

INTRODUCTION

Understanding the self or knowing one's self is vital in life. Various perspectives explain the self and guide us to know ourselves more, like philosophy, anthropology, sociology, etc.

Aside from guiding us in knowing ourselves better, all those perspectives have a common factor. They tell us that we can better understand how our surroundings and past can shape our self or personality. Put another way, those mentioned perspectives highlight the importance of external factors. But how about understanding yourself in terms of your inner being - your thoughts, behaviors, and actions? Your behavior and attitude change over time depending on various factors such as the environment, current thoughts, beliefs, plans, how you view yourself, and the like.

This module aims to help you deepen your understanding of who you are - as a real person. It will help you explore yourself and embrace or acknowledge your perceived strengths and weaknesses to grow. Moreover, the topic will help you examine yourself through various psychological factors like your personal identity (real vs. ideal self), social roles (friends, family, etc.), traits and values, problem-solving skills, or responses to the possible stressors in life. It will focus on guiding you to understand your psychological self.

With all these, you will be able to know or examine how your personal identity has been shaped by those factors mentioned above, plus your experiences (past and future) in life. Moreover, you will also learn that knowing yourself will benefit you and the people around you.

Please note that you will be encouraged to act genuinely and truthfully to answer all the activities listed below. Expect many self-report activities since we now deal with "knowing yourself" using the psychological perspective. Hence, the first person you can ask about your personality is YOU.

MODULE 1.3 LESSON on Psychological Perspectives

by: Gregorio S. Naldo Jr.
Jemimah G. Pizarro-Ompad

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At the end of this lesson, expect that you will be able to achieve the following

INTENDED LEARNING OUTCOMES

1. Identify the different ideas, concepts, and factors in psychology about self;
2. Analyze how these factors, concepts, and ideas affect the formation of the self; and
3. Examine yourself using the knowledge about self from the psychological perspective.

After learning about this module's goal, it is better to start motivating yourself by taking the personality test below.



MOTIVATION

PERSONALITY TEST

1. Go to the link below and follow the instructions before taking the personality test.
<https://www.16personalities.com/free-personality-test>
2. After taking the test, copy and paste the result to a letter-sized paper (Word doc.).
3. Make a reflection on the result of your personality test. Is there anything on the results that surprised you? What are those, and why?

4. What values or characteristics from your test result do you think are most valid and most untrue to you? Why?

DO YOU KNOW THE BENEFITS OF TAKING PERSONALITY TESTS? THEY WILL GIVE YOU SOME INFORMATION ABOUT YOURSELF, I.E., STRENGTHS, WEAKNESSES, INTEREST, DISLIKES, ETC. THEY ARE ONE OF THE TOOLS THAT COULD BE USED TO UNDERSTAND YOURSELF MORE. NOTE, HOWEVER, THE RESULT OF THESE TESTS SHOULD NOT DICTATE WHO YOU ARE AND WHO YOU WANT TO BE. SO TO GAIN MORE UNDERSTANDING OF YOUR INDIVIDUALITY, EXPLORE THE CONCEPTS OF PSYCHOLOGY ABOUT THE SELF.



LESSON PROPER

Some questions to ponder:

Unlike any other perspectives in explaining the self, what do you think is the primary reason why many versions of the self exist in psychology?

What role do individual differences play in knowing oneself?

Psychology is the field of social sciences that deals with describing, explaining, predicting, and controlling behavior (Ciccarelli & Meyer, 2006). Psychology further believes that the world of material things, including people, exists independently of the perceiving human mind.

Some issues in the field of knowledge are:

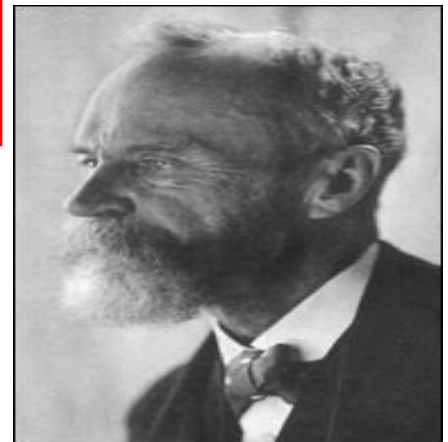
- ❖ “The Mind-Body Problem” – Philosophy
- ❖ “Nature vs. Nurture” – Psychology, e.g., IQ and Personality of a person

Psychology is the study of human behavior and mental processes. Hence, the concept of the SELF is one of the most well-explained concepts in psychology. Many famous psychologists have provided their explanations of the self and human behavior. Some of them were William James, Murray Bowen, Carl Rogers, D.W. Winnicott, and Albert Bandura.

