

Self- Concept- A Person's Concept of Self- Influence

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Abstract: A person's self-concept is motivating force in his behavior. The individual acts in accordance with how he sees himself at the moment. If he feels that he is misunderstood or discriminated against, he will act like a martyr. If he feels that people accept him, he will act in a friendly cooperative way. The self- concept is the dominant elements in the personality pattern; it governs the individual's characteristics reaction to people and situations and determines the quality of his behavior. In this research paper, the researcher focused on the meaning of self- concept with its components, theories and categories i.e., the term self- concept refers to the correlation of the cluster of the most personal meanings, a person attributes of self, upon which he places the highest value of himself.

Key Words: Self- Concept, Self –Image, Self- Worth and Ideal- Self.

I. INTRODUCTION

Self-concept is the mental and conceptual understanding. It is a persistent regard that sentient being hold for our own existence. In other words, it is the sum total of being knowledge and understanding of his and herself. The self-concept is different from self- consciousness. Self- consciousness is awareness or pre- occupation with one's self whereas, self-concept is the vehicle of our symbolic behavior about what we think, understand, reason and judge up to which great extent i.e., it is controlled by our own concepts. It is therefore, regarded as the most vital tool of our thoughts and expressions. For an example: the child's mental and social development is very much influenced and controlled by the adequacy or non-adequacy of his concepts about things, persons, events and phenomena. His/ her concepts bring economy to his thinking, reasoning and problem solving behavior and help him much in acquiring the knowledge and skill with ease (Jai Mala, 2005, Pp. 56-67).

II. MEANING OF SELF- CONCEPT

The meaning of the term self- concept can be understood by the different definitions given by many educationalists is given as below:

According to Borg (1991), "Self concept also called self-construction, self- identify, self- perspective is a multi-

dimensional construct that refers to an individual perception of self in relation to many number of characteristics such as academics, gender roles and sexuality, racial identity and may others, each of these characteristics is a research domain i.e., Academic self- concept with the larger spectrum of self- concept although no characteristics exist in obliteration as one's self concept is a collection of belief about one self".

According to Baumeister (1999), "Self- concept is how we think about and value our self. To be aware of oneself is to have a concept of oneself".

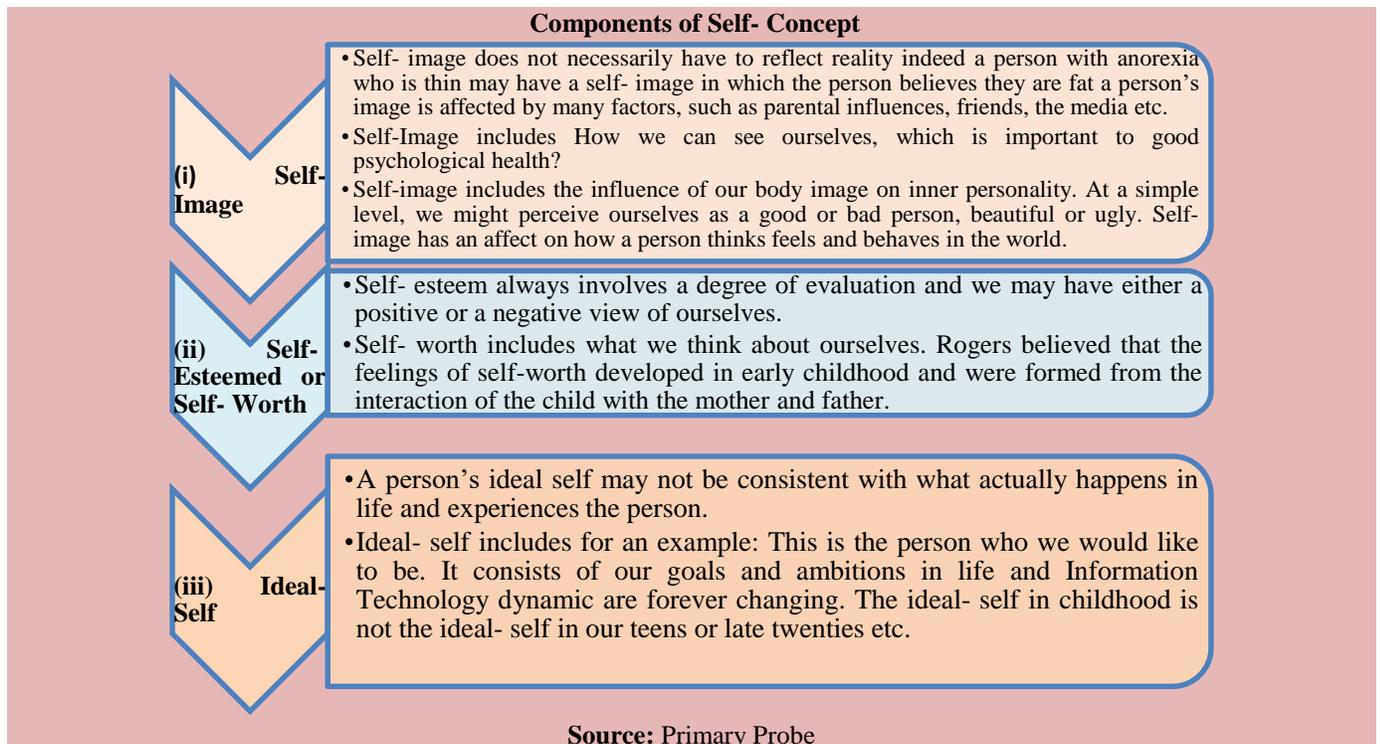
According to W. Huitt (2004), "Self concept is an interval's sense of self, including self-definition in the various social roles one enacts, including assessment of one's own status with respect to a single trait or to many human dimensions, using societal or personal norms as criteria".

