

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	2	8
3	France	11	3	9
4	Portugal	2	10	22
5	Ireland	24	11	1
6	Switzerland	13	7	6
7	Spain	4	5	15
8	Croatia	9	8	13
9	Italy	8	9	23
10	Sweden	18	13	14
11	Hungary	5	12	7
12	Austria	15	14	12
13	Slovenia	12	18	2
14	Japan	25	1	12

out of 38 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 proud of in such as study, work, hobbies, etc.", "I don't do have 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%.

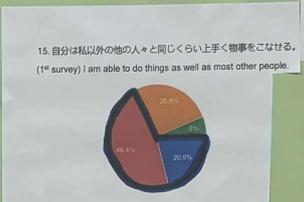
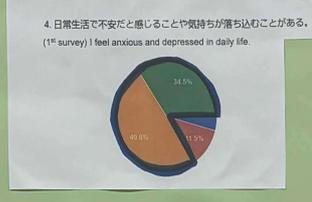
Q Do you agree with the following statements? (n = 1000 in each country)
Listed by the "Yes" response rate

Country	I have a personality that I am proud of	I am needed by others	I have something I can be proud of in such as study, work, hobbies, etc.	I don't do have a purpose and meaning	I have a goal and a direction for my life	I feel anxious and depressed in daily life
Japan	67.6%	11.7%	67.7%	65.3%	61.4%	65.3%
United States	74.0%	67.7%	69.0%	58.0%	63.3%	70.0%
United Kingdom	73.2%	64.8%	63.4%	56.7%	62.7%	67.8%
China	74.2%	77.3%	79.5%	48.3%	65.4%	62.6%
Korea	68.9%	73.7%	76.1%	69.0%	63.9%	70.9%
India	64.0%	69.6%	78.4%	58.1%	68.1%	68.2%

THE NIPPON LIFE FOUNDATION

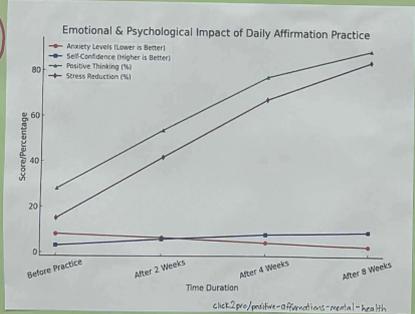
	1	2	3
	STRONGLY DISAGREE	DISAGREE	STRONGLY DISAGREE
1. I feel that in a person of worth, at least on an equal plane with others.	SA	A	D
2. I feel that I have a number of good qualities.	SA	A	D
3. All in all, I am inclined to feel that I am a failure.	SA	A	D
4. I am able to do things as well as most other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

Rosenberg Self-Esteem Scale



● 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.
● 全くそう思わない I strongly agree.

1st survey



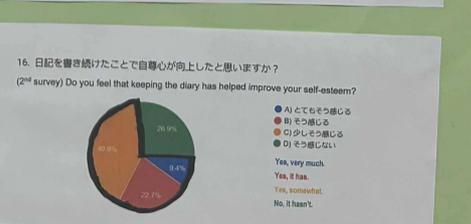
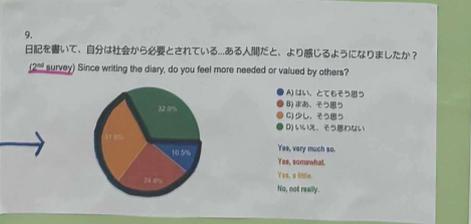
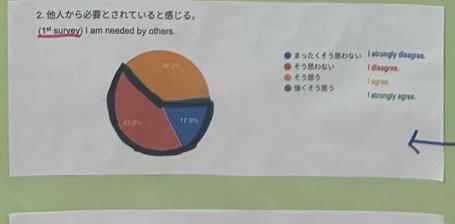
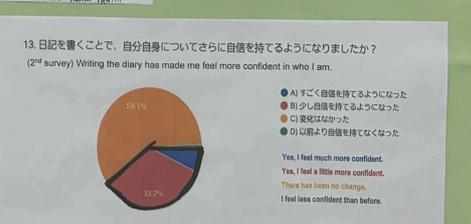
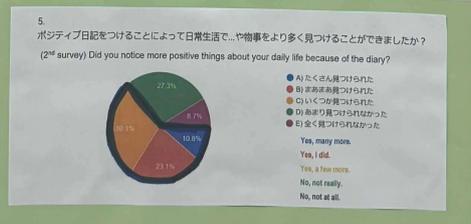
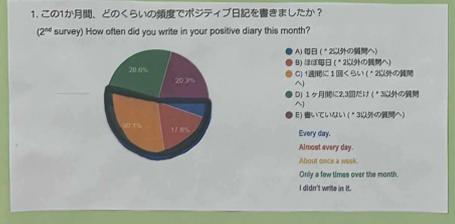
Impact of Positive Affirmations on Mental Health (Based on Studies)

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%

click 2/pro-positive-affirmations-mental-health

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

2nd survey



- Sources
- The House at Pooh Corner (1928) by A.A. Milne.
- Attitudes toward Society and Country April 1, 2022 THE NIPPON LIFE FOUNDATION
- Japanese youth's mental well-being a concern as many report low satisfaction levels
- Child Well-Being in an Inequitable World Innocent Report Card 19

- Boosting self-esteem and confidence
- The Impact of Positive Affirmations on the Self-Confidence Levels of Adolescents
- How is spontaneous self-affirmation linked to self-esteem? A cross-cultural examination
- Using the Rosenberg Self-Esteem Scale
- The Effects of Positive Affirmations: How They Impact Mental Health, Why Positive Affirmations Are More Than Just Words
- Affirmations – The Practice of Positive Thinking

