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PSYCHOLOGICAL CHARACTERISTICS OF THE IMPACT OF ANXIETY ON SELF-ESTEEM IN ADOLESCENCE

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Abstract

This article analyzes the psychological impact of anxiety on the process of self-esteem during adolescence from both scientific-theoretical and practical perspectives. The specific psychological characteristics of adolescence, the role of self-esteem in personality formation, and the influence of anxiety levels on personal development are revealed. Based on the research results, it was determined that a high level of anxiety leads to a decrease in self-esteem, while low and moderate levels of anxiety contribute to the formation of adequate self-assessment. The article substantiates the necessity of improving psychological approaches when working with adolescents.

Keywords: Adolescence, self-esteem, anxiety, personal development, emotional state, psychological factors.

Introduction

Adolescence is one of the most important and complex stages of human development, during which the processes of self-awareness, social positioning, and individual psychological characteristics actively develop. At this stage, the adolescent's "Self-concept" evolves, and the system of self-esteem is formed and gradually stabilizes. Self-esteem, as a subjective evaluation of one's abilities, capabilities, behavior, and social status, is one of the decisive factors in



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psychological development. This process directly influences an individual's future life activity, social adaptation, and level of self-realization. The formation of self-esteem during adolescence is a complex and multifactorial process influenced by various internal and external psychological factors. Among these factors, anxiety holds a special place. Anxiety is a significant psychological state that disrupts emotional stability, intensifies internal conflicts, and fosters a lack of self-confidence. Especially high levels of anxiety lead adolescents to underestimate their abilities, feel uncomfortable in social environments, and withdraw from activities. As a result, self-esteem develops inadequately, which leads to negative consequences in personal development. In modern society, globalization processes, rapid development of information technologies, widespread use of social networks, and increasing competition significantly affect adolescents' psyche. As a result, emotional tension, anxiety, inner instability, and lack of self-confidence are increasing among adolescents. This, in turn, negatively impacts their self-esteem system and hinders their development as well-rounded individuals.

Bringing youth policy to a new stage, ensuring their comprehensive development, and strengthening their psychological well-being are recognized as priority directions of state policy. In this regard, the Decree of the President of the Republic of Uzbekistan dated January 30, 2025, emphasizes strengthening the psychological health of youth, supporting their social adaptation, and ensuring emotional stability as key tasks. Furthermore, the Resolution of the President dated February 14, 2025, highlights the importance of systematically studying students' emotional states in educational institutions, early identification of psychological problems, and strengthening preventive measures. These legal documents further reinforce the need for in-depth scientific study of issues related to adolescent psychological development. In particular, identifying the interrelation between self-esteem and anxiety and analyzing their impact on personality development is one of the актуал направления of modern

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psychology. Therefore, studying the impact of anxiety on self-esteem during adolescence is of both theoretical and practical significance.

Literature Review

In psychological science, self-esteem has been widely studied as one of the essential components of personality, forming the basis of the individual's internal "Self-concept" and directly influencing behavior, decision-making, and social relationships. Uzbek psychologist E. G'oziyev (2002) defines self-esteem as a subjective evaluation of one's abilities and activity outcomes. V. Karimova (2010) emphasizes that this process is directly related to emotional stability and social adaptation. Scientific sources distinguish between adequate, low, and high levels of self-esteem. M. Davletshin (2005) notes that low self-esteem leads to insecurity and decreased initiative, while excessively high self-esteem increases the risk of misjudging one's real capabilities. Adequate self-esteem is considered the most optimal state for healthy psychological development. Anxiety is interpreted as an emotional state arising from uncertainty, danger, or social pressure. B. Qodirov (2012) points out that anxiety intensifies during adolescence and reduces self-confidence. Sh. Do'stmuhamedova (2016) scientifically substantiates that high levels of anxiety lead to the negative formation of self-esteem. Modern studies indicate an increasing level of emotional tension and anxiety among adolescents. D. Yo'ldoshev (2021) found that academic stress and social pressure negatively affect adolescents' psychological stability. At the same time, it is noted that moderate levels of anxiety can sometimes serve as a motivating factor. Overall, both Uzbek and foreign scholars' perspectives show that there is a complex but direct relationship between self-esteem and anxiety, especially during adolescence, significantly influencing personal development and social adaptation.



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Methodology

This study employed a комплекс (mixed) approach to investigate the impact of anxiety on self-esteem during adolescence. The research combined theoretical analysis with empirical methods, allowing for a comprehensive and in-depth examination of the psychological phenomenon under study. Empirical data were collected using observation methods, studying adolescents' daily activities, behavior, and emotional reactions in natural conditions. Additionally, questionnaires and surveys were used to determine adolescents' self-esteem levels and subjective experiences related to anxiety. Test methods were applied to quantitatively measure self-esteem and anxiety indicators. The obtained results were processed using statistical analysis methods, identifying relationships and trends between variables. This methodological approach ensured the reliability and scientific validity of the research findings.

Results

The research findings demonstrated a clear psychological relationship between anxiety and self-esteem during adolescence. The analysis confirmed that adolescents with high levels of anxiety showed significantly lower self-esteem indicators. They tended to underestimate their abilities, experience constant doubt, and fear failure. In such cases, self-confidence decreases, and behaviors such as social withdrawal and shyness become more prominent. Adolescents with low levels of anxiety, on the other hand, displayed relatively stable and adequate self-esteem. They were more likely to realistically evaluate their abilities, had higher self-confidence, and demonstrated greater social activity. The study also revealed the importance of social support. Adolescents who received positive psychological support from family, school, and peers exhibited lower anxiety levels and improved self-esteem. This confirms the decisive role of the social environment in psychological stability. Overall, the findings indicate a strong and direct relationship between anxiety and self-esteem.

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Discussion

The research results are consistent with existing psychological theories, confirming that anxiety significantly influences personality development during adolescence. High levels of anxiety negatively affect cognitive processes, making it difficult to concentrate, realistically evaluate abilities, and make decisions. As a result, self-esteem becomes distorted, and adolescents tend to underestimate their capabilities. In such conditions, behaviors such as fear of failure, avoidance of social situations, and reluctance to engage in new activities become common, complicating social adaptation and slowing personal development. High anxiety also intensifies internal psychological conflicts and reduces emotional stability. Adolescents' psychological state depends not only on internal factors but also on external social environments. Family relationships, parental emotional support, school climate, and peer interactions play a crucial role in shaping self-esteem. Adolescents raised in supportive environments tend to have lower anxiety and more stable, adequate self-esteem. Therefore, strengthening psychological support systems and developing emotional stability during adolescence are of great importance.

Conclusion

In conclusion, anxiety during adolescence is a significant psychological factor that directly and substantially affects self-esteem. The study shows that high levels of anxiety reduce self-confidence, lead to misjudgment of one's abilities, and slow down personal development. This also negatively impacts social adaptation and complicates the formation of an active life position.

Thus, it is essential to regularly assess and identify adolescents' psychological conditions at an early stage. Creating a healthy psychological environment in schools and families, along with strengthening supportive attitudes toward adolescents, ensures emotional stability. Additionally, implementing psychological trainings, individual counseling, and group psychocorrectional



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activities helps in the proper development of self-esteem. It is also necessary to carry out systematic work aimed at developing emotional stability, increasing stress resistance, and forming a positive “Self-concept.” These measures contribute to healthy psychological development and help adolescents find their place in society.

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