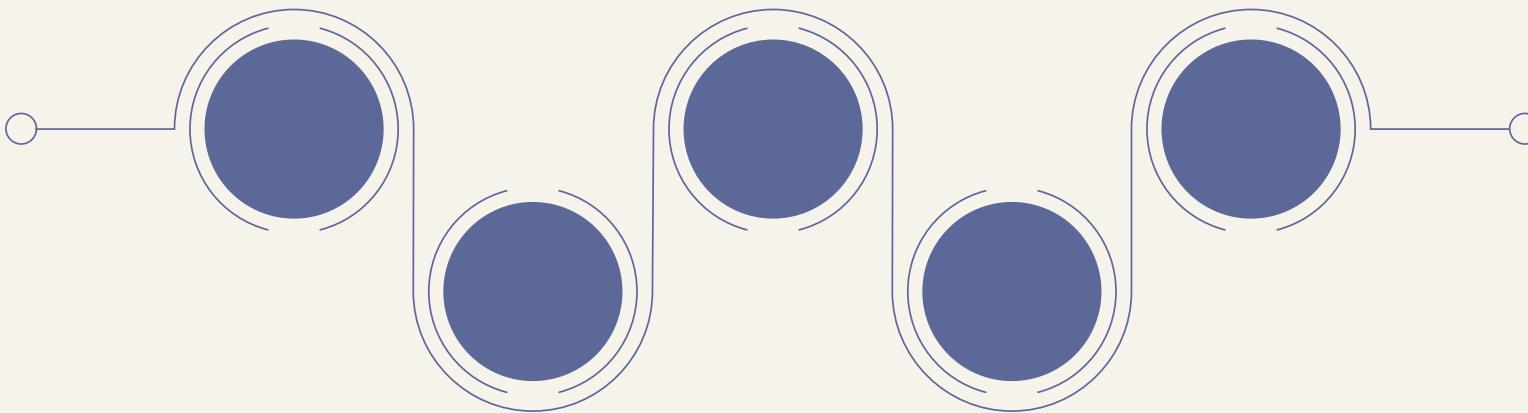
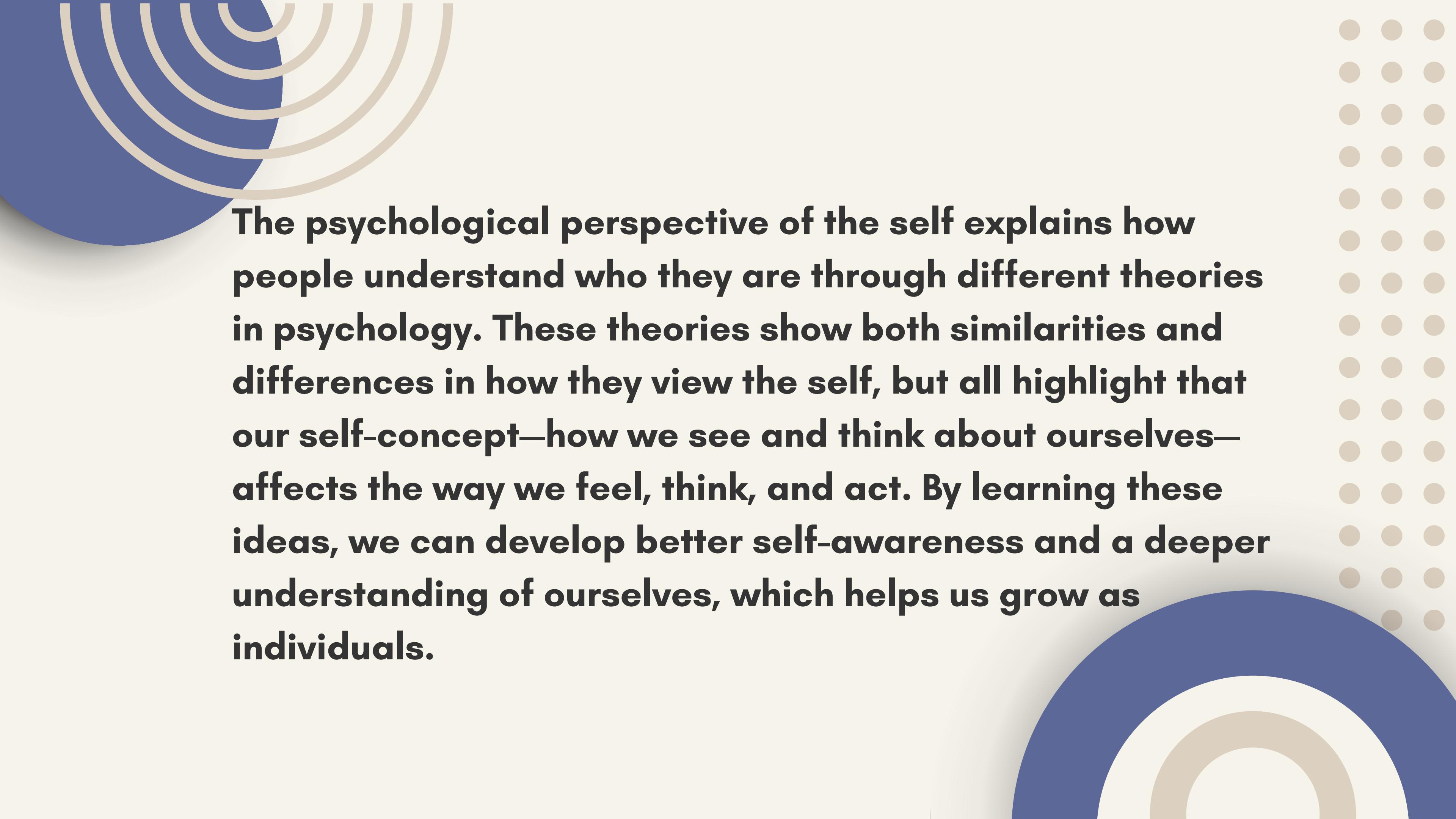


