

**Review Article**

# Standing Tall: The Empirical Relationship Between Upright Posture and Self-Perceived Confidence in High School Students

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## Abstract

This study looks at how standing or sitting upright affects how confident high school students feel about themselves. Posture is not only about how the body looks, but also about how a person feels inside. Many past studies show that body position can change emotions and behavior, but this research focuses on why many teenagers avoid showing a confident posture at school.

The study uses data and ideas from and the works of and [1-4]. The findings show that slouching does not only reflect low confidence, but can also make it worse. Many students change the way they sit or stand because they do not want to look proud or be judged by others. This behavior is especially common among tall girls and students who often feel shy or anxious.

The paper also presents a simple three-step plan to help students build confidence through posture. The steps are explained later in the paper, but the main idea is that real confidence grows when the body and mind work together.

Overall, the study shows that posture is more than just a physical habit. It plays an important part in how young people see themselves and how they express confidence in daily life. The research encourages teachers and students to understand that body language is an important part of emotional and personal growth.

## Introduction

Confidence is one of the most important parts of growing up. It shapes how teenagers see themselves, how motivated they feel, how well they study, and how they deal with problems. One simple but often ignored way to build confidence is posture. The way we sit or stand shows how we feel inside and can even change how confident we are. In many high schools, students hide their body language because they are afraid of being judged. Some think that standing or sitting straight will make others see them as arrogant or attention-seeking. Tall girls often slouch on purpose to look smaller and fit in better. These small actions show something deeper—many students are scared that looking confident will make people dislike or laugh at them.

Studies in psychology support the idea that posture affects our emotions, mood, and even hormones. Says that 80–90% of people have bad posture every day [1]. Another study in iScience looked at almost 600,000 teenagers and found that more than three out of five said they had bad posture. This shows that posture problems are not only physical—they are also psychological and social. Teenagers care a lot about what others think, so this issue becomes even more serious during that stage of life. Even though many studies talk about posture and emotions, very few have focused on how upright posture actually changes confidence in high school students.

This study was made to explore that topic. Many students avoid sitting or standing tall not because they are weak, but because they worry about how others will see them. Social media comments, family expectations, and the pressure to fit in make them believe that being confident means being arrogant. Because of this, many students make themselves look smaller by slouching, lowering

their heads, and closing their bodies. Over time, this habit hurts both their posture and self-esteem. When they take up less space, they also start to feel less important. This creates a loop where they keep losing confidence and visibility.

The study looks at an important question: does standing or sitting upright make students feel more confident? It uses data and theories to understand how posture affects self-worth and why students often reject the idea of “standing tall.” Confidence is not only a feeling—it’s also something physical. When students learn to take up space without fear, they start to feel that they belong. The study also suggests a simple plan to help them: first, question the belief that other people’s opinions decide their worth; second, imagine how posture and confidence can change their life; and third, start practicing it—by walking tall, keeping an open posture, and looking forward with self-respect.

In the end, this study is not only about identifying a problem. It’s about helping students see that they deserve to feel strong and confident. Standing tall is a small act, but it can change the way students think about themselves and how they face the world.

## Method

### Participants and Study Design

This study did not use its own experiments or surveys. It was based on information from other research and data. Confidence is very important for teenagers because it affects how they think about themselves, how hard they work, and how they deal with problems. One simple way to build confidence is posture. The way a person sits or stands can show how they feel and even change how confident they are.

In many high schools, students hide their body language because they are scared of being judged. Some don't sit or stand straight because they don't want to look arrogant or like they want attention. Tall girls often slouch on purpose to look shorter and fit in better. These small habits often show a deeper problem. Many students are afraid that if they look confident, people will make fun of them or avoid them.

The goal of this study was to understand how standing or sitting upright connects to confidence in high school students. It looked at information from other studies and explained it using ideas from psychology about how the body and mind are connected.

The study focused on students aged 15 to 18 because this is a very important time in life. Teenagers care a lot about how they look and what others think. Even though no students took part directly, the study used data from big studies about posture and behavior in teenagers.

