



# Enhancing Self-esteem Among School Students In The Post Covid-19 Pandemic

## Issues

- Self-esteem among adolescent showed lower after post Covid-19
- Spend more time in front of TV and internet lead to psychological problems
- Students - shy and avoided eye contact

## Objectives

- The objective of this study is to boost and build the participants' self-esteem which can improve their overall performance



## Research Process

### Stage 1: Planning Stage

★ Need Assessment (78.1% students facing low self-esteem)

★ The Rosenberg's Self Esteem Scale

### Stage 2 (Acting) and Stage 3 (Developing)

- ★ Group Counseling: "Boost Your Self-Esteem"
- ★ Cognitive Restructuring
- ★ Positive Affirmations

### Stage 4: Reflection

- ★ The participants gave a good cooperation
- ★ There was a significant difference in the level of the participants' self-esteem before and after they joined the group counseling.
- ★ Showed positive behavior and able to mingle with classmates unlike before

## Conclusion

- Self-esteem is very essential in every students' lives as it helps them to develop their potential.
- Exposed to research interventions shown increased self-esteem gradually
- Therefore, to propose similar process with additional interventions and activities can be applied in future