THE “ME” AND “I” SELF

James is an American Philosopher and psychologist, and the first educator to offer a psychology course in the United States. He is considered to be a leading thinker of the late nineteenth century, one of the most influential philosophers of the United States. He is the “Father of American psychology.” He is also known for his *Theory of the Self*. He published several books, including *The Principles of Psychology* in 1890 – where his theory of the self is explained.

WILLIAM JAMES (1842-1910)



For *William James*, thoughts have five characteristics:

1. Some personal self owns all human thoughts.
2. Thoughts are constantly changing or are never static.
3. There is a continuity of thoughts as their focus shifts from one object to another.
4. Thoughts deal with objects different from and independent of consciousness itself.
5. Consciousness can focus on particular objects and not others.

The self comprises the “Me” and the “I” self. The “Me” can be considered a separate object or individual that the person refers to when discussing or describing their experiences, e.g., “She is smiling at ME.” and “The gifts were sent to ME.” The “Me is the receiver. While the “I” is the self that knows and recognizes who they are and what they have done, e.g., “I won the game.” and “I borrowed the book from her.” The “I” is the doer.

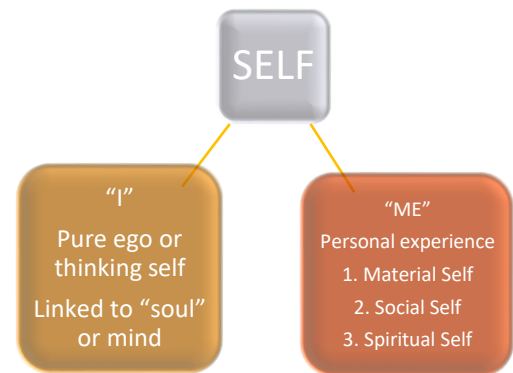
Further, James went on to group the various components of the empirical “Me” self into three subcategories: (a) the material self, (b) the social self, and (c) the spiritual self.

a) *Material self* – consists of one’s body, valued possessions, and loved ones. It identifies the self most clearly in terms of material possessions.

b) *Social self* – consists of the recognition that the self can get from others.

c) *Spiritual self* – one’s own understanding of selves as creatures who think, feel, act, and experience life.

The “I” self is considered a pure ego, like the soul or mind, a non-substance that cannot be studied objectively. It comprises the totality of the person’s identity. It considers the individual's past, present, and future selves.



GLOBAL AND DIFFERENTIATED SELF MODELS

Global self

Your global self is the product of all your experiences in society, which accounts for the kind of person you are. It represents the overall value that you place upon yourself. It affects how you view and feel about yourself. It is inevitable for you to be born and grow up in other people's presence. Thus, your surroundings can strongly influence you. That is how your global self is formed. The saying goes, “Tell me who your friends are, and I will tell you who you are.” That is your global self.

Differentiated Self

Your differentiated self is your individuality. It is what makes you unique and distinct from your global self. While your friends are into ball games, you are into music, which makes you different. Not all birds of the same feather that flock together are of the same beak.

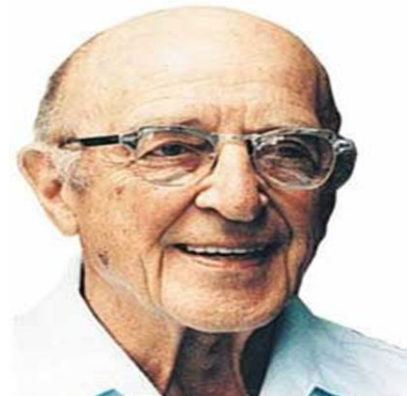
The term self-differentiation, which forms the differentiated self, was first introduced by *Murray Bowen*. **Self-differentiation** is owning and distinguishing your thoughts and feelings from others. It involves retaining the **self** while connecting with others, even how different

those others are. While two forces affect the person, i.e., togetherness and individuality, a balance should be maintained between them. Thus, there is a need for you to know your global and differentiated self.

