, and overall quality of life [8].

The scientific study of youth has always attracted and continues to attract the attention of many public figures and scholars. The issue of youth as a part of society is studied by almost all social sciences, considering “youth” from their methodological “subject” positions, which leads to a variety of “subject” definitions of the essence of youth. Despite their differences, scholars of different social sciences proceed from a common methodological principle: the recognition of youth as part of society.

Representatives of all sciences seem to have no disagreement only in the fact that youth is the period between “childhood” and “adulthood” (by “childhood” is meant childish lack of independence, not full legal and other responsibility, not full ability to work, dependence on elders; “adulthood”, on the contrary, means full economic and political independence, full legal responsibility, ability to work); that a young person is no longer a child, but not yet a fully grown person, not yet sufficiently independent [1]. One of the first definitions of the concept of “youth” was given in 1968 by sociologist V.T. Lisovsky: “Young people are a generation of people who are going through the stage of socialization, learning, and at a certain age have already learned, educational, professional, cultural and other social functions. Depending on the specific historical conditions, the age criteria for young people range from 16 to 35 years” [4, p. 41]. Considering youth as a generation, Lisovsky believes that the characteristic of a generation is not only age, but also unity of beliefs, goals, common experiences and attitudes towards life, since with age, a generation does not lose the social traits nurtured by the era.

In the socio-psychological approach, young people are a certain age with its own biological and psychological relationships, and therefore they have all the characteristics of an age class. According to the conflict approach, youth is a difficult, stressful and extremely important period of life. In the role-based approach, youth is a special behavioral phase in life when they no longer play (childhood) roles and at the same time are not full-fledged carriers of adult roles.” In the subcultural approach, young people are a group with their own specific way of life, style of behavior, cultural norms and values. In the socialization approach, youth is a period of social growth, primary socialization, and the main goal of youth is self-determination and personalization. Youth is a strategic resource for national and global development. The practice of recent decades has convincingly shown that in a rapidly changing world, those states and societies that can effectively accumulate and productively use human capital and the innovative development potential of young people will have strategic advantages.

**Formation of the purpose of the article.** Therefore, the purpose of this study is to investigate the impact of self-esteem and mental health quality on youth performance.

**Presentation of the main material.** To study mental health, a team of scientists from Kherson State Agrarian and Economic University developed a questionnaire “Determining the level of mental health”. It consists of 7 questions about happiness, well-being, and peace of mind. The answers to this questionnaire are evaluated as follows: we count the number of positive answers. 5–7 positive answers (71% or more of the total) indicate a high level of mental health. 3–4 positive answers (42–71% of the total) indicate an average level of mental health. 1–2 positive answers indicate a low level of mental health.

The Rosenberg Self-Esteem Scale (RSE) is a psychological test created by Morris Rosenberg in 1965, a tool for measuring self-esteem in social and psychological research. It was originally developed for the self-esteem of high school students, but since its development it has been used with various groups, including adults.

According to the results of the mental health survey, a total of 63% (12 respondents) have an average level of mental health, and 36% (7 respondents) have a high level. There are no low levels. Thus, we can say that most students have a satisfactory result. The high and average levels of mental health of most students indicate a positive state of their mental well-being. They are able to cope with stress, life difficulties and are able to work productively and realize themselves, evaluate themselves positively and maintain good relationships with loved ones and others. Contribute to public life.

According to the methodology for determining the level of self-esteem (Rosenberg Self-Esteem Scale from 0 to 30 points), we obtained the following results: 5 respondents scored from 0 to 17 points on the scale, which indicates a low level that can be improved by individual psychotherapy or by developing a positive thinking strategy to strengthen belief in one's own capabilities. 10 respondents scored between 18 and 23 points, which is an average level, and these students would benefit from trainings on self-esteem development and self-confidence. Only 2 respondents scored 24 and 25 points, which indicates a high level. For students with this level, it is important to maintain and support a positive self-esteem, but not to stop striving for the best and setting new goals.

Comparing the results of the mental health and self-esteem surveys, we can say that self-esteem has a certain impact on mental health. Most of the respondents who scored low and medium levels of self-esteem have an average level of mental health. For other students, the level of mental health does not depend on the level of self-esteem. The survey results suggest that there is a connection between self-esteem and mental health. Therefore, the issue of raising students' self-esteem and improving it is important. After all, it is an important component for increasing the level of youth performance. Mental health includes the overall psychological and emotional well-being of a person, namely, the ability to cope with stress and the demands of everyday life. It includes a number of factors, such as a person's behavior, mood, and cognitive abilities. Mental health can be influenced by internal and external factors such as genetics, environment, and life experiences.

