

Self-Esteem among University Students: Comparative Study of Japan and America

Hello, my name is Michelle Lupisan. I am a Japanese major at California State University, Monterey Bay, currently working on my graduation thesis. Please take some time to fill out these survey questions about "self-esteem". Thank you for your cooperation.

* Required

I. Background Information

1. **1. Gender ***

Mark only one oval.

- Male
 Female

2. **2. School Year ***

Mark only one oval.

- First Year
 Second Year
 Third Year
 Fourth Year
 Other:

3. **3. Nationality ***

Mark only one oval.

- Japanese
 American
 Other:

4. 4. Race/Ethnicity (Check all that apply) *

Check all that apply.

- White
- Black or African
- Asian
- Hawaiian/Pacific Islander
- American Indian/Alaskan Native
- Other:

II. Self-Evaluation

Please answer the following questions in regards to your self-esteem. "Self-esteem" is defined as a person's overall emotional evaluation of his or her own worth.

5. 5. Please use the following scale to rate your self-esteem: *

Mark only one oval.

	1	2	3	4	5	
Very Low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very High

6. 6a. I have high self-esteem, but I sometimes act modest around others. *

If False, please skip to Question 7a.

Mark only one oval.

- True
- False

7. **6b. If true, please specify (check all that apply):**

I act modest around...

Check all that apply.

- Family
- Close Friends
- Acquaintances
- Strangers
- Teachers I know
- Teachers I don't know
- Employers
- Other:

8. **6c. Please specify your reason**

(e.g. Overconfidence is often viewed negatively by others, etc.)

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9. **7a. I have low self-esteem, but I sometimes act confident around others. ***

If False, please skip to Question 8.

Mark only one oval.

- True
- False

10. **7b. If true, please specify (check all that apply):**

I act confident around...

Check all that apply.

- Family
- Close Friends
- Acquaintances
- Strangers
- Teachers I know
- Teachers I don't know
- Employers
- Other:

11. **7c. Please specify your reason**

(e.g. Confident people are admirable, etc.)

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12. **8. How do you feel about the following statements about the classroom setting? ***

Mark only one oval per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel shy to speak in class or raise my hand because my answer may be wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel shy to speak in class because others may laugh at me or criticize my opinion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel shy to ask questions about material I don't understand because I may seem to be behind compared to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to sit in the far back to avoid being called on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm often told to "speak up" when I talk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often don't say my opinion during group discussions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. **9. How do you feel about the following statements in regards to your image/fashion? ****Mark only one oval per row.*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I often dress to stand out and try to be an individual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't mind showing skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I look good, I feel good (Dressing well gives me confidence)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to wear clothes that will attract others' attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable with my body and size	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I invest time on skin and hair care because my appearance is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I invest time in diet and exercise because my appearance is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. **10. How do you feel about the following statements in regards to socializing? ****Mark only one oval per row.*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I avoid starting conversations with people I am unfamiliar with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have difficulty declining invitations, even if I don't want to go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am shy at first, but become more comfortable talking over time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to listen more than speak in groups I'm unfamiliar with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel shy to message/call a person first, so I usually wait for them to contact me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm often too shy to initiate something with the person I like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to avoid confrontations with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. **11. How do you feel about the following statements about the work field? ***

(Please answer in regards to your current or most recent job)

Mark only one oval per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I exaggerate my abilities during job interviews so that I will get hired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always try to sell myself when writing personal statements/cover letters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I focus more on my success than my shortcomings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy starting conversation with my coworkers and supervisors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe I am the best candidate for my job position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My coworkers respect me because I assert myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For the following situations, select the answer that best describes you.

16. **12. When I am complimented on my ability to do something, I will... ****Mark only one oval.*

- Thank them
- Agree with them
- Disagree to avoid seeming cocky
- Other:

17. **13. When I am criticized on my inability to do something, I will... ****Mark only one oval.*

- Apologize because they are right
- Apologize because I don't like to assert myself
- Disagree and argue with them
- Other:

18. **14. When I am confident in a certain skill, I will... ***

Mark only one oval.

