

Self-esteem in adolescents who have attempted suicide



Boughaba Naouel *

University August 20, 1955- Skikda– Laboratoire Pratiques

Psychologiques et Educatives (Algeria)

n.boughaba@univ-skikda.dz

Louchahi Frida

University August 20, 1955- Skikda (Algeria)

Email : faridalouchahi21@yahoo.fr

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Abstract:

This study aimed to know the level of self-esteem in adolescents attempting suicide, and to achieve the objectives of the study, the researcher relied on the clinical approach using her tools represented in the interview semi-directed and the Cooper Smith self-esteem scale, and it was applied to two cases living in Constantine between the ages of 17 and 19, at the Constantine University Hospital.

The study concluded that self-esteem appears at a low level in both teenage girls who attempt suicide, and based on the study results, the researcher presented some recommendations and suggestions

key words: Self-esteem; Adolescence; Suicide; Suicide attempt; adolescents who have attempted suicide;

1- Introduction - Problem:

The observer of human behavior examines the impact of environmental factors on individuals, particularly focusing on adolescents during this critical development phase. At this stage, adolescents require stability and security because of the physiological, psychological, and social changes they are experiencing, which may negatively affect the adolescent, as we may find that the adolescent suffers from not belonging to children or adults, which makes his intellectual and psychological state immature, as Granville Stanley Hall

* Corresponding Author

said "it is an intermediate stage between sexual maturity and adulthood"(Abu Gharbia, 2007,p112) .

The adolescent may be affected by the situation of some of his peers around him, so he needs guidance, care and nourishment with values, customs and laws. He may be exposed to many problems and crises that are natural for his growth, especially since this stage is one of the stages of growth in which the features of his personality solidify and the final image is formed, which may make the adolescent enter into heterogeneous relationships or relational situations, as Marcieli says, "The adolescent's personality cannot be predicted in what his behavior will be in a given situation." (D.Marcelli .A. Braconnier ,1998,p8)

This stage is characterized by the reemergence of the Oedipal conflict, as well as impersonations and the organization of sexual identity, as Freud sees that it is the reproductive stage that organizes the libidinal psychological charges to the reproductive function in the form of preliminary or auxiliary actions, and also the lust is concentrated in the reproductive organs and sexual maturity occurs, as well as the sexual orientation towards the opposite sex. (Zahran, 1995)

Adolescence is a challenging phase in an individual's development, marked by rapid growth and significant changes. During this time, many adolescents encounter difficulties that hinder their ability to adapt, making them susceptible to serious psychological and social issues. These challenges can sometimes escalate to the point of suicidal thoughts or even attempts, recent global studies indicate that, according to the World Health Organization, there is an estimated suicide occurring every 40 seconds, and it is no longer just a phenomenon that affects Western countries only, but has turned into a serious issue that also impacts Arab and Algerian communities, and has become known as the phenomenon of the era. Which has drawn the attention of many specialists in sociology, psychology and psychiatry. However, this act sometimes ends in failure to kill oneself and is then considered a "suicide attempt" which in turn assumes the function of a call to attract the attention of the surroundings due to circumstances, especially social ones, according to the theory of Durkheim who wrote a whole book in 1897 titled "suicide", which considers the suicide rate as a general indicator in assessing the awareness of a society.

Suicide is the intentional act of ending one's own life, which can stem from either negative or positive experiences. The individual acknowledges the inevitability of their decision to seek finishing his life. Freud, the founder of psychoanalysis, sought to explain suicidal behavior through the complexities of psychological life. He viewed suicide as stemming from internal, subjective motives that fail to express themselves, resulting in a self-destructive impulse aimed at annihilating the self. Importantly, this act does not always lead to death; thus, the discussion extends beyond suicide itself to encompass suicidal individuals and their tendencies. Such behavior can serve as a warning to those around the person or to individuals who have attempted suicide. Additionally, it may represent an escape from situations that the individual feels unable to confront or adapt to. Ultimately, regardless of the circumstances, the outcome remains the same: self-harm.

According to statistics in Algeria, the rate of suicide attempts among women is higher than among men. This can be attributed to the fact that the space of freedom allowed for women in Algeria is much smaller than that allowed for men, and what complicates the issue even more if this woman or teenager commits any mistake, especially in our conservative society.

