**CHAPTER 1: PHILOSOPHICAL PERSPECTIVE OF SELF**

**INTRODUCTION**

**Philosophy** is a way of thinking about the world, the universe, and society. Is philosophy important in understanding the self? How so? In this lesson, you shall be introduced to eight (8) great philosophers; each tried to come up of the explanation of the origins and causes of how Self came to be. Let us try to understand each perspective and reflect on each as we go along. As you read on this lesson, here are some Points to remember when you try to understand the self in a philosophical view;

1. When learning about each of the philosophical view of the self, it is important to take into account the time period it was theorized.
2. The creation of a new philosophy does not mean the other is no longer important.
3. Philosophies are guide into understanding things; especially the SELF

**1.1. SOCRATES: “Knowing Yourself”**

This line by Socrates urges people to bring themselves into the light, which means, that you need to examine oneself and the things around you.

The reward of the constant self-discovery and self-knowledge is ***Virtue*.**

**1.2. PLATO: “The Ideal Self, The Perfect Self “**

Plato is a philosopher best known as the student and successor of Socrates and later on taught Aristotle. He dedicated his life to learning and teaching and is hailed as one of the founders of Western philosophy

Plato being Socrates’s student, basically took off from his teacher and supported his views. According to him, we are all-knowing before we are born but stripped with our knowledge when we are brought into the world for we experience various challenges.

However, by constant search for knowledge, contemplation, and doing good, one can regain its former perfections.

**1.3. ST. AUGUSTINE: “Love and justice as the foundation of self”**

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| St. Augustine a bishop of Hippo (now Annaba, Algeria) is a renowned theologian and prolific writer. He was also a skilled preacher and rhetorician. There is an enormous amount of writings by St. Augustine which was preserved but the two most prominent works he had;   1. **The *City of God***; is a philosophical defense of Christianity that outlines a new way to understand human society and 2. ***Confessions***; a spiritual self-examination. He is one of the Latin Fathers of the Church and, in Roman Catholicism, is formally recognized as a doctor of the church. | ***Love and justice as the foundation of self***  St. Augustine followed the ancient view of Plato and infusing it with the newfound doctrine of Christianity; that is, an aspect of man dwells in the world and is imperfect and continuously yearns to be with the divine. The goal of every human person is to attain this communion and bliss with the Divine by living one’s life in virtue. To simply illustrate the idea;  Virtuous life = turning towards love  Wicked life = turning away from love |

**1.4. RENE DESCARTES: I think therefore I am (Cogito, Ergo Sum) and Mind-body dualism**

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| René Descartes is a French mathematician and philosopher during the 17th century. He is known as the ***Father of Modern Philosophy*** and is most commonly known for his philosophical statement, “Cogito ergo sum” or “I think, therefore I am”. In the mathematics sphere, his primary contribution came from bridging the gap between algebra and geometry, which resulted in the ***Cartesian coordinate system*** still widely used today. In philosophy on the other hand, He is also attributed with developing mind-body dualism. | ***I think therefore I am (****Cogito, Ergo Sum)*  Also known as *Methodic Doubt*, it’s the idea that the existence of anything that you register from your senses can be doubted.For example, I am strong therefore I am strong or I am busy therefore I am busy. Whichever thought a person chooses is the one being carried to the persons “I am”.  For Descartes, the self is real and not just an illusion; the only thing that one cannot doubt is the existence of the self, for even one doubts oneself, that only proves that THERE IS A DOUBTING SELF, a thing that thinks therefore cannot be doubted.  ***Mind-body dualism***  According to this philosophy, the self is different from the body. Thus body and self exists, but differ in existence and reality. Self is a feature of the mind rather than the body thus it is mental rather than physical. Though (mind) always precedes action (body). It has always been in that sequence. For example, thinking it would be a busy week (Mind), you will prepare for the days ahead (Body). |