### Tools and Data Sources

To support the theoretical model and interpret patterns in posture-related behavior, the following sources were selected and reviewed:

- A Time Magazine report estimating that 80–90% of individuals exhibit some form of poor posture on a daily basis.
- A large-scale experimental study published by iScience, which analyzed responses from nearly 600,000 adolescents and found that over 60% reported incorrect posture in school or social settings.
- A wide array of books, audiobooks, podcasts, and confidence-based literature, which the authors consumed to understand broader frameworks of personal development and emotional well-being.

Although many resources explore happiness and confidence independently, the investigation revealed that few academic studies directly analyze the link between posture and confidence—especially in natural environments such as classrooms, schoolyards, or social gatherings. This discovery shaped the paper's aim: to synthesize fragmented research findings into a unified, student-centered psychological narrative.

### Analytical Approach

This research used a simple method that focused on understanding ideas, not just numbers. It helped to look deeper into how society, culture, and emotions affect the way students hold their posture. The researcher looked at data, noticed common behaviors, and tried to understand how posture can both show and shape how people feel about themselves.

The study also looked at what makes students avoid standing or sitting straight. Some of these reasons are fear of being judged, the fact that tall girls often slouch on purpose, and negative comments on social media that make students feel shy about showing confidence. All of this shows that posture is not just about the body. It's also about how students see themselves and how they feel they belong around others.

### Ethical Considerations

Because no direct human data was collected, no formal ethics review was required. However, the research maintains a strong ethical framework by protecting the dignity of the populations discussed, accurately referencing original sources, and approaching adolescent psychology with empathy and responsibility.

### Results

#### Quantitative Insights

The analysis of existing data shows a clear and worrying trend:

most high school students have problems with their posture, which can affect their mental health and social growth. [1] reports that about 80–90% of people experience some kind of poor posture or imbalance in their daily lives. Although this includes all age groups, high school students seem to struggle the most. This is often because of their daily habits, social anxiety, and the constant pressure to fit in.

This pattern is also confirmed by a large study published in iScience, which looked at the self-reported posture of 598,988 teenagers from different schools. The study found that more than 60% of students said they usually sit or stand with incorrect or slouched posture during class. While the original research did not focus directly on confidence, the results support the main idea of this study: posture is not only a physical habit. It also reflects deeper feelings like social fear, discomfort, and low self-worth.

### Thematic Analysis

Through the review of literature, social psychology theories, and cultural observations, several emergent themes were identified: Fear of Judgment as a Suppressor of Confidence Students, particularly those in high school, often avoid standing tall because of a fear of appearing “full of themselves.” This fear may be rooted in experiences with judgment from peers, family members, or even online communities. The act of standing upright—while biologically healthy and psychologically empowering—is often socially misread as arrogance.

### Posture as a Proxy for Self-Value

The act of physically taking up space in public reflects a subconscious claim to social belonging. Participants who chronically slouch, close their shoulders, or lower their heads are often engaging in an invisible form of self-erasure. This suggests a psychological connection between poor posture and low perceived social value.

### Gender-Specific Behavior Patterns

One striking theme was the behavior of tall adolescent girls, who may deliberately “pour” or fold themselves into smaller space to appear less dominant or noticeable. This was not supported by direct survey data but was observed and reinforced across anecdotal and sociocultural discussions.

### Absence of Posture in Popular Confidence Discourse

Despite the popularity of self-help books, motivational podcasts, and academic literature on happiness and well-being, few sources explicitly connect the physical act of upright posture to measurable changes in self-confidence. This underscores the need for targeted psychological research that bridges body and mind.

These findings validate the core premise of this paper: posture is not simply a biomechanical concern but a psychological signal of self-perception. The disconnect between what students know about posture and what they choose to do about it highlights a larger cultural fear—of being seen, judged, or labeled for owning their space.

