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BSIT 2 – 5

There are so many self-concept theories. One of them is Carl Roger's self-concept theory. Based on Roger, Ideal Self is the person we want to become. Back then, I wanted to become a famous volleyball player. Long ago, I was watching UAAP Volleyball games. My favorite team up until now is the De La Salle Lady Spikers. They inspired me a lot to become a good and famous volleyball player. One of my favorite players is Ara Galang. She's good at playing volleyball. I even joined volleyball club when I was in grade school to junior high school to improve my volleyball skills. But after I finished junior high school, I stopped playing volleyball. I tried to tell myself that I should play volleyball since one of my ambitions in life is to become a good volleyball player and to play at the UAAP. But something's stopping me. In my senior high school days, I just focused on how I can get a higher grade that volunteering on playing volleyball.

On the other hand, another concept is the Real Self. It is how you see yourself in the moment of time. Based on my experience as a middle child, I have no choice but to become an independent child even when I was just 8 years old. I've been doing my best to get a higher grade, to obey my parents, and more. Before, I see myself as one of the most important members of the family since no one really likes me just like how the like my sisters. I keep telling myself that they like me as much as they like my sisters. But as I grow old, I realized that I shouldn't compare myself to my sisters. But sometimes, It's just hard to avoid. For me, I see myself as one of the people who still not sure about her dreams. I've been anxious lately because of the result of the election. Then that led me to think, am I going to achieve my dreams? After dreaming to be a good and famous volleyball player, now, I am studying IT. So, right now I know that this isn't really my ambition but I'm still happy on what I'm doing right now.

Another story of me that is related to the congruent of Carl Rogers is that before, I also wanted to be a chef. Carl Roger said that congruent is when self-concept is aligned to your real self. So before, I want to cook delicious foods that every people can enjoy.

But right now, I am studying computer related lessons since I'm an IT student. Back when I was about to enroll for senior high school, I am torn of getting ABM or ICT. But when I was about to enroll, cashier says that there is no slot in ABM. The available slots are ICT and HE. I was about to pick HE but then I realized that ICT is related to my dad's work right now. He is good at it. So, it inspires me to get ICT as my strand. And now, IT as my course.

The opposite of congruent is the incongruent. Incongruent is when you see your Real self, but you wish to be your Ideal self. Right now, I still wish that I will be a good and famous volleyball player. But sadly, it's a bit impossible because I am still studying and my volleyball skills aren't good enough to play at different competition.