**1.5. JOHN LOCKE: Personal Identity**

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| John Locke is an English philosopher and political theorist. He is recognized as the founder of British empiricism and the author of the first systematic exposition and defense of political liberalism. John Locke’s most famous works related to Understanding the self was the*An Essay Concerning Human Understanding* (1689), in which he developed his theory of ideas and his account of the origins of human knowledge in experience. | ***Personal Identity*** *(The Self)* is not in the brain but founded in the **consciousness** (memory).  According to Locke, when we are born our minds are empty or he call it **“*Tabula Rasa”***or blank slate. Overtime, as we live and experience things, these experiences are stored in our memory and makes up what we call our Self. Since our memory changes overtime, our Self also evolves over the course of our lifetime. |

**1.6. DAVID HUME: “The Self is a Bundle of Theory of the Mind”**

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| **David Hume** is a Scottish philosopher, historian, economist, and essayist known especially for his philosophical empiricism and skepticism. Hume tried to describe how the mind works in acquiring what is called knowledge. | ***The Self is a Bundle of Theory of the Mind***  According to Hume, there is no single impression of self that exist; There is no stable thing called self, for the self is nothing but a complex set of successive impressions or perceptions. What you think and what you feel constitute what you are in that very moment. That is what you are; that is who you are |

**1.7. IMMANUEL KANT: Respect for Self**

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| Immanuel Kant is a German philosopher and one of the foremost thinkers of the Enlightenment; a European intellectual  movement of the 17th and 18th centuries.  His comprehensive and systematic work in ***epistemology*** (the theory of knowledge) and ethics greatly influenced subsequent philosophies. | ***Respect for Self***  According to Kant***,*** the self is not just what gives one his personality; it is also the seat of knowledge acquisitions for all human persons. Moreover, Kant emphasizes the importance of a person’s respect for one self-stating *that “Every man in an end in himself and never should be treated merely as a means for others “*. In other words, Respect others as you should respect yourself for we all have the same basic rights and should treat each other as equals |

**1.8 GILBERT RYLE: The Mind and Body are one**

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| Gilbert Ryle was British philosopher, leading figure in the “Oxford philosophy,” or “ordinary language,” movement. One his writings, The *Concept of Mind* (1949), is considered a modern classic. In it he challenges the traditional distinction between body and mind as postulated by René Descartes. | Ryle opposed Descartes’ notion of self. For him, the mind is not separate from the body. The Mind consists of dispositions of people based on what they know, what they feel, what they want, and so on; People learn that they have their own minds because they behave in certain ways. Moreover, Knowing and believing are just dispositions but these influence people’s actions |

# Unpacking the Self

* 1. Chapter 6: The Physical Self
  2. Chapter 7: The Sexual Self
  3. Chapter 8: The Material Self
  4. Chapter 9: Spiritual Self
  5. Chapter 10: Political Self
  6. Chapter 11: Digital Self

## INTRODUCTION

Unpacking the self is a gradual unfolding, a growth process, in which the aspects that surround the self and identity develop in an integrated and healthy way. This includes the following: Physical, sexual, material, spiritual, political and digital. Part 2 will explore how the following aspects are equally important but the importance and meaning of these for each individual varies.

*SS3 (Understanding the Self) Unpacking the Self*

# CHAPTER 6: The Physical Self

**DISCUSSION**

Guide Question for Discussion: *What is more important; Heredity or Environment*

*Is there beauty without sight??*

**6.1. HEREDITY AND ENVIRONMENT**

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| First is ***Heredity* (nature)** or Transmission of traits/characteristics from parents to offspring. Composed of raw materials of which the individual is made up. Through the genes, hereditary potentials like physical, mental and social, emotional and moral traits are passed down to generations.  Second is ***Environment* (Nurture)** or the total forces or experiences that a person undergoes from conception to old age. This includes family, friends, school, and nutrition to name a few. | A person and person holding a baby  AI-generated content may be incorrect.Figure 1. Evolution of Man  There has been always a debate on how much of nature and nurture makes up a person. All we know as of the moment is that they both influence us and the amount of that influence vary from person to person. |  |