All of these things may affect the teenager and cause her to enter into psychological disorders, as attempting suicide or failing to commit suicide may lead to psychological problems, including those related to personality, specifically self-esteem, which is defined as "the evaluation that expresses the respect that an individual has for himself and which he maintains in a normal way because it expresses an acceptable or unacceptable attitude towards the self." Carl Rogers also considered "Self-esteem is an essential psychological need, serving as the foundation for feelings of recognition, respect, empathy, warmth, and love. It develops through positive interactions with others, as feelings of competence and self-worth are reinforced by external validation and encouragement." Self-esteem also means that when a person looks at himself, does he see himself in a good or bad way. So, what is the self-esteem level of a teenager who has attempted suicide?

2- Study objectives:

The objectives of the study can be outlined as follows:

- To determine the level of self-esteem in a teenage girl who has attempted suicide.
- To examine the relationship between attempted suicide and self-esteem levels in a teenage girl.
- To identify the various dimensions of self-esteem in a teenage girl who has attempted suicide.
- To investigate the negative psychological and social consequences of suicide attempts in a teenage girl.

3- The importance of the study:

This topic is considered one of the important and very important topics that has received great attention from many researchers from a psychological and social perspective.

- 1-The importance of our study lies in shedding light on the category of teenage girls who attempt suicide.
- 2-Addressing the determination of self-esteem for these teenage girls.
- 3-Highlighting the extent of the impact of suicide attempts on teenage girls' behaviors and their psychology.
- 4-Attempting to help and care for this category of teenagers to avoid re-attempting suicide.
- 5-Access to means and tools that ensure our ability to help these teenage girls.

This study offers a scientific framework for healthcare providers to design programs and strategies that facilitate the improvement of patients' self-development.

It can also be useful in many parties, the most important of which are:

- * Those interested with scientific research and graduate studies like students.
- * Those working in the psychological and counseling field.

4-Procedural control of terms:

- **Self-esteem:** it is a self-assessment and evaluation that the adolescent makes about themselves, and works to maintain it, and encompasses his self-perception, including both positive and negative attitudes, along with his level of self-acceptance, self-respect, and self-confidence. Self-esteem is expressed in our study by a set of ideas and perceptions that the individual carries about himself, which we will assess based on the degrees to which the individuals in the study sample obtained on the Coopersmith Self-Esteem Inventory.

-Adolescence: is a group of girls between the ages of 15-19 years, who attempted suicide, and are present at the University Hospital of Constantine.

Suicide: is ending one's life voluntarily as a reaction to life situations that cause stress with the intention of death.

-Suicide attempt: is a failed attempt to end life that may be voluntary but failed, and the failure may be intentional for the purpose of attracting attention or threatening.

5-Previous Studies:

-Mohammed Dhaidan Dhaidan's study,(2003) entitled:" Self-esteem and its relationship to aggressive behavior among middle school students in Riyadh"

The study aimed to determine the relationship between self-esteem and its three dimensions (family, school, peer) and the dimensions of aggressive behavior among middle school students. It also aimed to know which of the previous types of self-esteem is a greater indicator of aggressive behavior. The study also sought to identify the differences between self-esteem and aggressive behavior according to the student's estimation in the past knowledge and the educational level of the father, the educational level of the mother and the father's job. The study sample consisted of 511 students from the third grade of middle school, aged between 12-19 years. The researcher relied in this study on two main tools that are Bruce R. Hare Self-Esteem Scale (1985) and the Aggressive Behavior Scale prepared by Moataz Abdullah and Sayed Abu Aba (1995). The research yielded the following findings:

- There is a statistically significant negative correlation at the level (0.01) between the levels of self-esteem (family self-esteem, school self-esteem, peer self-esteem) and aggressive behavior among middle school students.
- The results concluded that family self-esteem and school self-esteem are predictors of aggressive behavior, and the results indicated that family self-esteem is considered more contributory to predicting aggressive behavior than school self-esteem.
- There are statistically significant differences between the levels of self-esteem (high, medium, low) and aggressive behavior among middle school students in favor of low self-esteem and medium self-esteem.

- There are no statistically significant differences between self-esteem and the father's job on the one hand, and aggressive behavior on the other hand among middle school students in Riyadh.

- There are no statistically significant differences between self-esteem and the educational level of the father on the one hand, and aggressive behavior on the other hand among middle school students in the city of Riyadh.

