Can self-esteem be increased through journaling ?

"You are braver than you believe, stronger than you seem, and smarter than you think."
A.A. Milne, The House at Pooh Corner

A league table created for Report Card 19 that ranks countries based on children's mental health, physical health and skills.

Overall rank	Country	Mental health	Physical health	Skills
1	Netherlands	1	4	11
2	Denmark	3	3	8
3	France	11	2	9
4	Portugal	2	10	22
5	Ireland	24	11	1
6	Switzerland	13	7	6
7	Spain	4	25	16
8	Croatia	9	31	3
9	Italy	8	16	23
10	Sweden	14	13	14
11	Hungary	6	30	13
12	Austria	16	20	7
13	Slovenia	28	18	2
14	Japan	32	1	12

out of 36 countries

unicef.org

Japan ranked last among the six countries on "I have a personality that I am proud of", "I am needed by others", "I have something I can be absorbed in, such as study, work, hobbies, etc.", "What I do has a purpose and meaning", and "I have a goal and a direction for my life".
Furthermore, Japan scored the highest among the six countries on "I feel anxious and depressed in daily life" at 65.3%.

Q Do you agree with the following statements? (n = 1000 in each country)
Listed by the "Yes" response rate

[Unit: %]	I have a personality that I am proud of	I am needed by others	I enjoy my daily life	I feel anxious and depressed in daily life	I have something I can be absorbed in, such as study, work, hobbies, etc.	What I do has a purpose and meaning	I have a goal and a direction for my life	I have experience setting goals and accomplishing something
Japan	47.9 6th	52.7 6th	67.7 5th	65.3 1st	80.4 6th	63.5 6th	60.6 6th	75.2 5th
United States	74.0	67.7	69.0	58.0	81.5	70.0	75.2	76.8
United Kingdom	72.2	64.6	63.4	56.7	82.7	67.8	73.6	73.4
China	74.2	77.3 1st	79.5 1st	46.2	82.4	82.6 1st	81.3	78.1
Korea	68.9	73.7	76.1	49.0	83.9	79.9	74.5	84.5 1st
India	84.0 1st	59.6	78.4	35.1	88.8 1st	80.1	88.2 1st	79.2

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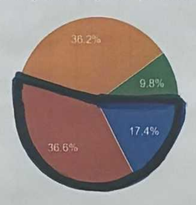
日本財団 THE NIPPON FOUNDATION

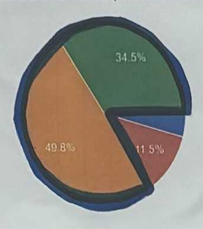
		1 STRONGLY AGREE	2 AGREE	3 DISAGREE	4 STRONGLY DISAGREE
1	I feel that I'm a person of worth, at least on an equal plane with others.	SA	A	D	SD
2	I feel that I have a number of good qualities.	SA	A	D	SD
3	All in all, I am inclined to feel that I am a failure.**	SA	A	D	SD
4	I am able to do things as well as most other people.	SA	A	D	SD
5	I feel I do not have much to be proud of.**	SA	A	D	SD
6	I take a positive attitude toward myself.	SA	A	D	SD
7	On the whole, I am satisfied with myself.	SA	A	D	SD
8	I wish I could have more respect for myself.**	SA	A	D	SD
9	I certainly feel useless at times.**	SA	A	D	SD
10	At times I think I am no good at all.**	SA	A	D	SD

Rosenberg self-esteem scale

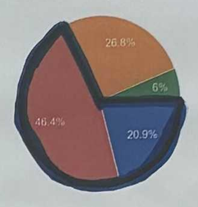
1. 自分で誇れる個性がある。
(1st survey) I have a personality I am proud of.



4. 日常生活で不安だと感じることや気持ちが落ち込むことがある。
(1st survey) I feel anxious and depressed in daily life.

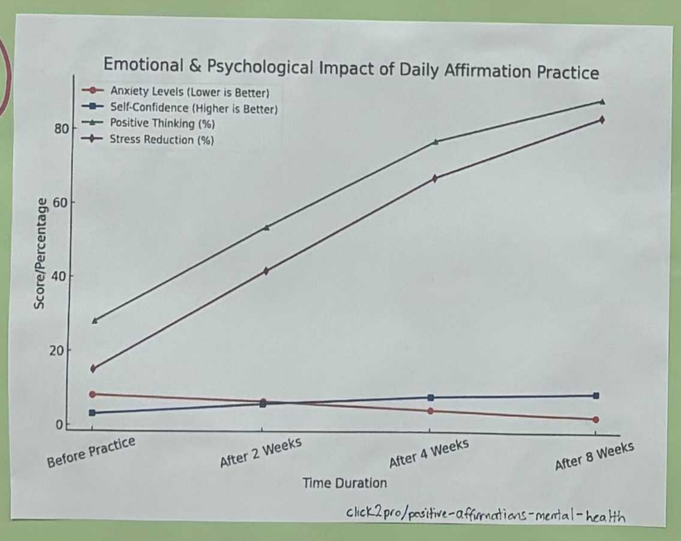


15. 自分は私以外の他の人々と同じくらい上手く物事をこなせる。
(1st survey) I am able to do things as well as most other people.