In defining mental health, the World Health Organization identifies seven components of mental health: 1) awareness of the constancy and identity of one's physical and mental self; 2) constancy and uniformity of experiences in similar situations; 3) critical attitude to oneself and one's activities; 4) adequacy of mental reactions to environmental influences; 5) ability to manage one's behavior in accordance with established norms; 6) planning one's own life and its implementation; 7) ability to change behavior depending on changes in life circumstances. The main factors of influence on mental health are personal traits: individual characteristics of the personality, such as optimism, self-esteem and self-realization, which affect stress resistance and overall psychological well-being [3].

According to scientists, self-esteem is an element of self-awareness characterized by an assessment of oneself, one's own abilities, ethical qualities and actions. Self-esteem is the way a person evaluates himself, his abilities, qualities and actions. This assessment determines how a person perceives the world around them, how critical they are of themselves, what demands they place on their personality, and how they react to successes and failures. Self-esteem affects a person's performance and personal development.

Scientists believe that self-esteem is one of the links in the process of self-regulation of activity and is the formation in the personality structure that is subject to external influence. Thus, it can be assumed that the regulatory function of self-esteem in relation to activity is manifested in a number of directions: it influences the choice of a person's own goals, determines the emotional and motivational states characteristic of him/her, largely determines the nature of the assessment and attitude to the goals achieved externally. Thus, self-esteem affects the effectiveness of a person's activities and the development of his or her personality as a whole, which is an important fact.

Thus, self-esteem is the way a person evaluates himself or herself, his or her abilities, qualities, and actions with emotional intensity. Self-esteem affects how effective a person's work is and how their personality develops.

Also, in their opinion, self-esteem is one of the links in the process of self-regulation of activity and is the formation in the personality structure that is subject to external influence. Thus, it can be assumed that the regulatory function of self-esteem in relation to activity is manifested in a number of directions: it influences the choice of a person's own goals, determines the emotional and motivational states characteristic of him/her, largely determines the nature of the assessment and attitude towards the goals achieved externally.

A person can assess himself or herself adequately and inadequately (overestimate or underestimate his or her achievements). Adequate self-esteem is a self-assessment that allows a person to correctly correlate their strengths with tasks of varying complexity and the requirements of those tasks. With an optimal adequate self-esteem, the subject correctly correlates his or her capabilities and abilities, is critical enough of himself or herself, tends to look realistically at his or her failures and achievements in a particular activity, and is able to set achievable goals. He approaches what he has achieved not only with his own standards, but also tries to predict how the people around him will react to it. Optimal self-esteem includes a "high level" of self-esteem and "above average" self-esteem (this is when a person really respects himself, appreciates and is satisfied with his successes).

Inadequate (overestimated or underestimated) self-esteem deforms the inner world of a person, creates his or her motivational and emotional-volitional spheres, and thus impedes harmonious development. Inadequate self-esteem complicates the lives of not only those who have it, but also those around them, those people who communicate with them in various situations, including work, home, and other situations. If a person underestimates himself or herself compared to what he or she is really worth, then he or she has low self-esteem. In the same cases, when a person overestimates his/her capabilities, results of reality, and personal qualities, he/she is characterized by overestimation [5].

Thus, self-esteem is a key element of self-awareness, which includes emotionally charged assessments of oneself, one's abilities, ethical qualities, and actions. This process determines

a person's relationship with the environment, revealing his or her criticality, demandingness, and attitude to success and failure. Self-esteem significantly affects the effectiveness of a person's activities and shapes his or her personality, contributing to his or her development and achievement of life goals. This description of self-esteem reflects very well its importance for the formation of personality and relationships with the world around us. Adequate self-esteem helps a person to develop and achieve success, while inadequate self-esteem can lead to various problems. A student's self-esteem is largely determined by the success of his or her adaptation process, both at the stage of accepting the social role of a student in the first years of study and at the stage of accepting a professional role. Self-esteem is a component of self-awareness. According to other sources, self-esteem is a person's judgment of the degree to which he or she has certain qualities and properties in relation to a certain standard or model. Self-esteem is primarily the result of mental operations of analysis, synthesis, and comparison. Self-esteem and mental health are interrelated concepts, as self-esteem affects the mental state and emotional state of a person. Adequate self-esteem contributes to mental well-being by helping a person understand and accept their own capabilities, achievements, and failures. Inadequate self-esteem can lead to stress, anxiety, depression, and other mental health problems that affect overall mental health. Thus, healthy self-esteem is an important aspect of mental well-being that will contribute to the increase in the level of youth performance [5].