-Study of Amzian Zubaida (2007): entitled "The relationship between self-esteem of adolescent and their problems and guidance needs

-Comparative study in light of the gender variable-

The study aimed to determine the relationship between self-esteem and the problems faced by adolescents of both genders.

To determine whether a relationship exists between self-esteem and guidance needs among adolescents, considering the gender variable.

To determine if there are contrasts in issues and guidance needs between individuals with low self-esteem and those with high self-esteem, considering the gender variable.

To determine whether there is a distinction between males and females in how they organize problem statements and guidance needs based on their level of self-esteem.

The study sample consisted of 200 students, equal between males and females, and the researcher relied in this study on the following tools:

Psychological Problems Questionnaire developed by the researcher, along with the Guidance Needs Questionnaire also created by the same researcher, and the short version of Coopersmith Self-Esteem Inventory.

The study's results include:

-There is an inverse correlation between self-esteem and security and independence problems among males.

-There is a positive correlation between self-esteem and all problems.

-There is no statistically significant correlation between self-esteem and guidance needs for male adolescents, unlike female adolescents, where the relationship was statistically significant.

-There are differences between those with low and high self-esteem among males in the problems of security, independence, achievement and guidance needs, while the differences in problems for those with low and high self-esteem were significant in all problems among female adolescents.

-Alice S.G.'s study (1999) entitled: "The concept of self-esteem among adolescents"

The study aimed to investigate the methods of self-esteem among adolescents, and to know the extent to which their opinions agree or conflict with the current theories of psychologists in self-esteem.

The researcher utilized the interview method for the study, securing parental consent for the students' involvement in a 30-minute interview, each student has the right to withdraw at any time.

The study sample consisted of 24 students between the ages of 14-15 years, they were chosen equally from two secondary schools in the Waikato province in New Zealand, in order to know their concept about self-esteem, the study arrived at the following findings:

- *- 16 students suggested that an individual's behavior at school is related to his self-esteem, and 8 students suggested that obtaining high grades or success in school gives the individual high self-esteem.

- *- Most students acknowledged that family and friends significantly impact an individual's self-esteem. This influence largely hinges on how these individuals interact with the student and their perceptions of him. Additionally, 18 students noted that belittling or insulting a student negatively affects self-esteem, while praise, compliments, and support contribute positively to it.

- *- 12 students also suggested that self-esteem does not depend on the opinion of others towards the individual, but depends on whether the individual will accept this opinion or reject it.

- *- Five students believe that self-esteem depends on the internal factors of the individual, so self-esteem is considered far from any social factors and therefore the student is the one who determines his fate, while 2 students suggested that self-esteem differs according to the individual's will, and three others believe that self-esteem is related to comparison with others. The study proved that self-esteem depends on external factors and not internal ones. These factors include academic achievements, praise and compliments, and helping others according to the majority, while the minority believes that self-esteem is something that fluctuates and changes according to the individual's will and the daily events he is exposed to.

6-Methodological procedures of the study:

6-1- The method used:

In this study, the clinical method was relied on as it deals with individual cases in a special scientific way, trying to reveal the individual's being and the way he feels and the behaviors he performs in a certain situation. According to the two scientists J. Delay and P. Pichot, the clinical method is devoid of all laws as in intelligence tests, as it allows for giving special marks, which in turn requires setting questions that require investigation in an individual way. This method also depends in building the diagnosis on rules resulting from the examiner's observations (J. Delay et P. Pichot, 1969, p10).

Psychologist D. Lagache defines clinical method as: "the method that studies behavior in an objective way to try to reveal the individual's being and the way he feels and the behaviors he performs in a certain situation, while searching for a structure, meaning and significance for this behavior and revealing the conflicts that drive it and ways to get rid of it. (M. Reuchlim, 1979, p106)

6-2-Semi-directed interview:

The psychologist Alan O. Ross defines the interview as "a dynamic relationship and verbal exchange between two or more people" and the interview has a prominent role in collecting information and data to provide the researcher and to understand the case or problem that he is studying or diagnosing, and its importance also emerges in the process of allowing freedom of expression of opinions, ideas and information (Malhem,2010,p56)

It is important to mention that we employed a specific type of interview for this research: the semi-structured interview. This format is designed to steer the conversation toward the research objectives while maintaining a clear focus and allowing for flexibility in responses. It enables participants to express themselves freely while the researcher poses controlled questions, ensuring the dialogue remains relevant and insightful. This approach helps us gather useful information without veering off into less beneficial topics, thereby directing the conversation toward areas that directly enhance the study.