REAL AND IDEAL SELF-CONCEPTS

| Real Self | Ideal Self |
|---|--|
| <ul style="list-style-type: none"> ▪ The real self is what you are intrinsically. ▪ It's the self that feels most true to what and who you really are, the honest self that leaves most comfortable in your skin. ▪ It may not be perfect, but it's the part of you that feels most real. And it's the one you need to learn to love the most. | <ul style="list-style-type: none"> ▪ This is the self that you <i>think</i> you want to be, strive to be, and feel you are <i>expected</i> to be. ▪ This self is borne out of influences outside of you. It is the self that holds values absorbed from others; a culmination of all those things that you think you <i>should</i> be and that you feel <i>others</i> think you should be. ▪ You want to accommodate those expectations because you believe you will be more loved and accepted if you do. Holding the values of others is not a conscious decision but, rather, a process of osmosis. For the most part, you are not even aware of it. |

CARL ROGERS (1902-1987)



An American Psychologist

Proposed the personality theory known as the Person-Centered Theory

He stated that the term Self-concept is used to refer to how a person thinks about or perceives himself

Self-Concept: The Real Self And the Ideal Self.

MULTIPLE AND UNIFIED SELVES

| Multiple Selves Theory | Unified Selves Theory |
|---|---|
| Suggests that there are different aspects of the self. The self is a whole made up of parts. | It is essentially connected to consciousness, awareness, and agency. Success and failures should be accepted and understood to be considered a well-adjusted person. |

Multiple selves result from the different selves, e.g., social self, cultural self, physical self, material self, political self, “I” and “Me” self, real and ideal self, differentiated and global self, and others. Sometimes, these selves may contradict or agree with each other. You may experience this when there are internal conflicts. Nevertheless, these selves should still be integrated to make the whole self function and move well within your context—this integration forms the unified self.

So far, it is expected that you have already learned about the eight kinds of self. Check on your learning by doing some reflections below.

Reflecting on the above discussion, give personal example of the following:

“I” and “Me” Self:

Global and Differentiated Self:

Real and Ideal Self:

Unified and Multiple Selves:

How many selves do you have? If you give each of them a name, what will they be? I believe you are creative enough to think of many names that will fit each self you have. Then how about a name for your true selves and false selves?

TRUE SELVES AND FALSE SELVES

D.W. Winnicott proposed the existence of the true and false self. The true self is what you fully know about yourself. That is what you are without the false self. The false self, however, is the mask, the superficial, that is being presented to society to protect the true self from being hurt and judged.

| True Self | False Self |
|--|---|
| True self is one in which the self is seen as creative, spontaneously experiencing each day of your life, appreciating being alive, real, integrated, and connected to the whole of existence. | Manifested as a form of defense Lacks spontaneity, is dead and empty. A mask that hides the true you for fear of the path of rejection and failure. |
| High level of awareness in the person of who you are, including your strengths and weaknesses | False selves usually surface when you are forced to comply with existing social norms and standards. |
| Enjoys winning and success and learns from mistakes and failures. | It can sometimes enable you to form superficial but productive social relationships. |

DONALD WOODS WINNICOTT
(1896 – 1971)



AN English pediatrician And psychoanalyst who WAS especially influential in object relations theory And developmental psychology.

He looked into the significance of "Play" AS AN important way to observe children/people AS HAVING true And false selves.

GIVE 2 SAMPLES OF YOUR TRUE SELF

MENTION TWO OF YOUR FALSE SELF

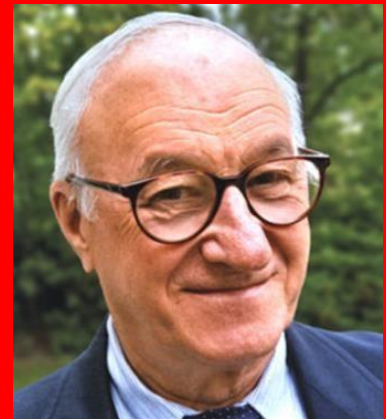
Having a false self does not mean that you are a fake person. It is just a self that you actively use when the need arises. For Bandura, that is because you, as a human being, can actively choose and make decisions given the different situations.

THE SELF IS PROACTIVE AND AGENTIC

Bandura believes humans are perceived as proactive agents of experiences through our agency. Humans play a big role in self-development, adaptation, and self-renewal through these agents or agencies. It is said that human agency has four features. These features are intentional, forethought, self-reactiveness, and self-reflectiveness.

