NETAJI SUBHAS UNIVERSITY



B.Ed 3rd semester EPC (UNDERSTANDING THE SELF) PRESENTED BY : - Dr. SHIVANI SINGH (ASST.PROFESSOR)

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, selfconcept 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.

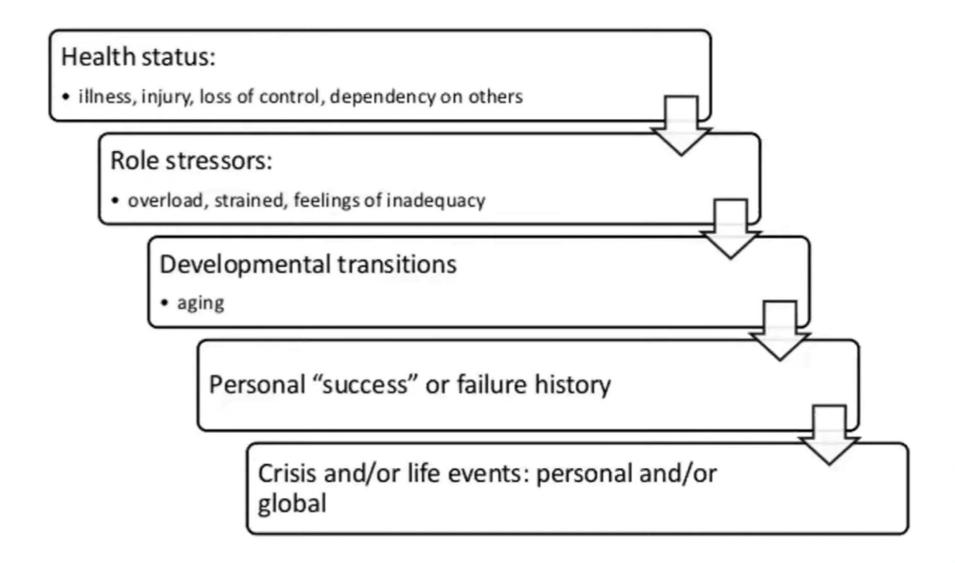
HUMANIST PSYCHOLOGIST CARL ROGERS

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

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 selfesteem 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



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 selfesteem 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.