- まったくそう思わない — I strongly disagree.
- そう思わない — I disagree.
- そう思う — I agree.
- 強くそう思う — I strongly agree.

1st survey



Impact of Positive Affirmations on Mental Health (Based on Studies)

Study / Source	Participants	Duration	Mental Health Benefit	% Improvement
Social Cognitive & Affective Neuroscience	300 adults	6 weeks	Increased self-esteem & motivation	42%
Carnegie Mellon University	100 students	8 weeks	Reduced cortisol (stress hormone) levels	36%
APA Study on Stress Management	500 individuals	12 weeks	Improved emotional resilience	51%
Harvard Mindfulness & Positivity Research	200 employees	10 weeks	Enhanced focus & positivity	39%

click2pro/positive-affirmations-mental-health

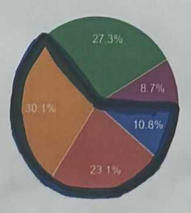
"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."
Helen Keller

2nd survey

1. この1か月間、どのくらいの頻度でポジティブ日記を書きましたか？
(2nd survey) How often did you write in your positive diary this month?

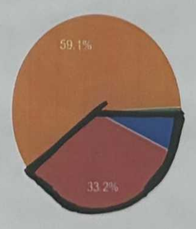
- A) 毎日 (* 2以外の質問へ) — Every day.
- B) ほぼ毎日 (* 2以外の質問へ) — Almost every day.
- C) 1週間に１回くらい (* 2以外の質問へ) — About once a week.
- D) １ヶ月間に2,3回だけ (* 3以外の質問へ) — Only a few times over the month.
- E) 書いていない (* 3以外の質問へ) — I didn't write in it.

5.
ポジティブ日記をつけることによって日常生活で...や物事をより多く見つけることができましたか？
(2nd survey) Did you notice more positive things about your daily life because of the diary?



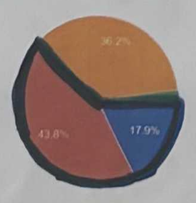
- A) たくさん見つけられた — Yes, many more.
- B) まあまあ見つけられた — Yes, I did.
- C) いくつか見つけられた — Yes, a few more.
- D) あまり見つけられなかった — No, not really.
- E) 全く見つけられなかった — No, not at all.

13. 日記を書くことで、自分自身についてさらに自信を持てるようになりましたか？
(2nd survey) Writing the diary has made me feel more confident in who I am.



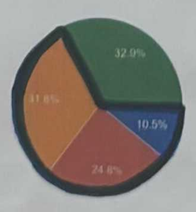
- A) すごく自信を持てるようになった — Yes, I feel much more confident.
- B) 少し自信を持てるようになった — Yes, I feel a little more confident.
- C) 変化はなかった — There has been no change.
- D) 以前より自信を持てなくなった — I feel less confident than before.

2. 他人から必要とされていると感じる。
(1st survey) I am needed by others.



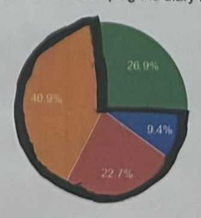
- まったくそう思わない — I strongly disagree.
- そう思わない — I disagree.
- そう思う — I agree.
- 強くそう思う — I strongly agree.

9.
日記を書いて、自分は社会から必要とされている...ある人間だと、より感じるようになりましたか？
(2nd survey) Since writing the diary, do you feel more needed or valued by others?



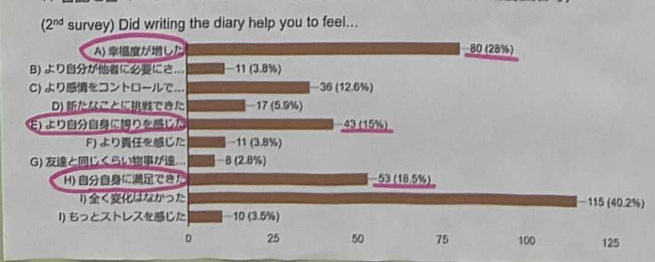
- A) はい、とてもそう思う — Yes, very much so.
- B) まあ、そう思う — Yes, somewhat.
- C) 少し、そう思う — Yes, a little.
- D) いいえ、そう思わない — No, not really.

16. 日記を書き続けたことで自尊心が向上したと思いますか？
(2nd survey) Do you feel that keeping the diary has helped improve your self-esteem?



- A) とてもそう感じる — Yes, very much.
- B) そう感じる — Yes, it has.
- C) 少しそう感じる — Yes, somewhat.
- D) そう感じない — No, it hasn't.

7. 日記を書くことで、あなたはどんな気持ちになりましたか？ （＊複数回答可）
(2nd survey) Did writing the diary help you to feel...



A) Happier.
B) More needed by others.
C) More mature.
D) More willing to try new challenges.
E) More proud of yourself.
F) More responsible.
G) More able to do things as well as others.
H) More satisfied with yourself.
I) There was no change.
J) I felt more stressed.

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