

19th Jan :

- Adjustment disfactors: group of factors.
- Depressed mood. (sadness, hopelessness)
 - anxiety (afraid, overthink, cry)
 - mixed anxiety & depressed mode
 - disturbance of behaviour (stealing, take risk activities)
 - mixed disturbance of emotion & behaviour (all emotions in same time)
 - Unspecified

Treatments: Relaxation techniques used for mind.

provide CBT (cognitive Behaviour Therapy)

Negative thoughts → Negative Behaviour expressed.

CBT will create Positive thoughts.

Enhancing Positive self-esteem

Good physical health → Good mental health → positive self-esteem.

21st Jan

Self

A → Affect (How do we evaluate ourselves?)

B → Behaviour.

C → Cognition.

3 components → physical self (one's body)

social identity (one's self-schema - social role, trait, future hopes, past mem)

Active agent (one's thoughts by actions - decision, behaviour)

Functions of self:

- * Interpersonal tool.
- * Decision Maker.
- * Self-Regulation.

Self → concept → understanding ourselves.

↳ private self → inner → how we truly see ourselves.

↳ accepting myself as introvert

↳ Public self → outer self → how we want others to see us

↳ want me to see as extrovert.

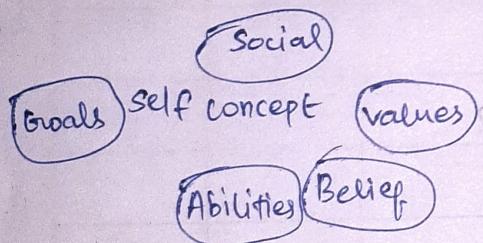
→ Individual perception of his/her abilities, personalities, & other attributes.

→ consist of our thoughts & feelings about our own characteristics.

we find our attributes, abilities, personalities by

comparing with others → Individual Perception

organized collection of Beliefs about self → self-concept.

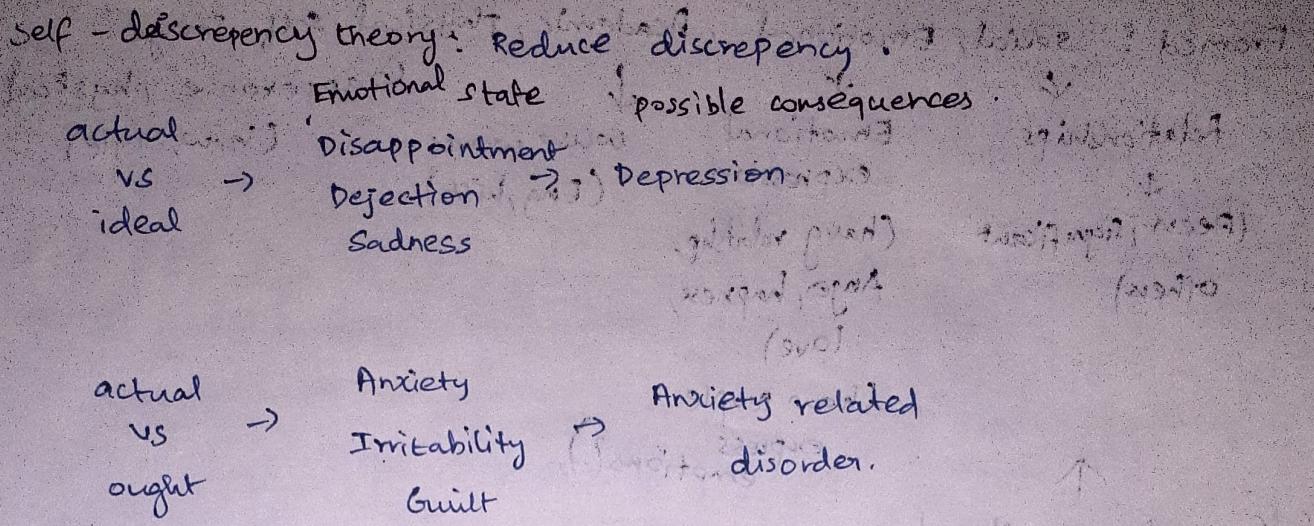


Self-concept → composed of various self-schemas

- Possible selves: one's conception about the kind of person one might become in the future.
- Motivative
 - Adaptable
 - Ambitious
 - Consistent
 - Introvert

If not in smooth, some discrepancies occur.

consist of mismatch b/w self perception that make up actual, ideal & ought self (past) (curr) (future)



28th Jan:

