
Upright posture as a base for raising self-esteem

Qualitative investigation of the individual and contextual conditions of body-based self-regulation, used effectively in stressful situations

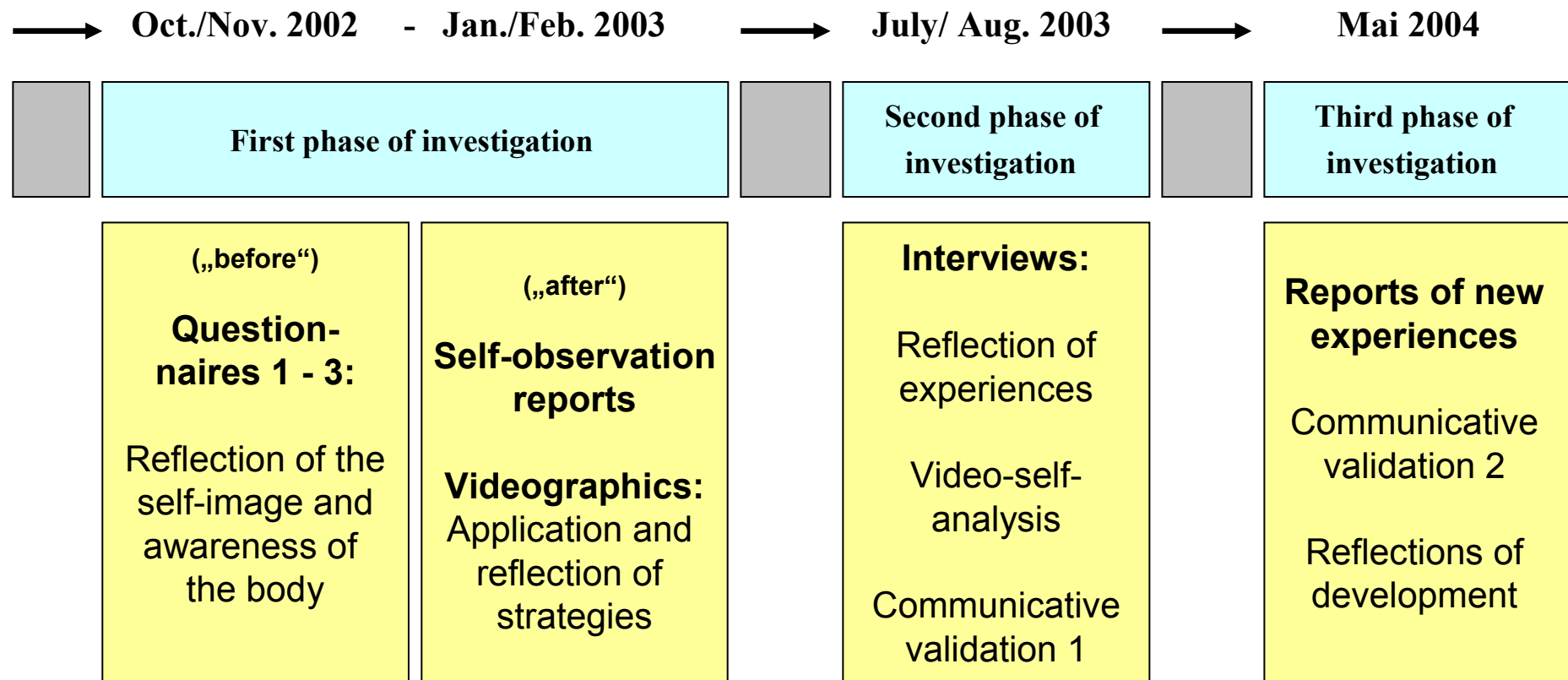
Body-Feedback

- Increase of pride (Stepper 1992)
 - Overcoming of dysphoric mood
 - Improved self-image (Döring-Seipel, 1996)
- ⇒ Can we influence our feelings in stressful situations like teaching (school-lessons), (self-)presentation e.g. by using an upright posture?
- ⇒ Could this probably be an effective method to prevent stress?
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Aims of the Investigation