Thus, self- concept refers to the way a person thinks about their abilities in a variety of facts of like: academics, athletics and social interactions. Compared to earlier in childhood, teen has a relatively rich self- view. As the teen improves his/ her cognitive skills and increases experiences, the self- concept continues to grow up to higher education.

III. COMPONENTS OF SELF- CONCEPT

Carl Rogers believes that self- concept has the three different components are shown in fig no. 1.1:

Figure No. 1.1



The figure no. 1.1 includes the main factors of self-concept are:-

1. The ways in which others (particularly significant others) react to us.
2. Our social roles.
3. The extent to which we identify with other people (Kour, A. 2003, Pp. 7-16).

IV. SELF CONCEPT THEORY

The self- concept is one of the fuzzy concepts in psychology. The self- concept theory is a theory of self- evolution. It maintains that self- concept is a network of ideas about the self and self- consistency and self- enhancements are its important features. This theory argues that the positive view of the self- concept is universally considered healthy.

The term self- concept is also used synonymously mously with other terms like: (a) self- regard and (b) self- esteem self to avoid such confusion. The self- concept model of Shavelson, Huber and Stanton (1976) recognizes the multidimensionality of self- concept in this model. Self- concept is defined as, "A person's perception of himself, self formed through environmental experiences and significance given by others". The academic and non-academic self- concepts are structured by Shavelson and his colleagues in which the general self- concept at the apex of the conceptualization has been mentioned.

The concept of self has three major components namely:

- (i) The perceptual,

- (ii) The conceptual and
- (iii) The attitudinal.

The perceptual component is often called as the 'Physical Self-Concept' includes the image in which the person has of the appearance of his/ her body and of the impression he/ she makes on others. The image includes the attractiveness and sex appropriateness of his/ her body, the importance of the different parts of his/ her body such as: muscles, behavior and the prestige he/ she has given in the eyes of others (as illustrated in fig no. 1.2).

The conceptual component is called as the 'Psychological Self- Concept' which is composed of life adjustment quality such as honesty, self confidence, independence, courage and their opposites. It is the person's conception of his distinctive characteristics, abilities and disabilities, background and origins and the future (as illustrated in fig no. 1.2).

Similarly, the attitudinal components includes the feelings of a person about himself, his attitudes about his present status and future prospectus, his feeling about his worthiness and his attitudes of self-esteem, self-reproach, pride and shame. As the person reaches adulthood, the attitudinal component includes the beliefs, convictions, values, ideals, aspirations and commitments which make up his philosophy of life are illustrated in fig no. 1.2 (Pederson, D. M., 1965, Pp. 20, 691-692).

**Figure No. 1.2
Components of Self- Concept**

1. The Perceptual	2. The Conceptual	3. The Attitudinal
<ul style="list-style-type: none"> • Appearance of Body, • Attractiveness, • Self Appropriateness and • Importance of Different Parts of Body. 	<ul style="list-style-type: none"> • Distinctive Characteristics, • Abilities and Disabilities, • Adjustment Qualities, • Honesty and • Self- Confidence 	<ul style="list-style-type: none"> • Feeling about himself, • Attitude of Worthiness, • Beliefs, • Conviction, • Values and Ideals.

Source: Primary Probe.