6-3- Coopersmith Self-Esteem Inventory (CSEI)

Definition: It is a widely used tool in the field of clinical research and in the field of practice, as it is characterized by the basic psychometric characteristics of a good scale, such as validity, reliability, and the ability to discriminate, so that the main goal of creating this scale is to measure

the evaluative tendency of the self, and this is what Smith's studies and other foreign and Arab studies have proven, as it is an American scale designed by researcher Cooper Smith in 1967 to measure the tendency towards the self in the social, academic, family, and personal fields.

Self-esteem is the assessment that an individual issue about himself and is through responses of acceptance or rejection, it represents the extent of the individual's belief about the validity and effectiveness of himself. It is therefore a personal judgment expressed by his attitude towards himself (successful, unsuccessful, important, useful, etc.) This scale consists of two forms (A) and (B), the first form is long and the second form is short. Cooper Smith stated that short forms can be used in research conducted on self-esteem to save time, effort and money. This scale is used collectively or individually with individuals aged 16 years and above and consists of 25 phrases, some of which are positive and some of which are negative. The person to whom the scale is applied is asked to put an (X) mark inside the box containing the two words (applies or does not apply). The scale can also be applied orally, i.e. it is read to the person, but without any inquiries. The phrase self-evaluation must be avoided, as all the results will change if this happens. There are also no wrong and correct answers, but rather the correct answers are those in which the person expresses his true feelings by answering the phrases in the scale. The scale contains four sub-scales:

Subscales	Phrase Numbers	Raw scores
Public self	1.3.7.10.12.13.15.18.19.24.25	12
Social Self	5.8.14.21	04
Home and parents	6.9.11.16.20.22	06
The job	2.7.23	03

The scale integrates both negative and positive statements, which are:

Negative Expressions	2	3	6	7	10	12	13	15	16	17	18	21	22	23	24	25
Positive expressions	1	4	5	8	9	11	14	19	20							

The scales can be applied individually or collectively, and the examiner must use a word that avoids bias response, and the examinees must not be encouraged to ask questions when the answer begins, and if it is necessary to clarify the meanings of words, this must be done with extreme caution, so as not to affect the examinees' responses, so the

Subscales	The degree obtained	Percentage
General self	03	12%
Social Self	01	04%
Home and parents	01	04%
The work	03	12%
The total	80	32%

Table No (1) shows the results of the self-esteem scale

Comment: The results indicate that Sonia scored 3 points on the general self-scale, representing 12%, and received 1 point on the social self-scale, equivalent to 4%. Additionally, she earned 1 point on the home and parents scale, also 4%. In the work-related sub-scale, she achieved 3 points, again 12%. Altogether, Sonia's scores amount to 8 points, which is 32%, indicating that her overall self-esteem level is considered weak.

Observation when taking the test:

At the beginning of the test, we noticed that Sonia was carefully reading and understanding the phrases. She was also sometimes hesitant to answer some phrases and was very slow in answering. The test alone lasted 20 minutes.

***Result:**

The case received an overall score of 32 points, reflecting the combined totals of the four sub-scales that constitute the scale.

She received a score of three (03) points out of a possible 12 statements, which amounts to 12% of the total for that sub-scale. This indicates that her general self-esteem is low based on the result obtained.

Regarding the sub-scale that measures the social self, she scored 1 out of 4, which translates to 25% of the total. It is important to note that the point she earned came from a negative statement; specifically, statement number 21, which states, "Most people are more beloved than me." This suggests that her social self-perception is quite low, as evidenced by her responses to statements 5, 8, 14, and 21. Overall, we can conclude that Sonia struggles with low social self-esteem.

The scores from the sub-scale concerning home and parents were notably low, with the subject earning just one point out of a possible six. Out of the six statements, three were positive and three were negative. Particularly noteworthy is that the subject scored on the negative

statement number 16, which states, "I would very much like to leave home," indicating she is experiencing psychological stress due to family issues.

In contrast, the subject scored a perfect three points out of three statements in the work-related sub-scale, yielding a 100% score. This sub-scale included negative statements numbered 2, 17, and 23. This score represents the only sub-scale where she achieved a high percentage, suggesting that she has a strong self-assessment of her work performance. This may be attributed to her ability to set aside her personal challenges at school.