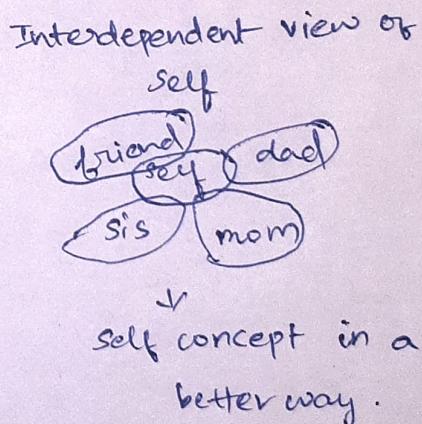
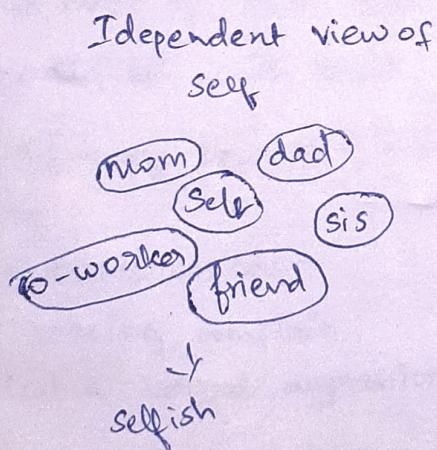
Ought → Present condition

Real → how you want to be

Ideal → how you should be

Factors affecting self-concept:

- one's own observation
 - Feedback from others (essential) → constructive feedbacks
 - Cultural values.
- cultural conceptions of self



We need to evaluate ourselves whether the formed self is right/not, by self-evaluation → Self-Esteem (one's overall assessment of one's worth)

↓

opinion/judgement about ourselves.

High SE → good opinion.

Low SE → bad opinion.

Framed : social, Emotional , Academic, physical self - image

Relationships

\downarrow
(Peers, significant
others)

Emotional expression

(hang relationship,
anger, happiness,
love)

(how people
express
emotions?)

Self - esteem structure

if feel good abt ourselves → make good adjustments

individuals with high SE persist longer in the face of failure.

2nd Feb

Self esteem.

with High SE:

- like meet new people
- Don't worry about how others will judge them.
 - Are nicer to be around.
 - Are magnets to positive opportunities
 - have courage to express themselves.
 - "I THINK I CAN" attitude

with Low SE:

- Don't believe in themselves.
- See themselves failing before they even begin.
- complain and criticize
- worry abt everything and do nothing.
- "I CAN'T DO IT" attitude.
- spend most of their time alone.
- dissatisfied with their lives.

Common signs of Low SE:

- Blaming
- putting themselves down
- silly, teasing, complain
- physical & verbal aggression

Positive exp we had will satisfy and make us feel worthy.

Security, self-esteem senses.

Steps to improve our SE:

- learn new things
- Practice our talents
- Dress well.
- Get plenty of rest.
- Become physically fit
- Become self talker
- Exhibit good habit
- Improve personal relationships
- Forgive yourself for past mistakes

SELF - PERCEPTION:

→ need to maintain coherent positive view of ourselves

↳ cognitive process is imp

done by rigid
↑ thinking

→ Attention & memory.

automatic processing: drink coffee, read newspaper.

controlled processing: decisions arise.

↳ mindfullness process
controlling and making decisions
(behaviours, ↑
thought processes) differ from
P to P

selective attention.

self-cognition: comparing oneself with others (positively)

SELF ATTRIBUTIONS:

Self-regulation: process of directing or controlling one's behaviour.

↳ manage, thriving

↳ how we feel

↳ mental, physical health

Can be done with the help of self-efficacy

that.

↓
one's belief to perform behaviours

Mastery experiences (mastering new skills)

Vicarious exp (by watching others a skill perform, we want to learn)

↳ techniques finds follows on coding, learn that.

Persuasion and encouragement (encouragement of others)

Interpretation of emotional arousal.

↳ how we should behave next in the same scenario

↓
for betterment of
relationships.

Self-defeating behaviour:

↳ acting typically in their own interest.

→ deliberate self-destruction

(love failures)

→ self-defeating => behaviours are intentional actions that thwart person's self interest.

→ trade-off => smoking, drinking, binge-eating

→ counterproductive strategies => fixing unrealistic goal
(dreaming about spouse in early life)

(train for IAS Exam)

→ unrequited love

→ All have self-defeating behaviour.

Self-presentation: public self is an image presented to others in social interaction.

Impression management strategies:-

Ingratiation → (gatherings like bday parties, etc....)

Self-promotion →

Negative Acknowledgement → Minor mistakes making sympathies on us by

Exemplification → won't say anything in arguments asking sorry showing ourselves as very good.

Showing ourselves as dependent ones.

Intimidation → behaving aggressively (aggressive outburst)

(showing themselves as powerful & dominating)

Supplication → totally show us weakly dependent.