PSYCHOLOGICAL PERSPECTIVE OF THE SELF

Presented by Group 4





The psychological perspective of the self explains how people understand who they are through different theories in psychology. These theories show both similarities and differences in how they view the self, but all highlight that our self-concept—how we see and think about ourselves—affects the way we feel, think, and act. By learning these ideas, we can develop better self-awareness and a deeper understanding of ourselves, which helps us grow as individuals.

How Adolescents Develop Self-Understanding

Teens learn about themselves through different psychological theories that explain identity, personality, and the role of culture. True self-understanding happens when all parts of the self are connected. According to Carl Rogers, becoming self-aware means recognizing your strengths, weaknesses, and what makes you unique.

William James' Theory of Self

William James' theory says the self has two parts: the I-Self, which is the thinker or the one who experiences life, and the Me-Self, which is what we know about ourselves. The Me-Self has three parts—the material self (our body and belongings), the social self (how others see us), and the spiritual self (our values and inner beliefs).

Balancing Different Selves in Adolescence

Teens often deal with the difference between their real self, which is who they truly are, and their ideal self, which is the person they want to become. When these two sides are close or well-aligned, they feel more confident, satisfied, and happy. But if the gap between them is too wide, it can lead to stress or frustration, making self-acceptance and growth important for well-being.