General analysis of the case:

Through the results of the scale and the interviews with the client, it became clear to us that her situation had an impact on her psyche through life and the difficulties she faced, as the self-esteem was low in terms of the scale result estimated at 32. It was also clear from Sonia's speech, where she expressed her rejection of herself and her lack of acceptance of herself, saying, "I am not good and not satisfied with this life of mine," due to the problems in her family and her relationship with her parents. We noticed this in her gestures during the course of the interview, in addition to her direct statements that she made in many situations, including "I am responsible for that," "I don't have any value in my family," "The world is dark in my eyes," "I became hate the world and everything in it," which made Sonia show a low self-esteem, as Nathaniel Branden (1993) says: "Self-esteem is our self-reputation in front of ourselves," and he also says: "Self-worth is the positive or negative orientation towards the self."

Sonia, despite her activities, through her work and study, realizes that she lives or walks she suffers from family rejection, as this feeling has created a narcissistic wound for her, as the woman always wants to be physically complete (outwardly and inwardly), and this is what made her live a kind of frustration, which is confirmed by what Bela Grunberger consider that a narcissistic wound is the result of a feeling of powerlessness. As for Virel, he says: "It is a blow carried by self-esteem, as the one who rejects his physical image does not give any importance to himself, i.e. he has no value for him, and he lives it with pain." This appeared through her saying: "I used to see myself as complete, but I realized that I wish if I could see myself as lacking something, not like

other girls." Her responses in the sub-scale representing the social self were also shown: She obtained one point (01) out of four (04), which is equivalent to 25% of the sub-scale, as H.Ey (1978) sees: "The feeling of deficiency is an unconscious emotion represented by the haste to diminish the components of the self, fear of the judgments of others, and seeking people's appreciation. It stems especially from the loss of value among people or the individual's extreme concern to please them". This is due to her dissatisfaction with her life and her failure to achieve her desires. Dissatisfaction with herself made her feel deficient, as the Dictionary of Psychology and Psychoanalysis consider that it is a set of complex feelings and emotions that oblige the individual who feels a general deficiency in his personality. (group of authors, 1990, p. 453), All of this led to the emergence of anxiety as an internal conflict through her inability to adapt to this life and its choices. According to Freud's definition, the desire for introversion on the one hand and the desire to attract the attention of others on the other hand leads to a feeling of anxiety, and this is what appeared in Sonia's case.

***- General conclusion of the case Sonia**

Through our study of the case, we conclude from the results obtained through the application of the Coopersmith Self-Esteem Inventory that the case obtained a total score of 32 points, which indicated that the case shows a low level of self-esteem because the result is limited between the range of 20-40, which confirmed this according to the method of correcting the scale, although the case obtained a very positive result regarding the sub-scale related to the level of self-performance esteem at work, the rest of the other sub-scales related to general self-esteem, as well as self-esteem, social esteem, and the sub-scale related to home and parents, which were all characterized by low levels. The interview results corroborated the findings mentioned earlier. During the interview, it became clear that the case expressed feelings of self-rejection and a lack of self-acceptance. This is particularly evident given the tense and troubled relationship with her parents, which has been exacerbated by her deviant behaviors, which appeared on her during the course of the interview, in addition to her direct statements that she made in many situations, including her saying, "I feel my soul is dirty because I made lot of bad things, but what should I do?", Which made the case appear low in self-esteem. Branden says:

"Self-esteem is our reputation in front of ourselves " he also adds:" Self-worth is the positive or negative attitude towards the self". In the end, we can say that the suicide attempt affected self-esteem by distancing it and contributed to its appearance being low and also led to feelings of deficiency.

7-2-Second case:

Name: Salma Age: 17 years Gender: Female
 Educational level: Fourth middle Educational performance: Average
 Parents: Divorced Mother's job: Cleaner Age: 51 years
 Number of siblings: 2 Rank: Last Family's economic level: Poor

*-Case description

A teenage girl with an average appearance, her moods fluctuate often. She takes care to dress neatly and present herself well, though she tends to overuse makeup. She shows a lack of interest in others and feels uncertain about her body and her thoughts. When she speaks, her emotions can swing rapidly between laughter and tears.

