

UNDERSTANDING DEVELOPMENT OF SELF CONCEPT

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The self is not something
that one finds. It is
something that one
creates.

MEANING OF SELF CONCEPT

The self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself.

Baumeister (1999) provides the following self-concept definition:

"The individual's belief about himself or herself, including the person's attributes and who and what the self is".

- Self-concept is generally thought of as our individual perceptions of our behavior, abilities, and unique characteristics—a mental picture of who you are as a person. For example, beliefs such as "I am a good friend" or "I am a kind person" are part of an overall self-concept.
- Self-concept is our personal knowledge of who we are, encompassing all of our thoughts and feelings about ourselves physically, personally and socially. Self-concept also includes our knowledge of how we behave, our capabilities, and our individual characteristics. Our self-concept develops most rapidly during early childhood and adolescence, but self-concept continues to form and change over time as we learn more about ourselves.

CHARACTERISTICS OF SELF CONCEPTS

- 1.THE OVERALL IDEA
- 2MADE UP OF SELF SCHEMA
- 3 SELF CONCEPT IS ORGANISED
- 4 IT IS MULTIDIMENSIONAL
- 5 IT IS LEARNED
- 6IT IS DYNAMIC
- 7 CONGRUENT OR INCONGRUENT

COMPONENETS OF SELF-

1. Self-
esteem

2. Body
Image

**Self-
concept**

4. Role
performance

3. Personal
Identity

COMPONENTS

- Carl Rogers' Components of Self-Concept
- Carl Rogers, one of the founders of humanistic psychology, suggested that self-concept includes three components:
- Self-Image
- Self image is the way we see ourselves. Self-image includes what we know about ourselves physically (e.g. brown hair, blue eyes, tall), our social roles (e.g. wife, brother, gardener), and our personality traits (e.g. outgoing, serious, kind).
- Self-image doesn't always match reality. Some individuals hold an inflated perception of one or more of their characteristics. These inflated perceptions may be positive or negative, and an individual may have a more positive view of certain aspects of the self and a more negative view of others.