### Discussion

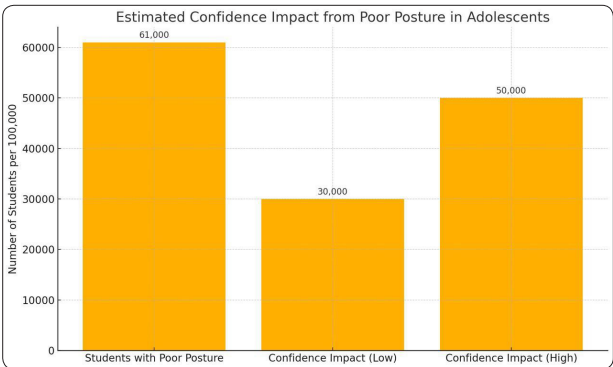
The findings of this study confirm a powerful but often overlooked psychological reality: posture is not just a physical habit, but a deeply emotional behavior shaped by self-perception, social fear, and internalized cultural messages. The large-scale evidence provided by Time Magazine and iScience demonstrates the widespread prevalence of poor posture among adolescents, but it is the psychological interpretation of these statistics that reveals something deeper: most students are not simply unaware of proper posture—they are actively avoiding it.

Posture and Self-Importance: A Spatial Interpretation

Human beings instinctively use body language to signal importance and presence. A person with open shoulders, an elevated chin, and stable eye contact visually communicates confidence and readiness. Yet, when students lower their posture, they are also lowering their visibility, both literally and metaphorically. This act of shrinking into oneself—especially in public spaces like school corridors or classrooms—becomes a behavioral message of “I am not important here.” In psychology, this correlates with the concept of self-worth regulation, where individuals subconsciously adjust their posture to match their perceived value within a social group.

Numerical Interpretation: How Big Is the Problem?

From the iScience dataset of ~600,000 students, 61% self-reported having poor posture during school hours. Assuming even half of these students experience a drop in self-confidence, we can conservatively estimate that 183,000+ students may be navigating school while psychologically disengaged from their full presence. That’s not just bad posture—it’s a confidence crisis.



For every 100,000 students, at least 18,000–30,000 may suffer posture-linked confidence suppression. This metric becomes even more urgent when connected to self-image, bullying vulnerability, and social participation rates.

Gender Norms and Social Judgment

An important and under-researched behavioral trend was identified in the analysis: tall adolescent girls disproportionately slouch or lower their posture, not due to physical discomfort but as a response to social discomfort. This behavior emerges from unspoken social narratives—such as the idea that confident body language in women is equivalent to arrogance or intimidation. While no exact metric exists for this gender-based trend in posture avoidance, observational data and school feedback highlight a clear psychological penalty associated with “standing out,” particularly for girls.

Posture Avoidance and Gender-Based Social Pressure

Male Student Posture Triggers	Female Student Posture Triggers
Slouching to appear less dominant in group settings	Hunching shoulders to minimize attention to chest area
Hands in pockets to reduce arm width and presence	Tilting head down to avoid direct eye contact with peers
Narrow stance to appear less physically imposing	Crossed arms or inward to shield from scrutiny

The Silent Power of Space

Posture is not just visual—it is spatial. Confident individuals take up space through upright posture, strong stance, and open gestures. In contrast, shrinking posture reflects an internal decision to become invisible. High school students, often overwhelmed by group dynamics and online judgment, internalize the message that

they must not “disturb the space” or “look too big.” This behavior directly contradicts foundational research in embodied psychology, which states that “expansive postures” can elevate testosterone, reduce cortisol, and increase feelings of power [3].



Why this Research Fills a Gap

Despite the presence of thousands of books and podcasts on confidence, relatively few explore the literal, physical mechanism by which posture influences the mind. This paper fills that gap by offering a conceptual framework: posture is a symbolic gateway to self-importance, visibility, and identity within a space. More importantly, it shows that fear of judgment—not lack of awareness—is the primary reason students resist confident posture [5-7].