The self-concept or phenomenal self as defined in contemporary psychology refers to be individual perception of him in general research. One measure is simply the favorableness of self-perception i.e., positive and negative. Self determines the concept; structure of individual whether the individual is adjusted or maladjusted in the life depends largely upon the extent of development of his/ her. Similarly, there are some individuals who have negative concept for an

example: psychological healthy individual have got more positive self-concept while unhealthy one's having got a negative self-concept. The individual with less self problem have more positive self-concept (Azrot Kour Baljinder, 1996, Pp. 36-48). A person's concepts of self influence his characteristics patterns of adjustment has been clearly illustrated in the fig 1.3 (a & b).

Figure No. 1.3 (a & b)
A Person's Concept of Self- Influence
His Characteristics Patterns of Adjustment

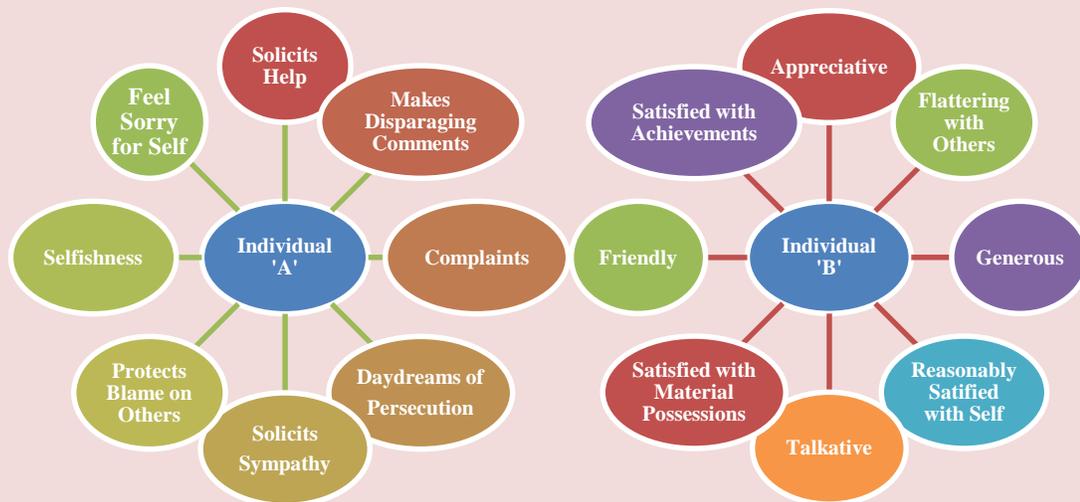


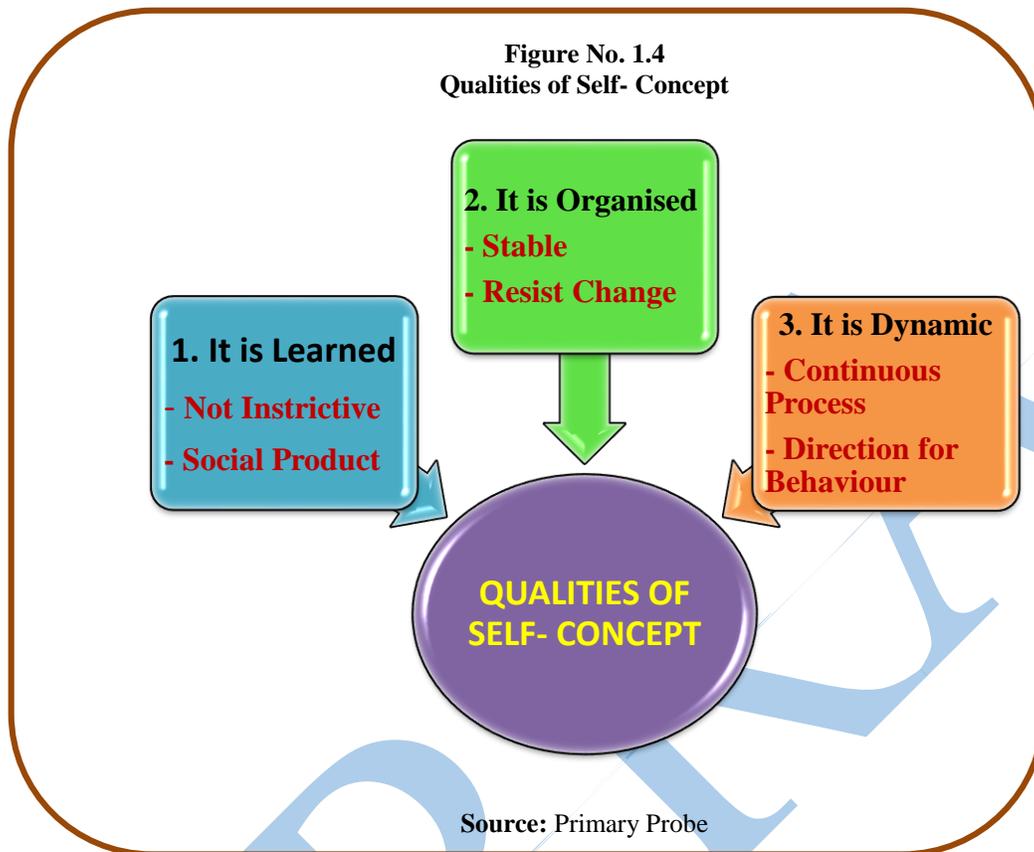
Figure No. 1.3 (a)
"I always get a raw deal"

