

Chapter 6

INVESTIGATION OF THE RELATIONSHIP BETWEEN METACOGNITIVE AWARENESS LEVEL AND SELF-ESTEEM OF 6-7-8th GRADE STUDENTS¹

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INTRODUCTION

Adolescence is a period of life that lies between childhood and adulthood. Being neither a child nor an adult, thus somewhere in between, brings about conflicts regarding self-identity and self-esteem (Steinberg, 2013). The rapid changes during the adolescence period coupled with society's pressure force an adolescent to bring together a range of new identifications with the ones brought from childhood in a completed identity (Miller, 2008). Physical development during adolescence is a special period in terms of self-psychology and development, as well as the development of personality, moral values, and gender roles. Implementation of these developmental tasks makes an adolescent define and identify himself as an individual and helps him to develop a defined and predicted "self" in which self-concept and self-respect would be flourished (Adams, 1995).

The self-concept is the perception and evaluation of oneself, namely one's opinions about himself. The self-concept is the basis of self-respect, and self-respect refers to what the person feels about himself (Dolgin, 2014). An adolescent's self-concept affects the present and future responses, and its roots are in the past and come into existence as a result of individuals' different experiences (Onur, 1987). Self-perception consists of beliefs related to the different aspects of self such as social skills, intelligence, and morality, and these perceptions about self could show changes. From middle childhood to adolescence, the individual differences related to self-respect become more permanent. In addition, there is a positive relationship between self-respect and evaluation of different activities and success in these activities, and these relationships become stronger with aging. For example, academic self-respect predicts the children's and adolescent's high cognitive skills (Berk, 2013). According to Coopersmith (1967), self-respect affects individuals' social, emotional, cognitive, and academic lives.

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Also, support for the development of personality from early ages is very important. Parents and teachers should be given guidance in this respect. It is very important that the adolescents and their parents should be informed about the developmental changes during this period, so they can adjust easily. It is also significant that adolescents should be supported to raise awareness regarding the realistic body image for self-esteem.

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