*- Outcomes of the examination conducted on case 02: Salma

Subscales	The degree obtained	Percentage
General self	03	12%
Social Self	01	04%
Home and parents	02	08%
Work	01	04%
Total	80	28%

Table No. (2) shows the results of the self-esteem scale for case 2

Comment: The results indicate that Salma scored 3 on the general self-scale, representing 12%, and 1 point on the social self-scale, accounting for 4%. In the home and parents scale, she achieved a score of 2, equivalent to 8%. Finally, in the work-related sub-scale, Salma received a score of 1, which corresponds to 4%. Overall, her scores total 7, resulting in a self-esteem percentage of 28%. This suggests that Salma's level of self-esteem is low.

***Observation during the test:** it was observed that Salma responded to the questions in a distracted and hesitant manner. This behavior suggests that she is influenced by pervasive negative thoughts and a skewed mental outlook. She appears to feel disempowered, lacks

interest in herself, and has a distorted perception of her own qualities and abilities, as she seems to have no personal interests.

***Result:**

The test results for Salma were quite poor, as she scored only 7 out of 25 points. The overall score of 28 placed her in the range of [20 - 40], indicating a low performance according to the standards set by Cooper Smith.

In the general self-subscale, Salma received 3 points out of a possible 12 statements, translating to 25%. While this score is low for the subscale, it averages out to 12% of the total scale, which is moderate.

Regarding the social self-subscale, which consists of four statements numbered "5," "8," "14," and "21," Salma earned just 1 point out of 4, resulting in a 25% score for this section. This equates to an even lower 4% contribution to the overall score, highlighting significant issues in her social relationships, particularly with important individuals, thus lowering her social self-esteem.

In the family relationship sub-scale, Salma scored 2 points out of 6 statements, equating to 33.33% for that sub-scale and 8% of the overall scale. This result is considered very low given the significance of this area, suggesting a problematic relationship with her family members, especially with her father who is absent from her life.

For the work relationship subscale, which includes three statements ("2," "17," and "23"), Salma scored 1 point out of 3, achieving 33.33% for this aspect and contributing 4% to the total score. This indicates her weak self-assessment of her performance in the workplace.

In summary, the findings from Salma's four sub-scales show an overall score of 7 points out of 28, placing her in the low self-esteem category within the range of [20 - 40].

- General analysis of the case:

By connecting the interviews with the test results, we discovered that Salma's circumstances significantly affected her mental state. Her speech revealed signs of nervousness and agitation, and there was a noticeable impulsiveness in her responses to the test. The results indicated low self-esteem, as she perceives herself as unworthy of life and feels that everyone has betrayed her, as she said, "I am a troublemaker, anyone deceive me easily." This indicates her low level of general self-esteem, as she scored only 5 points out of 12 statements,

which is notably low when compared to the total number of statements, and this is what Nathaniel Branden (1994) mentioned in his book titled "The Six Pillars of Self-Esteem", he says: "It is impossible to feel self-esteem without accepting oneself."

It was observed that Salma had a limited level of work experience and faced various challenges in her tasks. During the interview, she mentioned that she had dropped out of school in middle school to help her mother by working as a cleaner in a restaurant. The test results corroborated this, as she scored only one point out of three statements, indicating a low percentage and reflecting a subpar evaluation of her work performance, as Gilmore says: "The most prominent characteristic that distinguishes a highly productive individual from others is self-esteem." , when examining Salma's social self-esteem, which encompasses her family dynamics and connections with significant individuals in her life, we observe a decline characterized by negativity, particularly regarding her paternal relationships. This deterioration stems from the disintegration of the family unit and her father's neglect of his responsibilities towards her. Additionally, she has experienced tension in her relationships with her male siblings as she matured, she said: "When I was young, I had two brothers who loved me and brought me what I wanted," indicating that the relationship did not remain as it was in the past, in addition to the confinement of her external relationships to one friend because the others deceived her, Salma through what she experienced, pushed her to enter into relationships in order to alleviate the severity of frustrations, the first of which was the unwanted separation from her father, as it became clear that her personality is dependent by resorting to forming a relationship with a friend after the tension in her relationship with her brothers, whom she considered as an alternative subject to the missing subject and to compensate for the absence of the father. This latter, after his separation from her, gave birth to negative ideas that indicate low social esteem, and this was confirmed by the test results obtained in the sub-scale. The social self-esteem scale consists of 4 statements, in which she received one point. Branden says in this context: "The sounder and better our self-esteem is, the stronger our desire to treat others with respect, generosity, kindness, justice and fairness." We also observe several negative remarks from Salma that frequently suggest her