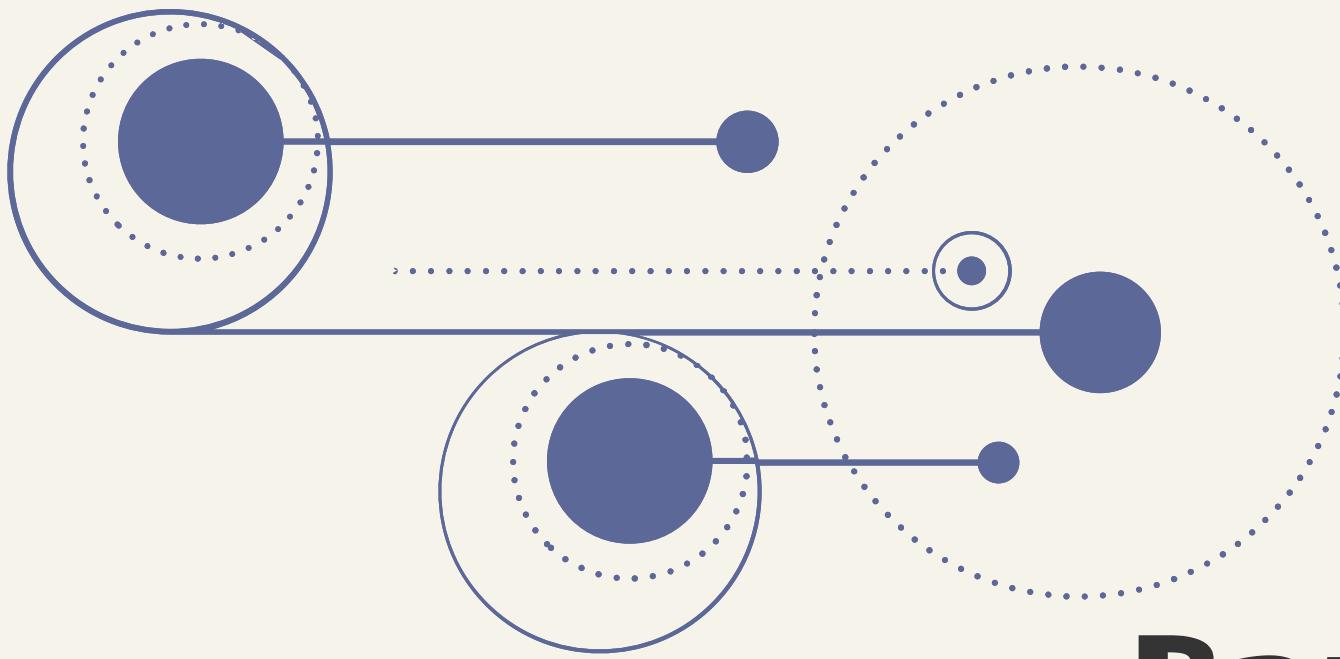
Carl Rogers' View

The real self is who you truly are, while the ideal self is the person you hope to become. When these two match closely, it brings happiness and confidence, but when there is a big gap between them, it can cause stress, frustration, or unhappiness. Finding balance between the two helps improve self-acceptance and well-being.



Multiple vs. Unified Self / True vs. False Self

Teens often show different sides of themselves depending on the situation, like at school, with friends, or at home. The challenge is to unite these parts into one whole self. Winnicott explains this through the true self, which is your real and genuine self, and the false self, which is the version you show to fit in, impress, or protect yourself. For example, a teen may act differently on a date than when with family.



