

Tuan Tran

Eng. Comp

Amundson, Roshelle

Due 3/30

How Pride Gives & Takes

Does having a high perception of one's self-worth provide any benefits, or can it make it harder for a person to live a more fulfilled life? The answer to this question is both, meaning pride can make a person feel a sense satisfaction and motivated each time a task or goal is completed or in reverse, pride can leave relationships in devastation and result in miserable lives. Hubristic pride is the other form that everyone who cares about their well-being and others around them should aim and practice to avoid. (Aicinena). Feeling proud can work either to a person's own destruction or to their benefit. Everyone should aim to distinguish between healthy levels of pride and hubristic pride.

In this report, pride will be both addressed in both a negative and positive light. However, for the benefit and sake of the reader's understanding of how hubristic pride can ruin relationships and lives, the negative aspect of pride will be addressed more in depth with two real life examples that should hopefully convince the reader in realizing that hubristic pride is to be avoided at all cost, no matter the position, status, or achievements that a person has in his or her life. Being humble and practicing humility can provide a person with science backed data that will allow anyone to reap benefits that some may argue that pride should be avoided altogether. Being humble will be addressed at the end of this essay because it counteracts with the very nature of feeling proud and also because of the undeniable benefits that practicing humility can offer a person.

Hubristic pride can make a person feel entitled to rights that they did not earn yet or feel. This excessive type of pride can damage relationships with spouses, friends, children, and other relationships that a person has. The reason why hubristic pride is damaging to all relationships is because of the high expectations of feeling admired and even worshipped that a person expects to receive from others.

When referring to hubris and a healthy amount of pride, hubris pride is a negative aspect of pride that is arrogant and self-serving. (Aicinena). One example of how hubristic pride can ruin one's reputation through feelings of entitlement was one of the world's greatest golfer, Tiger Woods. In a confession to the media, Wood talks about the extramarital affairs that he said were mistakes and during that time how he felt entitled and deserving of all the temptations that were around him. In the confession, Woods said, "I knew my actions were wrong, but I convinced myself that normal rules did not apply. I never thought about who I was hurting. I thought I could get away with whatever I wanted to. I felt that I had worked hard my entire life and deserved to enjoy all the temptations around me. I felt I was entitled. Thanks to money and fame, I didn't have to go far to find them. I was wrong. I was foolish. I don't get to play by different rules. The same boundaries that apply to everyone apply to me. I brought this shame on myself." (Aicinena).

While it is good that Woods confessed his mistakes and hopefully did not turn back, Woods mentioned that he felt entitled and deserving because he had worked hard. Wood's mistake should serve us by making us realize that hubris pride can deceive, persuade, and tempt people in doing things that is highly immoral by today's standards. These mistakes occurred because Woods was not aware that his actions would have consequences but mainly because he felt hubris pride through feeling entitled because of how hard he trained and his achievements in

golf. As a result, Woods ended up with an injured knee, millions of dollars lost in endorsement contracts, and a chip on his integrity and reputation (Aicinena).

Another excellent but sad example would be the relationship between the artist Eminem and his former wife, Kim Mathers. In an interview, Mathers explains that Eminem was and continues to be a great father however she states that his excessive prideful behavior played a factor in their separation. In an interview, Mathers says, “It just seems that when he got famous, blew up, our relationship went downhill from there you know. He became arrogant and cocky and everything that he did for me or the kids, he has to be praised for. He so used to getting attention that he expects it when he comes home and I just don’t look at him like that” (Kim).

In this example, Mathers explains that her ex-husband Eminem felt entitled to being praised whenever a deed was performed for the family. While providing for one’s family is a worthy thing to be praised and is almost expected from father figures, praise should be given freely (that is without feeling compelled to give praise) and genuinely. With logical reasoning, one can assume that Kim Mathers felt uncomfortable whenever she felt compelled to give Eminem praise for his deeds. These excessive acts of pride can show through a person’s feelings of entitlement or overly confident attitude which as a result when settled, can unfortunately ruin relationships (Kim).

Admittedly, both hubristic and healthy pride can offer one benefit that is short-lived; both versions of pride can give the person a will to succeed and to work hard. The real difference between having a healthy amount of pride versus the excessive and unhealthy amount is the behaviors, rules, or their own integrity that a person is willing to compromise to protect their own self-image or make it seem better than what is actually is.

Although pride in excessive amounts can damage relationships, coaches and athletes may argue that a healthy amount of pride can work in favor of an athlete when their pride is at risk or challenged. A person's pride is also said to aid them in working harder and maintaining their reputation for whatever they are good at. However, when people do feel humiliated because of an action or because of another person, behaviors such as cheating or violence can occur. (Aicinena).

A scholarly article shows that pride whether low or high can seem beneficial to a person, but the feeling must feel authentic and not hubristic. Researchers that wrote for the *Journal of Personality* found that our emotions can motivate us towards a goal by giving us signals that shows us our current state and the state that we would like to be. These signals cause a negative emotion that motivates an individual who has authentic low pride to partake in activities that will lead them closer to their desired goals and achievements. Furthermore, the researchers also found that those who have low pride that is authentic were motivated to have behavioral changes where improvements in performances were said to have happened. Pride when it is lowered and authentic as we see in the prior portion is useful in that it helps motivate a person to take actions & make improvements that allow the person to have a better results (Weidman).