Mental health is a state of complete physical, mental, and social well-being in which a person can realize his or her own abilities, withstand life stresses, work, plan, be motivated, and be active in social life. Adequate self-esteem helps to maintain a positive emotional state, increases self-respect and confidence in one's own abilities, improves the ability to withstand life stresses, and contributes to increased productivity and efficiency in human activity. Inadequate self-esteem can lead to feelings of hopelessness and insecurity, contribute to stress and anxiety, increase the risk of depression, and negatively affect relationships with others.

**Conclusions.** The study showed that self-esteem and mental health have a significant impact on the ability of young people to work. Adequate self-esteem contributes to maintaining a positive emotional state, increases self-esteem and confidence in one's own abilities, which in turn improves the ability to withstand life stressors and increases productivity and efficiency at work. On the contrary, inadequate self-esteem can lead to feelings of hopelessness, insecurity, stress and anxiety, which increases the risk of depression and can negatively affect relationships with others. Thus, in order to increase the ability of young people to work, it is necessary to provide support for adequate self-esteem and high quality mental health, which will contribute to their successful self-development and self-realization in professional and personal life. The study requires significant attention from researchers and additional analysis to improve the situation with youth self-esteem and mental health. Preventing healthy self-esteem in young people will help our society to have a healthy and confident generation, which in turn will develop and succeed in economic, social and personal spheres.

#### References:

1. Buyak B. (2007) *Molod', yak osoblyva sotsial'no-demografichna hrupa v umovakh stanovlennya sotsial'no-pravovoyi derzhavy ta hromadyans'koho suspil'stva*. Naukovi zapysky, is. 36. pp. 198–209. Available at: [https://iapiend.gov.ua/wp-content/uploads/2018/07/buiak\\_molod.pdf](https://iapiend.gov.ua/wp-content/uploads/2018/07/buiak_molod.pdf)
2. Buklif. *Students'ka biblioteka. Sutnist' ta chynnyky pratsezdatsnosti lyudyny*. Available at: <https://buklib.net/books/24865/>
3. Vynnychuk R. O., Fedyk S. M. (2023) *Mental'ne zdorov'ya orhanizatsiyi: vyznachennya ta sutnist'*. *Zhurnal naukovykh innovatsiy ta peredovykh tekhnolohiy*, Available at: <http://perspectives.pp.ua/index.php/nauka/article/download/5573/5605>
4. Kryzhanovs'ka Z. Yu. & Radchuk N. (2023) *Emotsiyini rozlady yak korelyaty porushennya yakosti psykhychnoho zdorov'ya v student-s'komu vitsi*. *Naukovyy visnyk Uzhhorods'koho*

---

*natsional'noho universytetu. Seriya: Psykholohiya*, no. (3), pp. 72–75. DOI: <https://doi.org/10.32782/psy-visnyk/2023.3.14>

5. Kozeruk Yu. V., Yevseichyk Ya. O., Yevseichyk O. (2015) Samootsinka yak faktor stanovlennia osobystosti studenta. *Visnyk Chernihivskoho natsionalnoho pedahohichnoho universytetu. Seriya : Pedahohichni nauky*, is. 124, pp. 163–165. Available at: [http://nbuv.gov.ua/UJRN/VchdpuP\\_2015\\_124\\_43](http://nbuv.gov.ua/UJRN/VchdpuP_2015_124_43)

6. Karetna O. O. Suchasni pidkhody do vyznachennya ponyattya “molod”. Available at: <https://core.ac.uk/download/pdf/50593307.pdf>

7. Semyhina T., Romanova N., Byelishev O. Samootsinka moloddyu stanu zdorov'ya ta sposobu zhyttya. *Visnyk: zdorovyy sposib zhyttya*, pp. 139–149. Available at: <https://core.ac.uk/download/pdf/149236577.pdf>

8. Pot'omkin O. O. (2019) Zdorovyy sposib zhyttya ta yoho vplyv na psykholohichnu stiykist' students'koyi molodi: dyplomna robota OS “Bakalavr” napr. pidhot. 6.030103 “Praktychna psykholohiya” / nauk. ker. M.O. Martsenyuk. Mukachevo: MDU, 85 p. Available at: [http://dspace.msu.edu.ua:8080/bitstream/123456789/6967/1/Healthy\\_lifestyle\\_and\\_its\\_impact\\_on\\_the\\_psychological\\_stability\\_of\\_student\\_youth.pdf](http://dspace.msu.edu.ua:8080/bitstream/123456789/6967/1/Healthy_lifestyle_and_its_impact_on_the_psychological_stability_of_student_youth.pdf)

---