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On the nature and origin of self-esteem

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Propositions (Stellingen behorend bij het proefschrift)

On the nature and origin of self-esteem:

A complex dynamic systems perspective of nested self-esteem phenomena

Naomi de Ruiter

1. When the aim is to understand the ontology of self-esteem as an individual process, the individual – as opposed to the population – should be the unit of analysis (this dissertation)
2. The emotional and behavioral components of self-esteem should not be ignored in empirical research (this dissertation)
3. Self-esteem is a contextualized process of emergence (this dissertation)
4. There is a bi-directional and continuous relationship between emotional, cognitive, and behavioral self-experiences on the one hand and trait self-esteem on the other (this dissertation)
5. The nature of self-esteem measurements should be adjusted for the time-scale across which change occurs (this dissertation)
6. State self-esteem is not a passive reaction to the immediate context, but an iterative process with intrinsic dynamics (this dissertation)
7. Trait self-esteem is not a static baseline level, but a multi-stable emergent structure that is dynamic (this dissertation)
8. The idiosyncratic history of trait self-esteem development constrains the degrees of freedom of current and future state self-esteem iterations (this dissertation)
9. The amount of influence that parents have on moment-to-moment changes in adolescents' state self-esteem levels depends on the strength of adolescents' trait self-esteem attractors (this dissertation)
10. A distinction in the temporal nature of state versus trait self-esteem results in two separate conceptualizations of the relationship between implicit and explicit self-esteem (this dissertation)
11. The process of conducting research is like the process of improvisational theatre. Rather than relying on a long-term plan for a specific outcome, the most interesting outcomes come about by making a succession of decisions based on what has just been discovered
12. The measure of greatness in a scientific idea is the extent to which it stimulates thought and opens up new lines of research (Paul Dirac)
13. Life is either a daring adventure, or nothing (Helen Keller)
14. Say yes and you'll figure it out afterwards (Tina Fey)