In several studies that the same researchers have reviewed, they have found a study where the participants were students who had high levels of pride. These same students were found to be motivated and were said to perform at a high level as the semester went on. This study is an example where having a high level of authentic pride can encourage positive behaviors in individuals to achieve their desired goals (Weidman).

In the end, the scholars who wrote this concluded by saying that both high and low versions of authentic pride can help motivate individuals to grow closer to their goals and

achievements. Low pride helps to motivate a person to change their behaviors that can lead to improvements, while high authentic pride informs and encourages individuals that they should engage in the same behaviors (hard work, persistence, etc.) that led to their prior successful achievements (Weidman).

If being proud or prideful means showing a sense of satisfaction in one's achievement or a high estimate of one's own importance than being humble and showing humility is the opposite. When a person referred to as being humble or showing humility, they are said to have a low or moderate estimate of their self-worth and as a result view most people around them as of higher value than they are. While sounding similar at face value, being humble and showing humility should not be confused with having low esteem. An argument can be made that a person can choose to live a humbled life and still win the admiration and respect of others.

A research study done by Psychologist Jordan Paul LaBouff found that people who exercise humility and practice being humble are on average more helpful and willing to give more time in helping others than a person that is egotistical. LaBouff also found that people who are humble are more generous as well. Studies also found that when a person gives a gift to another person, there are positive responses that happen to the body that enables you to feel more connected with others and have lower stress as well. Generosity is said to be an important ingredient in happy marriages as well according to a 2011 report done by the National Marriage Project (Harmer).

Another study done performed by Counselor and Psychologist Don E. Davis, found that behaviors of humility were able to help repair and form stronger relationships in the group and romance setting. Regarding the positive attributes that humility has, Davis says, "As predicted, trait humility was associated with greater group status and acceptance. We concluded that, by

using longitudinal methods, there is support for the proposition that humility can help repair and form relationships with strong social bonds.” (LaBouff).

In conclusion, pride like fire, is a helpful but dangerous tool that should be used with extreme caution and should be checked frequently to make sure that it does not turn into hubris pride. Hubris pride can give a person undesirable traits and cloud one’s moral and decision-making compass. However, feeling a sense of authentic pride whether low or high can prove to be beneficial to a person (Aicinena). Think of authentic low pride as a stern coach that acknowledges a person’s weak areas and gives them a nudge to achieve and become better; at the same time think of authentic high pride as the encouraging messages that are given by the coach to further motivate that person to continue in their training and good behaviors that led to their previous achievements. Nevertheless, being humble should be a consideration as well because of the advantages that it can offer and the traits such as generosity, helpfulness, and unselfishness that a person can develop.

Works Cited

Aicinena, Steven. (2011). When pride goes wrong. *The Sport Journal*, 14(1) (Peer Reviewed)

Harmer, Siobhan. "The Science Behind Why Giving Makes You Happier." *Lifhack*, Lifhack, 6 July 2015, www.lifhack.org/articles/communication/the-science-behind-why-giving-makes-you-happier.html.

"Kim Mathers talks about Eminem." Video. Youtube. 04/05/2020.

<https://www.bing.com/videos/search?view=detail&mid=171B8AD152DC3B0FCB90171B8AD152DC3B0FCB90&shtp=GetUrl&shid=0f0444d2-791f-42a1-9560-93349c5dce42&shtk=S2ltIE1hdGhlcuMgdGFsa3MgYWJvdXQgRW1pbmVt&shdk=S2ltIE1hdGhlcuMgdGFsa3MgYWJvdXQgRW1pbmVt&shhk=EMXXhe4YW2b%2FJvzkoC%2Bmrv%2F8xS5DhPOB2yglvthwQio%3D&form=VDSHOT&shth=OSH.qmcvhoyMh%252BI5Vs3C%252BbDf9Q>

LaBouff, Jordan Paul, and Don E. Davis. "8 Psychological Benefits of Being Humble." *PsyBlog*, 16 Oct. 2016, www.spring.org.uk/2014/04/8-practical-ways-being-humble-improves-your-life.php.

This source examines and gives science backed data on the benefits of having humility and being humble as a consistent trait. This post gives works that were done by counselors and psychologists that performed research on the benefits of being humble. The post also goes into detail about how a person who is humble is more likely to be generous than a person who is not humble.

This article was a great source for me to use because the author of the post developed this post using a simplified format that was easy for me to understand. The author also provides a tremendous number of scientific sources that has allowed me to further the point in trying to persuade the audience that being humble is a desirable trait to have.

Weidman C, Tracy L, Elliot J. (2015). The benefits of following your pride: Authentic pride promotes achievement. *Journal of Personality*, 84(5), 607-622 (Peer Reviewed)

This source provides information and research on the effects that pride can have on a person and whether a person should trust their pride or not. The two types of pride that are mentioned in this article was authentic and hubris pride. Authentic pride whether low or high is encouraged because both can serve a person in encouraging positive behaviors. The studies

performed in this article displays real examples where our body and mind can use both authentic high and low pride to aid us in achieving our goals.

I used this article to further my exploration essay as it helps me to understand and fully grasp the idea that certain types of pride can motivate a person in achieving their goals and also because the author states the complex studies on pride in a way where I am able to understand and use the information to add on to my essay. This article also helped me in being able to clarify and persuade me into the idea of multiple versions of pride that can either benefit or harm a person, whereas before I just thought there was only one version of pride.