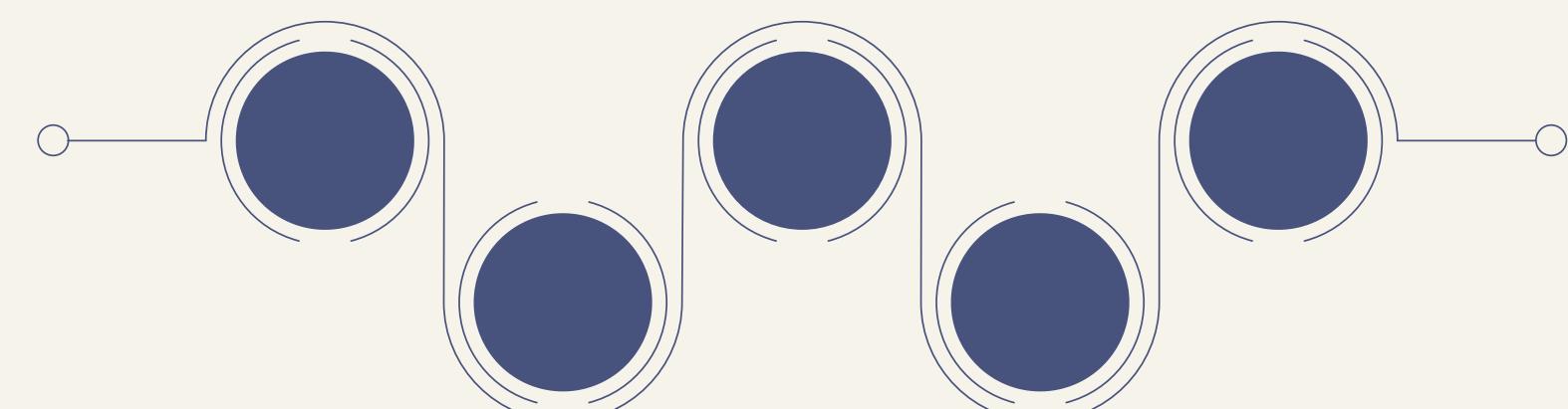
Bandura and Jung on the Self

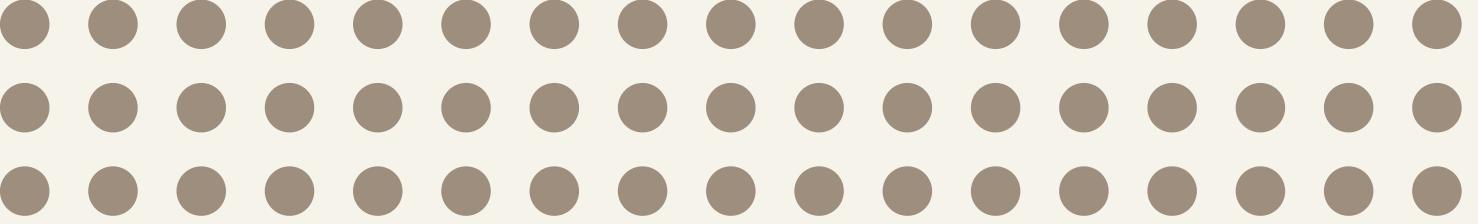
Bandura sees the self as proactive, meaning we actively shape our lives by setting goals, making choices, controlling our actions, and learning from experience. A key part of this is self-efficacy, or believing in our abilities, which builds confidence and motivation. Jung, on the other hand, views the self as the central archetype that unites all parts of our personality. For him, the self is the core of who we are and guides our growth throughout life.



Jung's Archetypes & Freud's Personality Theory

Jung explains the self through archetypes: the persona (the mask we show others), the shadow (our hidden side), the animus/anima (the opposite gender side within us), the ego (our awareness), and the self (the center that unites everything). Freud, meanwhile, describes personality as three parts: the id (impulsive desires), the ego (the rational mediator), and the superego (our morals). These often conflict, and a strong ego helps keep balance between them.

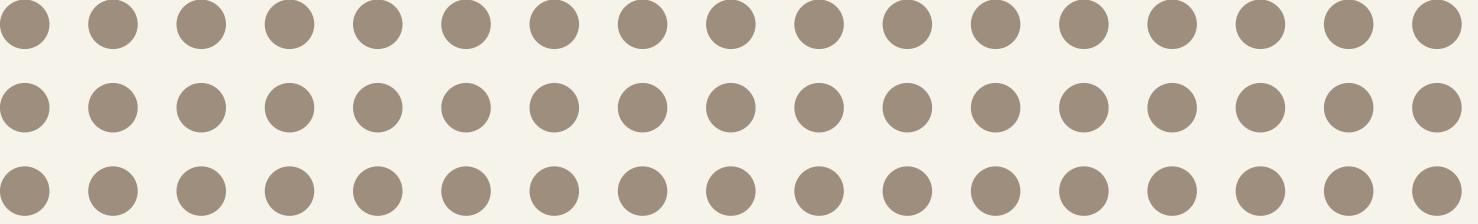




Freud's Psychosexual Stages



Freud believed that personality develops through childhood stages, and problems happen if conflicts in these stages are not resolved. In the oral stage (0-1 year), babies find pleasure through the mouth, and unresolved issues may lead to habits like overeating, smoking, or being sarcastic. In the anal stage (around 2 years), pleasure comes from controlling bowel movements, and strict toilet training can make a person overly neat and controlling, while lenient training can lead to being messy or careless.



