

# NETAJI SUBHAS UNIVERSITY



B.Ed 3<sup>rd</sup> semester

EPC ( UNDERSTANDING THE SELF)

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# MEANING

- ▶ UNDERSTANDING SELF is the sense of self-perception of our motives while we act is called as self-understanding or understanding self.

# SELF-CONCEPT

- ▶ Self-Concept is the way someone thinks or perceives about themselves. It is an important term for both social psychology and humanism.
- ▶ It is also referred as “self-construction, self-identity, self-perspective or self-structure”.

# COMPONENTS OF SELF-CONCEPT

Based on 'social identity theory, self-concept is comprised of two key parts—personal identity and social identity.

1. Personal identity: These are individual personality traits and other features (physical and psychological) that make a person unique.

2. Social identity: These are the social characteristics of the groups we belong to; such as community, religion, college and various other social groups.

# BRACKEN (1992)

Bracken (1992) identified six specific domains of self-concept:

1. Social: Refers to the pattern and the ability of interacting with others.

2. Competence: Refers to the ability of meeting one's own basic needs.



3. Affect: Denotes to awareness of the changing emotional states.

4. Physical: Signifies the views about our physique, health status and overall appearance.

5. Academic: Indicates the ability to realize the success or failure in an academic context (school/college).

6. Family: Refers to functions of an individual within the family unit.

# HUMANIST PSYCHOLOGIST CARL ROGERS

Humanist psychologist Carl Rogers proposed that there were three components of self-concept:

## 1. Self-image (How we see or perceive ourselves):

One must understand that self-image does not essentially coincide with reality or the practicality.



## 2. Self-esteem (How much we value ourselves):

The common factors which influence self-esteem are the individual's attitude of comparing themselves to others and how others respond to them.

**3. Ideal self (How we wish we could):** Mostly, all people would have an expectation of their own. These expectations may be sometime unfitting and not matching up with the individual characteristics.

# Factors Affecting Self-concept

## Health status:

- illness, injury, loss of control, dependency on others

## Role stressors:

- overload, strained, feelings of inadequacy

## Developmental transitions

- aging

## Personal “success” or failure history

## Crisis and/or life events: personal and/or global

# DEVELOPMENT OF SELF-CONCEPT

- ▶ Self-concept is the feeling of being unique compared to others and the awareness of the steadiness related to one's self.
- ▶ The period at which self-concept develops in an individual is debatable. It is assumed that gender stereotypes and parents' expectations influences children's understanding of themselves, by around 3 years of age.

# THE CONCEPT OF ACADEMIC SELF-CONCEPT

- ▶ Self-concept in an academic environment refers to the personal philosophies and attitude about their academic capacities or skills.

# SELF-ESTEEM

- ▶ Self-esteem refers to a complete subjective emotional appraisal of one's own worth.
- ▶ It is a way of introspecting and judging oneself as well as the attitude toward self.



# DEVELOPMENT OF SELF ESTEEM

- ▶ Life experience is a major source for the development of self-esteem.
- ▶ Parenting style during the child's early life, creates a major impact on self-esteem and act as a main foundation of positive and negative experiences during the child's growth.



- ▶ Nonjudgmental attitude and unconditional love from parents aids a child to develop a sense of being cared, treasured and protected.
- ▶ It was found that school children who have high self-esteem tend to have caring and understanding parents, who set clear standards for the children and permit them to voice out their opinion in decision making.