- Show it off to others
 - Downplay myself so others wont think I'm overly-confident
 - N/A (I don't have a skill I am confident in)
 - Other:
-

For questions 15a-15d, put a check if you are able to do the following actions with the corresponding figures. Check all that apply.

19. **15a. Greet them first**

Check all that apply.

- Direct family
- Close friends
- Acquaintances
- Teachers I'm familiar with
- Teachers I'm unfamiliar with
- Boss
- Coworkers

20. **15b. Make eye contact when speaking**

Check all that apply.

- Direct family
- Close friends
- Acquaintances
- Teachers I'm familiar with
- Teachers I'm unfamiliar with
- Boss
- Coworkers

21. **15c. Speak in a comfortable tone**

Check all that apply.

- Direct family
- Close friends
- Acquaintances
- Teachers I'm familiar with
- Teachers I'm unfamiliar with
- Boss
- Coworkers

22. **15d. Make direct contact (i.e. pat on the shoulder, holding hands, etc)**

Check all that apply.

- Direct family
- Close friends
- Acquaintances
- Teachers I'm familiar with
- Teachers I'm unfamiliar with
- Boss
- Coworkers

23. **16. Which of the following are you often told by others describes your personality? Check all that apply: ***

Check all that apply.

- Loud and vibrant
- Quiet and reserved
- Strong and forward
- Passive and submissive
- Outspoken
- Awkward
- Outgoing
- Anti-social

24. **17. Which of the following do you think describes your personality? Check all that apply: ****Check all that apply.*

- Loud and vibrant
- Quiet and reserved
- Strong and forward
- Passive and submissive
- Outspoken
- Awkward
- Outgoing
- Anti-social

III. Influences25. **18. How often are you told the following by parents/family members? ****Mark only one oval per row.*

	Very Often	Often	Sometimes	Not Often	Never
You should be more confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being overconfident is looked down on by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Think of yourself before you think of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You should assert yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You are too cocky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People appreciate you more when you are humble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. **19. How often are you told the following by friends? ****Mark only one oval per row.*

	Very Often	Often	Sometimes	Not Often	Never
You should be more confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being overconfident is looked down on by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Think of yourself before you think of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You should assert yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You are too cocky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People appreciate you more when you are humble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. **20. How often are you told the following by teachers/bosses? ***

Mark only one oval per row.

	Very Often	Often	Sometimes	Not Often	Never
You should be more confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being overconfident is looked down on by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Think of yourself before you think of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You should assert yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You are too cocky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People appreciate you more when you are humble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. **21. Do you agree with the following ideas? ***

Mark only one oval per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
People who are confident in my society often succeed more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People from Western countries are confident in themselves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People from Japan and other East Asian countries are more modest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People from Western countries are expected to be independent and unique	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People from Japan are expected to think of the group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The nail that sticks out gets hammered down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. **22. Please use the following scale to rate the personality of the following figures. ***

Select the one that most describes their personality

Mark only one oval per row.

	Agressive	Outgoing	Friendly	Shy	Anti-social	N/A
Mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Best friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boyfriend/Girlfriend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. **23. Have you ever been criticized for having high self-esteem? ***

Mark only one oval.

Yes

No

31. **24a. Do you think the media in your society has influenced your self-esteem? (i.e. television, magazine models, celebrities, etc) ***

Mark only one oval.

Yes

No

32. **24b. If yes, how?**

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.....

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33. **25a. Do you think the religion in your society has influenced your self-esteem? ***

Mark only one oval.

Yes

No

34. **25b. If yes, how?**

.....

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.....

.....

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35. **26a. Do you think the education system in your society has influenced your self-esteem? ***

Mark only one oval.

Yes

No

36. **26b. If yes, how?**

.....
.....
.....
.....
.....

37. **27a. Does being accepted by others have an effect on your self-esteem? ***

Mark only one oval.

- Yes
- No

38. **27b. If yes, please specify by who (check all that apply):**

Check all that apply.

- Friends
- Family
- Acquaintances
- Classmates
- Coworkers
- Teachers
- Bosses

Thank you for participating in my survey!

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