



# The Self

- No topic is more interesting to people than people. For most people, moreover, the most interesting is the self
1. In 1999, the word “self” appeared in 9269 book and article summaries in Psychological Abstracts.
  2. Self concept is person’s answer to the question “who I am”
  3. Self-schemas are beliefs about self that organize and guide the processing of self-relevant information
  4. Self-schemas powerfully affect how we process social information

# Understanding self

- Self Understanding is the awareness of and ability to understand one's own thoughts and actions.
- To attain the insight into your attitudes, motives, defenses, reactions, weaknesses and strengths.
- It is a subjective sense of the self & a complex mixture of unconscious & conscious thoughts, attitudes & perceptions

# Importance of self understanding

- Self-understanding has been recognized as a key competency for individuals to function efficiently in different situations.
- It influences an individual's ability to make key decisions about self, others around.
- Understanding the self equips individuals with making more effective career & life choice, the ability to lead, guide & inspire with authenticity.

# SELF CONCEPT

The set of beliefs that we hold about who we are is called the self concept.



- It can also be defined as the sum total of an individual's beliefs about his or her own personal attributes.
- It is basically the individual's image of the kind of person he or she is. Especially included in this are the **awareness of being** (What I am) and **awareness of function** (What I can do).
- Self concept includes not only our perceptions of what we are but also what we think, we ought to be and would like to be. This latter component of the self is called the ideal self. The ideal self represents the self concept that an individual would ideally want to possess.

## **Types of self awareness**

- **Private self awareness:** It is temporary state of being aware of private, hidden self-aspects. We are aware of our private self when we looking ourselves in mirror, or become aware of our stomach cramps.
- **Public awareness:** Public is being aware of public-self aspects. We become aware of our public self, when, e.g., we are being watched by others, or our photograph is taken.

# Two way in which we perceive our self

## **POSITIVE SELF CONCEPT:**

- People with positive self concept believe in themselves, are confident about their ability to deal with problems, make decisions, feel equal to others, have respect for themselves and expect it from others.
- These are people who are realistic in their assessment of themselves and can admit to a wide range of feelings, behaviors and needs.

## **NEGATIVE SELF CONCEPT**

- If people see themselves as failures and have a negative, pessimistic image of themselves, they will begin to act the part. Negative feelings feed on themselves and become a downward spiral, gradually encompassing all of the people's thoughts, actions and relationships. People with negative self concepts tend to complain constantly and find it difficult to accept criticism.

# Self discrepancy

- Some people perceive themselves pretty much the way they'd like to see themselves.
- Others experience a gap between what they actually see and what they'd like to see. • For example, Nathan describes his actual self as “shy” but his ideal self as “outgoing.”
- According to E. Tory Higgins (1987), individuals have several organized self- perceptions:
  - actual self (qualities you believe you actually possess), an ideal self (characteristics you would like to have), and an ought self (traits you believe you should possess).



# BUILDING UP SELF CONCEPT

Building up self concept is primary factor of effective personality and behavior.

The four steps to build-up self concept are as follows:

1. Self awareness
2. Self acceptance
3. Self realization
4. Self disclosure

# Self acceptance

- Having being aware of who we really are, rather than the person we would wish to be, the next step on our journey to self concept is to accept ourselves.
- According to Shepard (1979), self-acceptance is an individual's satisfaction or happiness with oneself, and is thought to be necessary for good mental health.
- Self-acceptance involves self-understanding, a realistic, though subjective, awareness of one's strengths and weaknesses. It results in an individual's feeling about oneself, that they are of "unique worth".

# SELF AWARENESS

- Our attention is sometimes directed outward towards the environment and sometimes it is focused inward on ourselves.
- Certain experiences in the world automatically focus attention inwards, such as catching sight of ourselves in the mirror, having our picture taken, or, more subtly, being evaluated by others.

- We begin to think of ourselves not as moving actors in the environment but as objects of our own and others' attention. Experiencing oneself as an objects of our own and others' attention is called self awareness.
- It leads people to evaluate their behavior against a standard (standards for physical appearance, intellectual performance, athletic prowess, or moral integrity) and to set an adjustment process in motion for meeting the standard.

# Self realization

- The term self realization means to fulfillment of one's own potential.
- It is realizing our inner potentialities.
- This step on self concept route involves growth and development motivated from within.
- It is a willingness to pursue our ideal-self on our own, to grow and to change because we think it is important.