- *Intentionality* - We humans plan things intentionally, or we do things intentionally. By doing this, we wait for possible outcomes. We make plans, actions, and decisions based on our life intentions. We, as humans, are interested in different things. We make ourselves interested in what we do, acting with our intentions.
- *Forethought* - enables us to anticipate the consequences of our actions. We expect different expectations; therefore, we likely think better before we do something or decide in the future.
- *Self-reactiveness* - involves making choices. We make different choices, and we make choices after thinking about the consequences.
- *Self-reflectiveness* - allows us to reflect on our decisions, choices, and consequences.

ALBERT BANDURA



is a Canadian-American psychologist who is the David Starr Jordan Professor Emeritus of Social Science in Psychology at Stanford University.

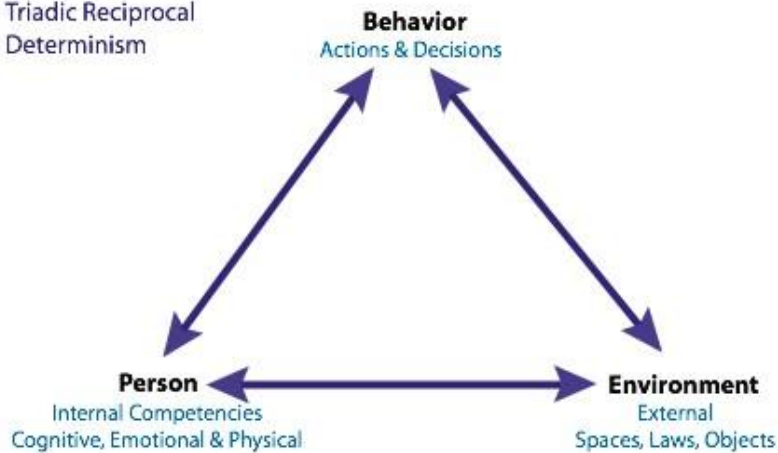
Born: 4 December 1925 (present)

Proponent of the personality theory

known as *The Social Cognitive Theory*

The person is seen as proactive and agentic, which means that he can exercise control over his life.

Triadic Reciprocal
Determinism



In his *Triadic Reciprocal Causation Paradigm*, he explains how humans interact with environmental events, behavior, and personal factors (Feist & Feist, 2008)—learning through modeling and observation. Human nature is plastic and flexible.

Learning about the different selves will make you realize why sometimes you behave and think differently in various situations. That helps you understand yourself better. Now let's check how many of the concepts proposed by the theorists you have grasped. You may apply your learnings by answering the activities below starting with the Application.



APPLICATION

Which among those perspectives in psychology in defining the self is most true or applicable to you? Share any personal experiences relating to your chosen view.



BULLET IT!

Summarize your learnings into three points. Give three statements summarizing everything you have learned from this module.

- ❖ _____
- ❖ _____
- ❖ _____



PORTRAIT OF MY “SELF”

Draw a representational portrait of yourself on the left side of the box below. On the right side of the box, write your answer to the “Who are you?” question based on what you have learned from psychology's different views of the self.

| | |
|--|--|
| | |
|--|--|



GUESS WHAT

The next topic will be about the self through the lens of anthropology. This self is called

□□□□□□□ SELF.

RUBRICS for Portrait of My “Self” Activity

| CRITERIA | Needs Improvement 76 – 85 pts | Sufficient 86 – 94 pts | Excellent 95 – 100 pts |
|--|---|---|--|
| Content Comprehensiveness 50% | There are, at most, two learned concepts presented and utilized. | More than two learned concepts are presented and utilized. The presentation of content merely shows logical organization but is not reflective. | More than two learned concepts are presented and utilized. The presentation of content shows critical and reflective thoughts. |
| Presentation of Portrait 30% | The portrait is almost meaningless. It does not represent the self as intended. | | The portrait is meaningful and clearly and logically represents the self as defined. |
| Organization of Explanation 20% | There are many grammatical issues. Its readability is problematic. | There are a few grammatical issues. The flow of thoughts is at least easy to follow. | There are minor to no grammatical issues. The flow of thoughts is clear. The presentation of ideas is logical. |

REFERENCES

Ciccarelli, S.K. & Meyer, G.E. (2006). *Psychology*. Pearson.

Feist, J. & Feist, G. (2008). *Theories of personality*. McGraw-Hill Education.