- Contextual and individual conditions for a successful use of an upright posture
 1. Personal, biographical or body-based conditions
 2. Transformation of fear or insecurity into self-esteem
 3. The importance and the function of other aspects or strategies
 4. Conditions to invent a useful and successful body-based method to prevent stress
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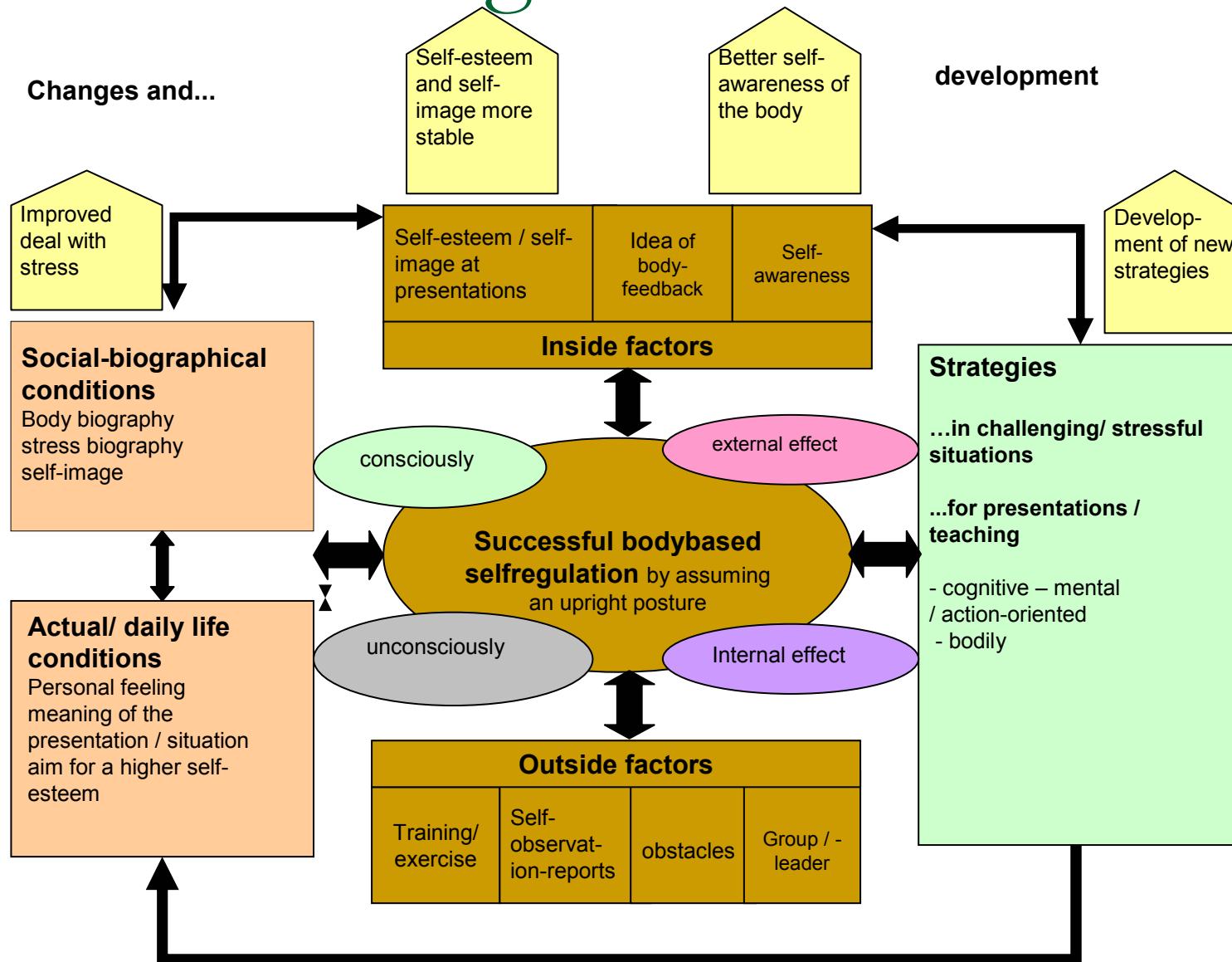
Process of the investigation and scientific methods



Procedures of analysing the data

- Use of the computer programme MaxQda2 for structuring the interview data
 - Writing of memos of interpretation
 - Developing further categories out of the data
 - Orientation at the „coding paradigm“ of the Grounded Theory
 - Developing a model of categories
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Model of categories



Changes and development

Results of the investigation

Different applications and effects of body based selfregulation:

1. Internal effect
 2. External effect
 3. Combination of internal and external effect
 4. Self-awareness
 5. Body competencies
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Conditions for an effective apply of body based self-regulation

1. Self-awareness of the body
 2. Former experiences and exercise
 3. Changing the perspective during the video analysis
 4. Desire of improving self-esteem
 5. Overcoming stereotyp ideals
 6. Good preparation of contents and concepts
 7. Training
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The End