**6.2. BODY IMAGE**

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| **Body Image**   * + - * Refers to how individuals perceive, think, and feel about their body and physical appearance   **Appearance**   * + - * Refers to weight, skin color, clothes, and hairstyles | Body Image can affect both ones physical and psychological well-being. Adolescents tend to experience negative self-image because they are in a stage of development that is probably confusing to them. One of the main concern during this time is how to conform to idealized notions of beauty. |

*SS3 (Understanding the Self) Unpacking the Self (The Physical Self)*

**6.3 CULTURE X BEAUTY**

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| When is a person considered to be beautiful? What is the socially accepted standard of beauty?  It is usual for us to attribute beauty to the physical appearance of a person. Standards of beauty however changes overtime.  People tend to be influenced not only by the culture they are ascribed to but also by the beautiful faces and bodies they see in media in how they perceive the concept of beauty  Whether beauty is biologically programmed or culturally constructed, it remains important in all societies. At times, the appearance of a person can be an asset or liability. | If our conception of beauty is only seen in what we can see, does that mean there is no beauty without sight?  Beauty can be contextualized into two categories- one that is seen by the eye and one that is felt by the heart.  Aesthetics may have laid down the laws and principles of determining beauty as seen by the naked eye but the very essence of beauty transcends the sight – it can be heard, felt, and understood.  Artists Compiles 100 Photos to Find Each Culture's Definition of Beauty  https://www.businessinsider.com/artists-compiles-100-photos-culture-definition-beauty-2016-9 |

*SS3 (Understanding the Self) Unpacking the Self (The Physical Self)*

# CHAPTER 7: THE SEXUAL SELF

**DISCUSSION**

Guide Question for Discussion: *Are you familiar about your reproductive system?*

*How to one become a responsible in management of one’s sexual self?*

**7.1 DEVELOPMENT OF SEX CHARACTERISTICS AND THE HUMAN REPRODUCTIVE SYSTEM**

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| **Primary Sex Characteristics**   * + - * Are physical characteristics present at birth       * These are characteristics that distinguish male from female       * Develop as the embryo grows in the womb as a result of chromosomes contained within the embryonic cells as well as hormonal influences.   **Secondary Sex Characteristics**   * + - * Develop on the onset of puberty | |
| **Male Reproductive system**   1. **Penis**- the primary sex organ 2. **Testes or testicle** –the organ responsible for the production of sperm cells and testosterone 3. **Vas Deferens**- the tube that connects the testes with the urethra 4. **Scrotum**-protects the testes and is responsible for maintaining the body temperature a few degrees below normal body temperature 5. **Sperm**- male sex cell. 6. **Semen**- is the fluid that carries the sperm 7. **Prostate Gland**- it secrets fluids that nourish and protects the sperm 8. **Epididymis** – stores and carries sperm | **Female Reproductive Organ**   1. **Ovary** – produces ova (egg cells) and secretes the female hormones (progesterone and (estrogen) 2. **Ovum**- female reproductive cell, once matured, it unites with a sperm to form a fertilized egg 3. **Fallopian Tubes or Oviducts**- carry the egg from the ovary to the uterus 4. **Uterus** –it nurtures the fertilized ovum that develops into the fetus and it carries the baby until its birth 5. **Cervix**- directs the sperm into the uterus during sexual intercourse 6. **Vagina**-receives the penis during sexual intercourse and it is where the baby passes during childbirth 7. **Vulva**- external genital organ of the female |

**7.2 EROGENOUS ZONES**

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| - Is a part of the body that is highly sensitive and the stimulation of which leads to sexual responses  - Stimulation of an individual’s erogenous zone is considered an act of physical intimacy  - Culture also influences the expression of sexual desire  - Norms continue to shape sexual activity along socially acceptable behavior |

*SS3 (Understanding the Self) Unpacking the Self (The Sexual Self)*

**7.3 CHEMISTRY OF LUST, ATTRACTION, AND ATTACHMENT**

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| **THREE STAGES OF LOVE (Fisher 1948)** | | |
| ***Lust* (Libido or sex drive)**  - Characterized by the desire for sexual gratification which is inherent t every living organism  - Associated with sex hormones | ***Attraction* (Passionate love, infatuation)**  - Characterized by the intense attention given to a desired partner  - Craving for emotional union  Driven by Hormones such as;  1. Adrenaline (“fight or flight”)  2. Dopamine  3. Serotonin | ***Attachment* (Companionate love)**  - Characterized by the desire of couples to stay together  - Feels comfort and security from one’s partner  Driven two (2) major hormones;  1. Oxytocin  2. Vasopressin |

