

Who am I in the Cyber World (Digital Self):

Written Report by Clarence Combinido

Digital self – online representation of an individual's identity, activities, and interactions in the cyber world/digital realm. It encompasses the sum of a person's online presence, including:

- Social media profiles
- Digital communication
- Online behavior
- Digital footprint

The digital self is an extension of one's offline identity (IRL identity), but also involves unique aspects shaped by online activities, virtual communities, and the information shared in the digital space.

Self and Cyberspace:

- **Cyberspace** – the virtual digital world, an electronic medium used to facilitate online communication.
- **Digital Literacy** – the ability and disposition to navigate the digital world using reading, writing, technical skills, and critical thinking.
- **Online Disinhibition** – the lack of restraint one feels when communicating online compared to in-person communication.

Two Categories of Online Disinhibition:

- **Benign Disinhibition**
 - We're more likely to open up, show vulnerability, and share our deepest fears. We help and give willingly to others in need.
- **Toxic Disinhibition**
 - We're more likely to harass, abuse, and threaten others when we can't see their face. We indulge our darkest desires. We hurt people because it's easy.

Me, Myself, I, and My User ID Online

- **Digital Identity / Online Identity** – a social identity that an internet user establishes in online communities and websites. It can also be considered as an actively constructed presentation of oneself.

- **User ID** – a unique identifier, commonly used to log on to a website, app, or online service. It may be a username, account number, or email address.

How Do You Build Your Online Identity

- Every website you interact with will collect its version of who you are, based on shared information about yourself.
- It is up to you how you will represent yourself closely as who you are and what you do in real life.
- Creating a representation far from your real life.

Extension of Self-Presentation Theory:

Jones and Pittman (1982) present 5 strategies of impression management, each characterized by specific motivational goals and tactics.

1. **Self-Promotion** – refers to the practice of purposefully trying to present oneself as highly competent to others.
2. **Ingratiation** – behaviors that a person illicitly enacts to make others like him/her or think well of his/her qualities as a person.
3. **Exemplification** – defined as a strategic self-presentational strategy whereby an individual attempts to project an image of integrity and moral worthiness.
4. **Intimidation** – intentional behavior that would cause a person of ordinary sensibility to fear injury or harm.
5. **Supplication** – strategy for self-presentation that involves depicting oneself as weak, needy, or dependent so as to motivate others to provide assistance or care.

Impact of Online Interactions on the Self

The development of a person's social aspects can be greatly influenced by technology due to an insufficient amount of real-life social encounters, as online interactions are easy and more convenient.

Positive Impact of Social Media and Online Interaction on the Self

- Social media sites inform and empower individuals to change themselves and their communities.

- Increased self-esteem when receiving many likes and shares.

Negative Impact of Social Media and Online Interaction on the Self

- Extensive online engagement is correlated with personality and brain disorders.
- Low self-esteem due to the risk of being exposed to cyberbullying and cyber pornography.

Boundaries of the Self Online

Personal boundaries are the set of guidelines, rules, or limits that a person creates to identify reasonable, safe, and permissible ways for people to behave towards them and how they respond in case someone breaks these rules or oversteps the limits.

Setting Boundaries to Online Self

- Stick to safer sites.
- Guard your password.
- Be choosy about online friends.
- Remember that anything you put online or post on a site is there forever, even if you try to delete it.
- Don't be mean or embarrass other people online.
- Limit what you share.

Public vs. Private

In many online environments, people cannot see others. Nobody can judge the statement and image because of the cloak of invisibility (anonymity).

In the public mode, the post will be treated as an open book. Because of security, many online users are using private mode. Invisibility is also a gauge to mispresent oneself.

Personal/Individual Identity vs Social Identity Online

Identity is made of both personal identity and social identity. **Social identity** is usually based on group affiliation.

In social media, many people identify themselves as member of a certain group so that it will be easy for them to communicate their concerns or issues.

Quiz:

1. An extension of one's offline identity/IRL identity.
- 2-3. Two categories of online disinhibition.
4. List one extension of self-presentation strategies.
5. _____ is usually based on group affiliation.

References:

- Digital self - understanding the self (lecture) BS psychology- the digital self is the persona we - studocu. (n.d.). <https://www.studocu.com/ph/document/cordova-catholic-cooperative-school/understanding-the-self/digital-self/35863033>
- Mirabel, A. (2021, November 18). *Digital Self*. SlideShare. <https://www.slideshare.net/slideshow/digital-self-250672778/250672778>
- Slideshare. (2024, March 15). *About Digital Self in the subject of understanding the self*. SlideShare. <https://www.slideshare.net/slideshow/about-digital-self-in-the-subject-of-understanding-the-self/266802970>