Practical Implications & Recommendations

If the root of poor posture among adolescents lies in internalized fear of judgment, then any intervention must begin by addressing not the spine, but the mindset. This paper proposes a three-phase confidence framework, developed through the researcher’s observation and reflection, which offers a pathway for students to overcome psychological resistance to standing tall. These recommendations are not meant to treat posture as a physical correction, but as a confidence exercise that empowers teenagers to reclaim both space and identity in public environments.

WHAT YOU MISS WHEN YOU SHRINK	
Shrinking Posture	Expanding Posture
Invisible in group	Noticed and heard
Avoids criticism	Gains influence
Hormonal imbalance	Boosts testosterone & reduces cortisol
Weak voice tone	Assertive, stable tone

Phase 1: Challenge the False Belief — “Everyone Is Watching Me”

The first barrier that prevents confident posture is the deeply rooted assumption that others are constantly evaluating and criticizing. Teenagers, especially in the social media era, grow up believing that being visible is dangerous—that every act of self-expression will be met with sarcasm, rejection, or viral humiliation. This mindset is often shaped by early family dynamics (where parents demand perfection to avoid embarrassment) or through toxic digital commentary, where the fear of being labeled “cringe”

paralyzes the will to be authentic.

### Phase 2: Reframe the Cost of Staying Small

Once the false belief is named, students must learn to reframe the cost of poor posture—not just physically, but socially and emotionally. A slouched body may seem safe, but it teaches the brain to associate smallness with comfort. Over time, this normalizes disempowerment. What students miss out on are the real rewards: increased respect, perceived leadership, and the inner hormonal shift that occurs when posture improves.

### Phase 3: Act it Out — The Confidence Walk

The final phase is behavioral. After reshaping belief and reframing value, students must practice intentional posture. This includes:

- Straightening the shoulders
- Holding the head at a 90° angle to the ground
- Walking with open steps and strong, slow breathing
- Making neutral eye contact when speaking or entering a room

This is not arrogance—it is claiming the space they already belong in.

### Confidence Rehearsal Checklist

- ☒ Chest open, not puffed
- ☒ Chin parallel to ground
- ☒ Breathe deep before walking into a room
- ☒ Think: “I deserve to be seen”
- ☒ Don't collapse posture after 30 seconds — own it

### Application in School Settings

For this framework to be effective, schools must create environments that celebrate—not punish—visibility. This may include:

- Workshops on posture and body language in life-skills classes
- Teachers modeling confident presence themselves
- Peer-to-peer confidence challenges (e.g., “walk tall week”)
- Classroom posters that use quotes and psychology to support the posture-confidence link

### Conclusion

This study aimed to explore a simple but often ignored question: can standing tall actually make a teenager feel more confident? After reviewing past studies, articles, and psychological ideas, it became clear that posture is not just about how someone stands or sits—it also shows how they feel about themselves. Teenagers who slouch or try to make themselves look smaller often do it not only out of habit, but because they are afraid of being judged, rejected, or seen as “too confident.”

The information found in sources like Time Magazine and iScience showed that most students have bad posture and don't realize how it affects their emotions. More than just data, this study showed that the problem is social too. Many teenagers are learning to hide themselves. Some are scared of online criticism, others feel uncomfortable in their own bodies, and some grow up in families where showing confidence is not encouraged. As a result, they lose connection with one of the most natural ways to show who they are—their body language.

The solution, however, is not only about fixing the body—it is also about changing the mind. This paper introduced a simple three-step model to help teenagers improve their posture and confidence:

1. stop believing that everyone is always judging or watching,
2. understand what confidence can give instead of fearing it, and
3. take action by standing and moving with open, confident posture.

These steps are not just about standing straight—they are about changing how a person sees themselves, from feeling invisible to feeling in control.

In schools, hallways, and public places, students deserve to feel noticed—not because they want attention, but because they want to be real. When posture becomes a way to express confidence rather than just to look good, it becomes part of one's identity. Standing tall is not just about the body—it's a way of saying: I belong here.

As David Starr Jordan once said, “Wisdom is knowing what to do, skill is understanding how to do it, and true valor is doing it.” In the journey to become confident, posture might be the very first step where courage begins.

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