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Promoting Self-Esteem in Junior High School Students by Building Teaching Indicators: A Survey of Health and Physical Education Teachers

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Abstract

The middle school years are an important stage in the development of students' self-esteem. Schools can help students to develop their self-esteem by setting appropriate teaching indicators. This study aims to construct teaching indicators for self-esteem in the disciplines of Health Education and Physical Education. The Delphi technique was used. A total of 620 teachers were randomly selected from a national survey, and 128 agreed to participate. However, only 38 teachers agreed to serve as the expert panel after fully understanding the procedures associated with the Delphi technique. After completing the three-round questionnaire, the major results of this study were as follows.

1. A total of 106 teaching indicators for self-esteem, including student, teacher, and institution in the Health and Physical Education curriculum in junior high school were constructed.
2. Based on the five components of self-esteem, 42 teaching indicators were constructed for the student dimension.

3. The teacher dimension included classroom management, teaching methods, and instructional evaluation. Forty-four teaching indicators of classroom management were also constructed based on the five components of self-esteem. The teaching indicators of teaching methods and instructional evaluation were 11 and 3, respectively.

4. With a focus on school administrative measures, 6 teaching indicators were constructed for the institution.

It is suggested that teachers use the indicators as a reference when compiling teaching materials, and designing and implementing teaching activities.

Keywords: self-esteem, Health and Physical Education Learning Area, teaching indicator, Delphi technique