**7.4 SEXUALLY TRANSMITTED INFECTIONS/ DISEASES (STIs) (STDs) AND EARLY PREGNANCY**

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| - Refers to health conditions that are passed on from a person t another through sexual contact  - Can be acquired by having unprotected sex with someone who has STD or STI |

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| Example of which are: |  |
| 1. *HIV/AIDS* (Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome) | HIV is primarily distributed through unprotected sex, contaminated |
| 1. *Gonorrhea* | A bacterial infection of the mucous membranes including the eye, throat, genitals, and other organs |
| 1. *Syphilis* | An infection caused by corkscrew-shaped bacterium called *Treponema pallidum* that is transmitted through direct contact with a syphilitic sore on the skin |
| 1. *Genital Herpes* | Viral infection that causes blisters on the genitals |
| 1. *Genital Warts* | Are warts caused by the *human papillomavirus* (HPV) |
| 1. *Chancroid* | Is a bacterial infection that causes sores or ulcers on the genitals |
| 1. *Pubic lice (crabs)* | Are very small parasites that infest the genital area which primarily spread through sexual contact |
| 1. *Scabies* | Is a skin condition that is caused by infestation of tiny mites called *Sacroptes scabiei*. |
| 1. *Trichomoniasis* | An infection caused by a parasite called *Trichomonas vaginalis* |
| 1. *Molluscum contagiosum* | Sexually transmitted infection caused by *molluscum contagiosum* virus |
| 1. *Pelvic Inflammatory Disease (PID)* | A complication caused by STIs especially Chlamydia and gonorrhea |
| 1. *Chlamydia* | Infection caused by the bacteria *Chlamydia trachomatis* that do significant damage to the human reproductive system. |

**7.5 METHODS OF CONTRACEPTION AND REPRODUCTIVE HEALTH LAW**

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| **Methods of Contraception**  Some recognized methods of family planning are;   * Folk Method * Behavioral Contraceptives * Mechanical Contraceptives * Chemical Contraceptives * Intrauterine Devices * Pills * Sterilization * Injectable | **Reproductive Health Law** *(RA 10354)*  Studies show that contraceptive use is low particularly among sexually active adolescents  Responsible Parenthood and Reproductive Health Act of 2012 (RH LAW), guarantees universal access to methods of contraception, fertility control, sexual education, and maternal care.  RH LAW aims to keeps couples and women especially, well-informed about available family planning methods that they can freely use depending on their needs and beliefs.  It also aims to promote awareness among adolescent and youth on sexuality and reproductive health through proper sex education. |

# CHAPTER 8: THE MATERIAL SELF

**DISCUSSION**

Guide Question for Discussion: *What is responsible spending*

*Why do we attach ourselves in material things?*

**8.1 MATERIAL SELF**

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| **William James (1890)**  - Defined the Material Self as the self that consists of the body, clothes, immediate family, home, and other things one considers to be his own  - People invest themselves in their possessions, the more attached they become  - Material possessions are objects of instinctive preferences that may or may NOT be related with the person’s most practical interests in life  - An individual’s body is the primary component of his or her material self |

**8.2 THE CONSUMER CULTURE ON ONE’S SENSE OF SELF AND IDENTITY**

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| - *Credit Cards*  **Advantages**  1. Convenience  2. Security  3. Comfort  **Disadvantages**  1. Hidden charges  2. Unauthorized credit card transactions  3. Fraud  4. Vulnerable to incurring too much debt  5. Unnecessary purchases  6. Lessen opportunity to save money  - *Advertising*  Let individuals relate to particular good and services |