struggle with self-acceptance and her sense of unworthiness regarding life and happiness. This was revealed by her: "I wanted to die and that's it" and "At that time, the world was dark in my eyes." Maltz says: "A person cannot achieve true success or achieve individual happiness until he gains a degree of self-acceptance." We can see that Salma's upbringing was marked by instability and challenging circumstances. Her early experiences, such as her parents' divorce and the frequent relocations due to various issues, contributed to her struggles. Additionally, the numerous disappointments she faced when her dreams went unfulfilled led to feelings of inferiority and inadequacy, which according to Adler is considered "the feeling of inferiority is a set of positions, representations and actions that are expressions that suppress the feeling of inferiority and reactions of anxiety" (Laplanche, Pontalis, 1985, p. 79). Additionally, Salma exhibits signs of emotional disturbances, which according to C. Rogers "emotional disturbances occur in the individual when he is unable to reconcile his current experiences with his concept of himself or his idea of himself, and with the information or data that comes to him from the outside world or from within his skin, then he suffers from pain, guilt, anxiety" (Abdul Rahman Al-Aissawi, 1993, p 32). H. Rene believes that what feeds anxiety is the unknown thing about the future (H. René, 1968, p 362) This was clearly reflected in Salma's remarks., "How will I continue my life?"

Based on the interview conducted with the individual and the observations noted during that session, along with the findings from the Coopersmith Self-Esteem Inventory, we were able to identify several of her characteristics. She presented as typically acceptable, though she often exhibited a frowning expression and minimal smile throughout our conversation. It's worth mentioning that a decline in her work performance, as well as in other activities, was evident. This was apparent from her responses during the interview, such as her saying: "I was locked out of that shop, I hated myself in it" and her view of her way of life: "I was sick when I was young and circumstances did not allow me to complete my studies." The results from the work sub-scale also supported this finding, as she received only one point. This could suggest that she experiences a low level of self-efficacy. This is in contrast to what Gilmore said: "The most prominent characteristic that

distinguishes the highly productive individual from others is self-esteem" (Ranjit & Robert, 2005, P2). Branden says: "Living with purpose requires that you care about defining the important and required actions to achieve your goals." In terms of social self-esteem, we identified several indicators that suggest negative and declining relationships between the case and her family, as well as with significant people in her life. This conclusion was drawn from her statements such as, "My mother used to care for me a lot, but now she's changed," and "I study and come home, where my mother provides everything for me, my brothers used to love me, but it's not the same with me now." These remarks highlight the negative aspects of her relationships, corroborated by the test results. Notably, she achieved a score of one out of six on the sub-scale evaluating home and family dynamics, and one out of four on the sub-scale assessing social self-esteem. These low scores indicate a possible concern with her social self-esteem. Branden says, "The healthier our self-esteem, the stronger our desire to treat others with respect, generosity, kindness, fairness, and justice."

8-Conclusion:

The present study sought to assess the self-esteem levels of adolescents who have attempted suicide, recognizing that adolescence is a particularly vulnerable period marked by various pressures, including social, familial, academic, and occupational stressors. Additionally, the study aimed to explore the relationship between suicide attempts and self-esteem in this demographic.

The results indicate that both cases examined exhibit a general lack of self-esteem. Notably, the most significant decline was observed in the social dimension, followed closely by issues related to family dynamics, which stem from the psychological pressures faced by family members. These factors may contribute to the adolescent's decision to attempt suicide.

It is important to note that the results are specific to the two cases studied and should not be generalized, as there is no uniform pattern of personality among adolescents who have attempted suicide. This area of research remains open for further exploration from different perspectives.

9-Recommendations:

- Parents play a crucial role in safeguarding their adolescent children's mental health, particularly during the crucial stages of childhood and adolescence.
- Establishing support and listening centers that specifically address adolescent issues is essential; these centers should offer psychological assistance to those with suicidal tendencies, including those who have attempted suicide.
- It is vital to educate families, especially parents, about the seriousness of this issue and to highlight the contributing factors that could lead their children to consider suicide, thereby helping to prevent such risks.
- A dedicated team should be assembled to provide comprehensive psychological, medical, and social support for individuals who have attempted suicide.
- Finally, it is important to note that the phenomenon of suicide attempts is still largely under-researched, with few scientific studies available relative to the increasing risk of both attempts and successful suicides.
- Ultimately, we can conclude that suicide attempts negatively impact self-esteem, significantly contributing to its decline.

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