

How to Give Children Confidence and Self-affirmation through Education and English Class

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Why do you decide this title?

My family, teacher and friends said to me
“Do your best with confidence!!”

If a friend is facing a big challenge, many people will say, "Don't worry, you can do it.”

I think Children have a lot of potential.



I think it is important for people to have confidence and Self-affirmation to challenge some difficult problems. I want children to give confidence and self-esteem so that they can have a better life.

In addition, I think English education can give children confidence because there are many opportunities for children to do performance.

Background

Japanese children have lower self-esteem than children in other countries in 2019. Society wants children to have high confidence to try difficult problems.

previous research [4perspectives]

1.What is Self-affirmation and self-esteem?


Self-affirmation

is a positive view of oneself.
Believe in one's Potential.



Self-esteem is the affirmation of both positive and negative aspects of oneself. It also has two aspects, including social and basic self-esteem.

2. Good points and Bad points of self-affirmation and self-esteem

◎ Good points	× bad points
<ul style="list-style-type: none"> • mental health: emotionally stable, more responsible, more socially adaptable, hope for the future, less anxiety, • good grands • longer life. 	<ul style="list-style-type: none"> • Communication is not good. • Lack of cooperation. 

⇒ In other words, it is important not to be too high or too low.

3. The need to improve in Schools

★ Even if you are Japanese, if you go to a Japanese school in the Netherlands, you will have a high self-esteem. (From research results)

⇒ **The low self-esteem is not related to race(人種). The education environment is important!**

★ In the past, we had the opportunity to experience the same things with our friends and many others, so we could feel that we were the same person as everyone else. Nowadays, we live individually.

⇒ **Therefore, we need to make our self-existence feeling in the school.**

4. The need to improve self-esteem in elementary school

- Self-affirmation drops between the third and fourth grades.
- Self-affirmation tends to continue to drop once it has fallen.
- The Ministry of Education, Culture, Sports, Science and Technology (MEXT) think the improvement of self-esteem is an issue for the upper grades of elementary school.

Research Outline [4 research questions]

1. Researching factors and methods to increase self-affirmation and self-esteem.
2. What should do in schools and teachers ?
3. Considering the relationship between self-esteem and foreign language education.
4. Making a teaching plan for a foreign language class.

References

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