**8.3**

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| Needs – something a person must have in order to live and/or survive  Wants – a person’s desires but can live without. Luxuries  - Needs and wants are relative to each individual  - One person’s wants may be another person’s need  - Impulse buyers – buying anything without giving much thought to what they buy and the consequences that may come later on  - There is a need to balance needs and wants  - Avoid being impulsive and instead be practical and prudent |

# CHAPTER 9: THE SPIRITUAL SELF

**DISCUSSION**

Guide Question for Discussion: *What is Religion?*

*What are the Spiritual Beliefs of Filipinos?*

*How do we find meaning in life?*

**9.1 RELIGION**

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| * Religionintroduces the concept of supreme beings as a cause or reason for certain phenomena * This supreme being is * Omnipotent – All-powerful * Omniscient – all-knowing * Omnipresent – everywhere at once * **Religion** – a set of *rituals* (justified usually by myths) made to coordinate with the goal of either obtaining or hindering changes in human condition and nature’s state *(Wallace as cited by Haviland, Prins, Walrath, and Mcbride, 2014)* * Religion has many functions * Providing the sense of the world * Strengthening norms and identity * Setting sanctions for individual behavior * Giving serenity in facing life challenges |

**9.2 CONEPT OF SOUL**

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| **Monism** – there is only one substance and only one being  **Dualism** – the mind and the body are two different substances |
| **Kaluluwa**   * Filipino term for soul or spirit * Believed to have two existences; Physical and Spiritual * More than 86 percent of the population in the Philippines is Roman Catholic *(asiansociety.org, 2023)* |
| **Dungan**   * Ilonggo term for the soul * Lacks material substance and is extremely light that it travels with the wind * Believes to dwell above the surface of the earth before inhabiting the human body * It must be protected at a young age due to vulnerability to *usug (*which can manifest through headache, nausea, stomach ache, fever, or other diseases. * Cannot be seen by the naked eye but there are times when it separates from the body in a form of small animals * For Visayans, Dungan means willpower. A strong Dungan has the (intellectual and psychological) capacity to control and influence a person’s way of thinking. |

**9.3 RITUALS**

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| **Religious Rituals**  **Rituals** – patterns of behaviors or practices that are related to the sacred   * In Catholicism, rituals are called *sacraments* namely; Baptism, Holy Eucharist, Confirmation, Reconciliation, Anointing of the sick, Marriage, Holy order. * Adherents of a certain religion use rituals to give honor to the divine power/s they believe in and to serve as reminders of their religious obligations. * Religion and rituals are interdependent because the latter validates the former. * Religion establishes norms that mold or shape human behavior (individually, with family members, with the community)   **Rituals as Rites of Passage**  **Rites of Passage** - rituals that mark important stages in an individual’s life cycle   * A useful way to divide ceremonies for all life crisis into three stages*(Arnold van Gennep, 1909)* * Separation * Transition * Incorporation |

**Magic and Witchcraft**

**Magic**

* May involve manipulation of the supernatural for good or for evil
* Usually associated with primitive societies

**Sorcery**

* Makes use of materials, objects, and medicines to invoke supernatural malevolence

***Barang***

* Done as an act of revenge for the wrong doing done by the inflicted person
* Victims of this act are called;

1. Natabang – may experience illnesses
2. Nabarang – have more painful and deadly experience

***Witchcraft***

* Through emotions and thought alone
* Nakulam

The use of dolls, candles, and prayers during rituals

**9.4 MAN’S SEARCH FOR MEANING**

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| Viktor Frankl   * *Man’s Search for Meaning* (1946) * *Logotherapy*   Basic Principles:   1. Life has meaning under all circumstances, even the most miserable one 2. The impetus to live is one’s will to discover meaning in life 3. Humans are free to discover meaning in everything that they do, in what they experience, or at least in the decision they make when faced with immutable suffering  * Three ways to find meaning in life;  1. Doing an action 2. Having personal experiences and interpersonal interactions 3. Evaluating one’s attitude in the mind set of suffering |

# CHAPTER 10: THE POLITICAL SELF

**DISCUSSION**

Guide Question for Discussion: *Why is Politics important in the creation of self?*

