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November 2022

## Impact of Workplace Violence and Harassment on Self-Worth

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### Citation of this paper:

Reid, Chelsea, "Impact of Workplace Violence and Harassment on Self-Worth" (2022). *Inspiring Minds – A Digital Collection of Western's Graduate Research, Scholarship and Creative Activity*. 374.  
<https://ir.lib.uwo.ca/inspiringminds/374>

Individuals crave acceptance and yearn to find a sense of purpose in life, which tends to be linked to careers or roles within a system. The gap in the literature on self-worth following experiences of violence and harassment was critical to explore because self-worth is linked to overall well-being (Breines et al., 2008; Sojo et al., 2016). Violence within the workplace is evident within all systems and difficult to navigate as power, intersectionality, and organizational structures intertwine (Gunnarsson, 2018; Sojo et al., 2016). Each aspect plays a role in how individuals conceptualize identity and self-worth. This project aimed to identify how workplace violence impacts self-worth, including how identity factors into the perception of self-worth. A series of 15 open-ended semi-structured interviews were conducted and thematic analysis was used to analyze the data. Results revealed that identity contributes largely to self-worth and that harassment toward identity increases the impact on self-worth.