Figure No. 1.3 (b)
"I am Lucky"

Source: Primary Probe

Many of the successes and failures a person experiences in many areas of life are closely related to the ways that he/ she learned to view his/ her relationships with others. There by, self-concept can be categorized into three major qualities like:

- (i) It is learned,
- (ii) It is organized and
- (iii) It is dynamic (these categories have been illustrated in the figure no. 1.4).



(i) Self-Concept is Learned

Self- concept gradually emerges in the early months of life and shaped/ reshaped through reported/ perceived experiences i.e., no one is born with a self-concept. The facts that show self-concept is learned with some important implications are given below:

1. Self- concept is a social product developed through experiences.
2. Self-concept is not appearing to be instinctive; it possesses relatively boundless potential for development and actualization.
3. Individual may perceive him/ herself different from others because of previous and present experiences and perceptions given by others.
4. Individual may perceive different aspects of him/ herself at different times with varying degrees of clarity.
5. If any experience is consistent with one's self-concept then it may be perceived as a threat and if the experiences are more rigid then the more rigid self-concept may be organized to maintain and protect itself.
6. Faulty thinking patterns like: (i) Dichotomous reasoning (dividing everything in terms of opposites or extremes) and (ii) Over generalizing (making sweeping conclusions based on little information) create negative interpretations of oneself (Rajesh, 1995, Pp. 67-88).

(ii) Self-Concept is Organized

The self-concept has a generally stable quality which is characterized by orderliness and harmony. Each person maintains countless perceptions regarding ones personal

existence and each perception are orchestrated with other person. The generally stable and organized quality of self-concept gives consistency to the personality. The organized quality of self-concept has corollaries. 'The self- concept is organized' is described in the following ways:

1. Self-concept requires consistency, stability and tends to resist change.
2. If the basic perceptions of a person are quite stable, than change takes with time.
3. If self-concept changed readily than individual lacks a consistent and dependable personality.
4. The more central a particular belief is to one's self-concept, the more resistant one is to changing that belief.
5. The heart of self-concept is the self-as-does, the 'I' which is distinct from self-as-object, the various-me's. This allows the person to reflect in part events, analyze present perceptions and shapes future

experiences.

6. Perceived success and failure affect self-concept. Failure in a highly regarded area lowers evaluation in all other areas as well. Success in prized area raises evaluations in other seemingly unrelated areas (Hurlock, B., and Elizabetk, 2004, P. 22-30).

(iii) Self-Concept is Dynamic:

The active nature of self-concept helps to imagine. It is as gyrocompass; a continuously active system that dependably points to the 'True north' of perceived existence of a person. It is better understood as the gyrocompass of human personality rather than viewing self-concept as the cause of behavior providing consistency in personality and direction for behavior. The dynamic quality of self-concept also carries corollaries. 'The self-concept is dynamic' is described in the following ways:

1. The world and the things in self-concept are just in relation to one's self-concept.
2. The development of the self-concept is a continuous process. There is constant assimilation of new ideas and expulsion of old ideas in healthy personality throughout life.
3. Individuals strive to behave in ways that are in keeping with their self-concepts, no matter how helpful or harmful to one or others.
4. Self-concept usually takes precedence over the physical body; individuals can often sacrifice physical comfort safety for emotional satisfaction.
5. Self-concept continuously guards itself against loss of self-esteem; this loss may produces feeling of anxiety.
6. If self-concept constantly defends itself from assault growth than opportunities are limited (Hurlock, B., and Elizabetk, 2004. Pp.31-35).

V. CONCLUSION

This brief overview of self-concept is focused on describing the ways by which the people organize and interpret their inner world of personal existence. Individuals have within themselves relatively boundless potential for developing a positive and realistic self-concept. This potential can be realized by people, place, policies, programmes and processes that are intentionally designed to invite the realization of this potential.

VI. REFERENCES

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