Freud and Erikson on Personality Growth

Freud: Five stages from childhood to adulthood

Freud said personality develops through five stages, with the later ones including the phallic stage (3-6 years, focus on gender and genitals), latency stage (7-12 years, focus on learning and social skills), and genital stage (adolescence onward, focus on mature relationships). Erikson, meanwhile, stressed that adolescence is the key stage for forming identity, as teens become more independent, set personal goals, and express themselves through choices like clothing, hobbies, or gadgets.

ERIKSON'S PSYCHOSOCIAL THEORY

Erikson's psychosocial theory says people grow through eight stages, each with a challenge that shapes identity and confidence. In the first four: trust vs. mistrust (0-1 yr), good care builds trust; autonomy vs. shame (1-3 yrs), encouragement builds independence; initiative vs. guilt (3-5 yrs), taking responsibility builds initiative; and industry vs. inferiority (6-12 yrs), support helps children gain skills and confidence.

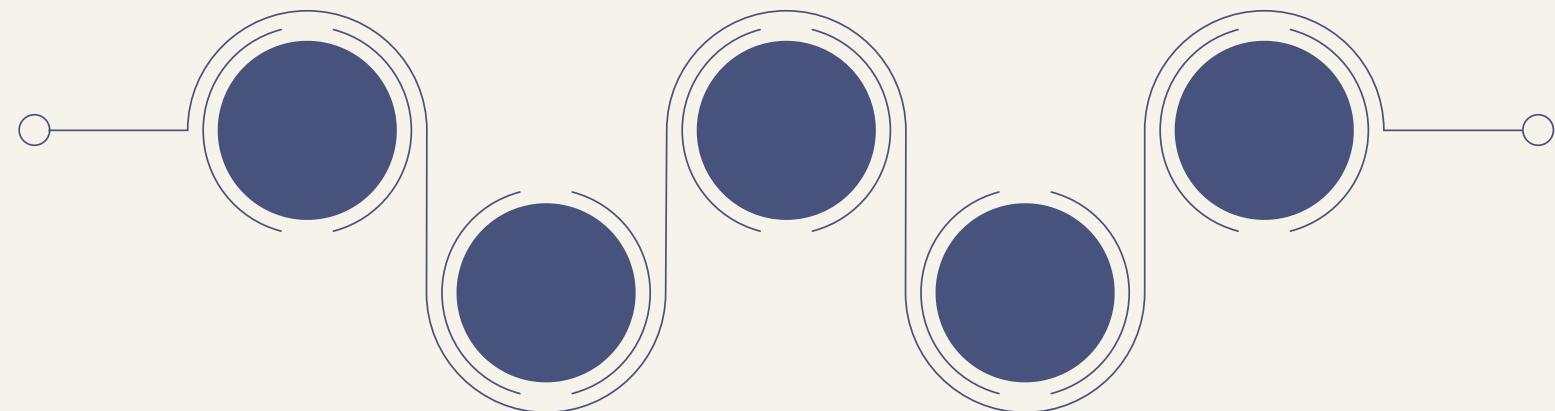
ERIKSON'S 8 STAGES OF DEVELOPMENT

Erikson's eight stages show how people develop through life: infants build hope through trust, toddlers gain will through independence, preschoolers learn purpose by taking initiative, school-age children build competence through skills, adolescents form identity and fidelity, young adults seek love in close relationships, middle adults show care by giving back, and older adults find wisdom by reflecting on life. William James adds that the self has two parts: the I-Self (the thinker) and the Me-Self (our experiences—material, social, and spiritual).



Summary of Key Theories

- Rogers: Real vs. ideal self—happiness when they match.
- Winnicott: True vs. false self—the real you vs. the version you show others.
- Bandura: Agency and self-efficacy—believing you can shape your life.
- Jung: The self as a central archetype—uniting all parts of your personality.
- Freud: Id, ego, superego—different but often conflicting parts of personality.
- Erikson: Building an authentic identity through life's stages and challenges.





THANKYOU

