The Constructed Self: The Costly Pursuit of Self-Esteem and Other's Regard

by

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(遠隔講義室 富士見坂校舎1F)

ABSTRACT: People use both intrapersonal and interpersonal strategies to construct a sense of self-worth. Intrapersonally, people attempt to succeed in areas where self-worth is contingent. Interpersonally, they attempt to demonstrate their positive qualities to others so others will have a positive image of them. I will present research suggesting that these strategies may lead to short-term boosts but have long-term costs, because they undermine fundamental human needs for growth and connection—needs that are more effectively met by focusing on giving to others, rather than constructing self-esteem.

PROFILE: Dr. Crocker is a Professor and Ohio Eminent Scholar in Social Psychology at the Department of Psychology, Ohio State University. She has served as President of the International Society for Self and Identity from 2006 to 2009 and as President of the Society for Personality and Social Psychology in 2010. She studies self-esteem, contingencies of self-worth, and the costs of pursuing self-esteem as a goal. Her recent work examines interpersonal goals, particularly self-image goals and compassionate goals, and their correlates, antecedents, and consequences for learning, self-regulation, relationships, and mental and physical health.

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