# Self disclosure

- Self disclosure is the process of letting another person know what we think, feel and want, that is telling others about ourselves.
- It includes all kinds of information: life experiences, personal circumstances, feelings, dreams, opinions and so on.
- It involves disclosing our innermost thoughts and feelings.

- The final stage towards a mature self concept is how we are going to reveal our ‘self’, and this is where self awareness plays an important role. We need to know ourselves well before we can disclose or reveal anything to others about our ‘real self’
- Research indicates that self-disclosure leads to self-contentment, helps a person to be more perceptive, adaptive, competent, trusting and positive towards others

# Self confidence

- A feeling of trust in one's abilities, qualities, and judgment is self confidence.
- The belief that you can achieve success and competence. In other words – believing yourself to be capable.
- Self-confidence might be in reference to specific tasks or a more wide ranging attitude you hold about your abilities in life.



- Both self confidence and self esteem relate to your perception of yourself, the former relates to your perception of your abilities and the latter relates to your perception of your worth or value.
- Both concepts are closely related and those with low self confidence will often have low self esteem and vice versa

## **SELF IMAGE**

- Self-image is how you perceive yourself.
- It is a number of self-impressions that have built up over time: What are your hopes and dreams? What do you think and feel? What have you done throughout your life and what did you want to do?
- These self-images can be very positive, giving a person self confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.

- Surprisingly, your self-image can be very different from how the world sees you. Some people who outwardly seem to have it all (intelligence, looks, personal and financial success) may have a bad self-image. Conversely, others who have had a very difficult life and multiple hardships may also have a very positive self- image.
- Some believe that a person's self-image is defined by events that affect him or her (doing well or not in school, work, or relationships.)
- Others believe that a person's self-image can help shape those events.

- There is probably some truth to both schools of thought: failing at something can certainly cause one to feel bad about oneself, just as feeling good about oneself can lead to better performance on a project.
- But it cannot be denied that your self-image has a very strong impact on your happiness, and your outlook on life can affect those around you. If you project a positive self-image, people will be more likely to see you as a positive, capable person.
- However, it's important that your self-image be both positive and realistic.

- Having a self-image that is unrealistic can be a drawback, whether that self-image is negative OR positive.
- Sometimes having an occasional negative thought or criticism about oneself can encourage change, hard work, growth and success. Sometimes having too positive an image of oneself can encourage complacency, underachievement, and arrogance. Finding the balance between feeling positive about oneself but having realistic goals is important

- Below are given **14 adjectives**, read and encircle whichever apply to you or central to your self concept

1. Adaptable

3. Romantic

5. Bold

7. Shy

9. Organized

11. Honest

13. Truthful

2. Courageous

4. Humorous

6. Kind

8. Nervous

10. Warm

12. Diplomat

14. Artistic

# Personality

- Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving.
  - The sum total of ways in which an individual reacts to and interacts with others.
1. Openness to experience
  2. Conscientiousness
  3. Extroversion
  4. Agreeableness
  5. Neuroticism

- **Openness to experience**

- It is one of the "Big Five" personality factors which means being creative and open to new ideas.

- This factor indicates how open mind a person is. They have creative thinking and have Flexible attitude

- Having unusual ideas and art

- Imaginative

- Creative

- Daring and take risk

- Open to new and different ideas

- Flexible Attitude



- **Conscientiousness** is used to describe the degree to which person is organized, how discipline he or she is and can also describe how careful a person is in certain situation.
- Hard working
- Neat and systematic
- Perfectionists
- Highly dependable

- **Extraversion** is defined as a behavior where someone enjoys being around people more than being alone. An example of extraversion is when someone always likes to be around people and enjoys being the center of attention.
- Highly involved in social situation
- Talkative
- Assertive
- Active
- Energetic People

- **Agreeableness.** Someone with agreeableness factor is good natured cooperative and trusting. Have an optimistic view of human nature, Get along well with others, Difficulty delivering bad news, Can't give criticism, Can't stand up for themselves to others
- Warm and Helpful
- Friendly
- Put aside their own interests
- Cooperative and Generous
- Control their negative emotions Persons

- **Neuroticism.** is the tendency to experience negative emotions, such as anger, anxiety, or depression. It is sometimes called emotional instability.

- Anxiety
- Self consciousness
- Depression
- Impulsiveness
- Angry hostility