**5.1 FILIPINO VALUES**

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| - Inherent traits that make Filipino different from other nationalities  - “others-oriented” | |
| **Negative Filipino Values;**  1.Bahala na Attitude  2.Colonial Mentality  3.Crab Mentality  4.Euphemistic  5.Filipino Time  6.Gaya-gaya Attitude  7.Jackpot Mentality  8.Belief in Kapalaran  9.Manana Habit  10.Ningas Kugon  11.Oversensitivity  12.Pakikisama  13.Lack of Sportmanship  14.Tsamba lang Attitude | **Positive Filipino Values;**  1. Bayanihan  2. Damayan  3. Familism/Close Family Ties  4. Optimism  5. Hospitability  6. Regionalism  7. Flexibility  8. Religious  9. Respect for elders  10. Remedyo Attitude  11. Matiyaga  12. Utang na Loob |

**9.2 POLITICAL CULTURE**

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| - Is a pattern of individual attitudes and orientation towards politics among members of a political system *(Almond and Verba, 1965)*  **Characteristics of Philippine Political Culture**  1. Dominance of Family ties or kinship system  2. Euphemism  *3. Utang na loob* (debt of gratitude)  4. Sense of over dependency  5. Belief that majority of politicians are corrupt  6. Lack of political maturity |

**9.3 DEMOCRATIC CULTURE**

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| - Filipinos should cherish the basic features of democracy  1. Rule of majority  2. Protection of human rights  3. Upholding the rule of law  - Patriotism should be measured based on the obedience to the Constitution and not on the obedience to the President and other high-ranking officials. |

**9.4 CITIZENSHIP**

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| - denotes that status of being a legal member of a nation-state  - Through blood relations and naturalization  - Ideal citizen;  1. Follows the law  2. Protects and takes care of the environment  3. Contributes to the welfare of other people  4. Carries out one’s civic duties |

**9.5 GOVERNANCE**

- Traditions and institutions that determine how authority is exercised in a particular country. Includes;

1. Process by which governments are selected, held accountable, monitored, and replaced

2. Capacity of governments to manage resources efficiently and formulate, implement, and enforce policies and regulations

3. Respect of citizens and the state for the institutions that govern economic and social interactions among them

- Good Governance *(NOLAN PRINCIPLES)*

1. Selflessness

2. Objectivity

3. Integrity

4. Honesty

5. Accountability

6. Openness

7. Leadership

# CHAPTER 11: THE DIGITAL SELF

**DISCUSSION**

Guide Question for Discussion: *Who are you online?*

**5.1 DIGITAL SELF**

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| - The self, adapts to the environment that is dominated by digital technology  - Consist of how one expresses himself or herself in various online platforms  - The aspect of the self that is expressed or shared with others through online interactions on the internet, specifically in social networking sites. |

**5.2 SELF-PRESENTATION AND IMPRESSION MANAGEMENT**

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| The self is heavily influenced by the feedback from others *(DeLamater, Myers, 2012)*. The impact of these feedbacks however, depends on the relationship of the person to the person concerned; interaction with significant others may be very influential to how one presents himself or herself in a virtual space.  Self-presentation is inherent in all situations; prompting some people to somehow create an online persona that at times are not who they really are in real life in order to receive approval from the online community. |

**5.3 IMPACT OF ONLINE INTERACTIONS ON THE SELF**

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| There were 85.16 million internet users in the Philippines at the start of 2023, when internet penetration stood at 73.1 percent. The Philippines was home to 84.45 million social media users in January 2023, equating to 72.5 percent of the total population  https://datareportal.com/reports/digital-2023-philippines  Mobile phones are ever more becoming valuable part of daily life of today’s youth (Iqbal, Khan, Malik 2017). Moreover, internet, one driving force of our digital self also has both positive and negative outcomes which we all should be cautious about. |

**5.4 DATA PRIVACY ACT (RA 10173)**

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| It is the policy of the State to protect the fundamental human right of privacy, of communication while ensuring free flow of information to promote innovation and growth. |

*SS3 (Understanding the Self) Unpacking the Self (The Digital Self)*