TWO WAYS IN WHICH WE PERCEIVE OURSELVES

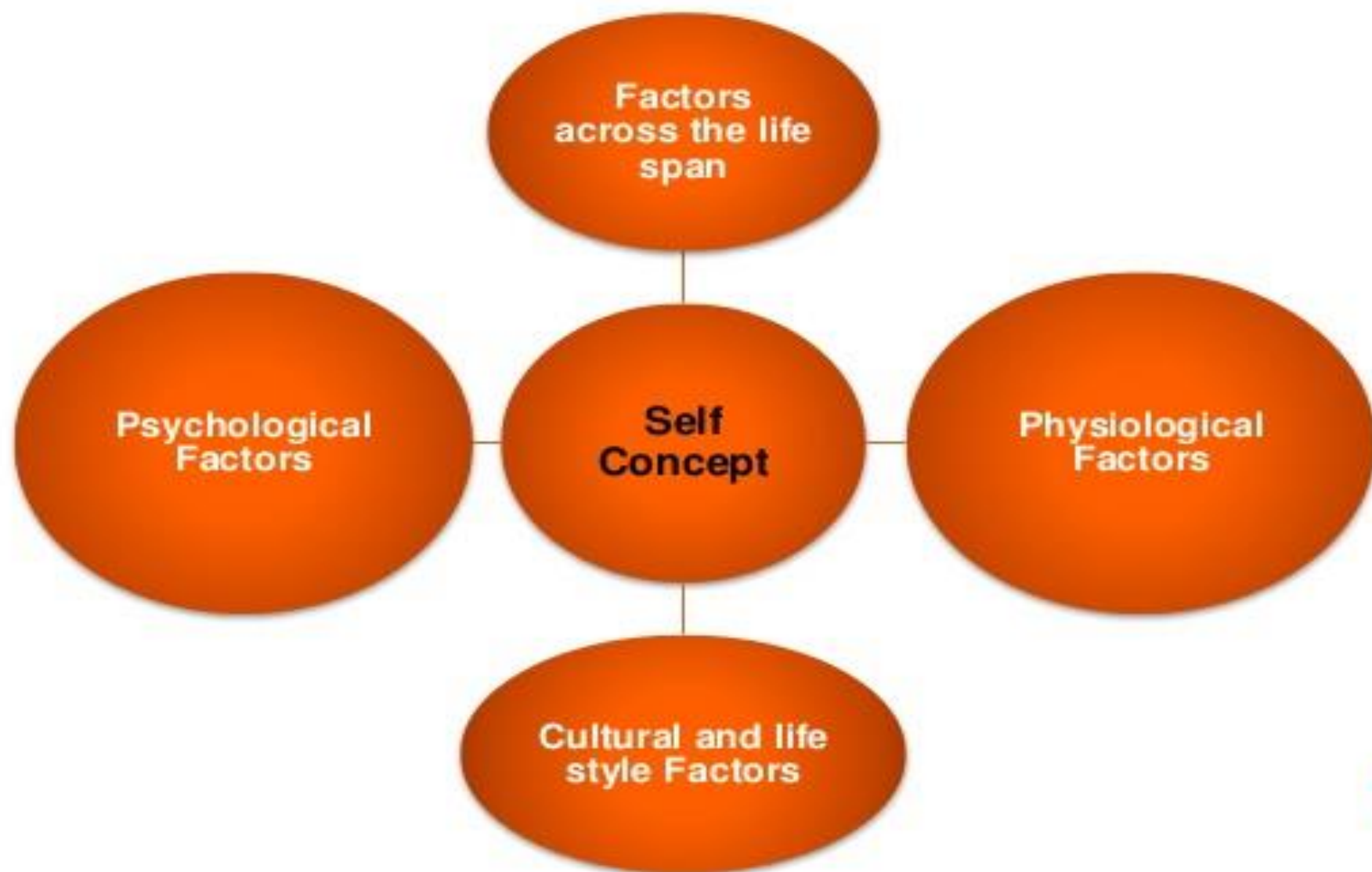
- **POSITIVE SELF CONCEPT:** People with positive self concept believe in themselves, are confident about their ability to deal with problems, make decisions, feel equal to others, have respect for themselves and expect it from others. These are people who are realistic in their assessment of themselves and can admit to a wide range of feelings, behaviours 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-Esteem
- Self-esteem is the value we place upon ourselves. Individual levels of self-esteem are dependent on the way we evaluate ourselves. Those evaluations incorporate our personal comparisons to others as well as others' responses to us.
- When we compare ourselves to others and find that we are better at something than others and/or that people respond favorably to what we do, our self-esteem in that area grows. On the other hand, when we compare ourselves to others and find we're not as successful in a given area and/or people respond negatively to what we do, our self-esteem decreases. We can have high self-esteem in some areas ("I am a good student") while simultaneously having negative self-esteem in others ("I am not well-liked").

- Ideal Self
- The ideal self is the self we would like to be. There's often a difference between one's self-image and one's ideal self. This incongruity can negatively impact one's self-esteem.
- According to Carl Rogers, self-image and ideal self can be congruent or incongruent. Congruence between the self-image and ideal self means that there is a fair amount of overlap between the two. While it is difficult, if not impossible, to achieve perfect congruence, greater congruence will enable self-actualization. Incongruence between the self-image and ideal self means there's a discrepancy between one's self and one's experiences, leading to internal confusion (or cognitive dissonance) that prevents self-actualization.

Factors Affecting Self-Concept



IMPORTANCE

- Self concept is who we think we are, the picture we have of ourselves, plus the picture we think others have of us. Self concept plays an important part in our overall wellness. It affects the ways we look at our body, how we express ourselves and interact with our friends, and it even influences how we make decisions.
- The self-concept is a schema that contains knowledge about us. It is primarily made up of physical characteristics, group memberships, and traits. Because the self-concept is so complex, it has extraordinary influence on our thoughts, feelings, and behavior, and we can remember information that is related to it well.

Self-Concept

Your concept of yourself is everything that you believe to be true. Everything that you believe to be true about yourself has landed you precisely where you live and breath every day of your life.

Your beliefs about yourself are like the ingredients in a recipe that you use to create your self-concept.

--Dr. Wayne Dyer
from Wishes Fulfilled