

CHAPTER 4 PSYCHOLOGICAL PERSPECTIVE OF THE SELF

Psychology

Psychology has various ways of understanding a person and the therapist way of helping people understand themselves. Self by definition is a reference by an individual to the same individual person. Having its own or single character as a person, referring to the person as same individual.

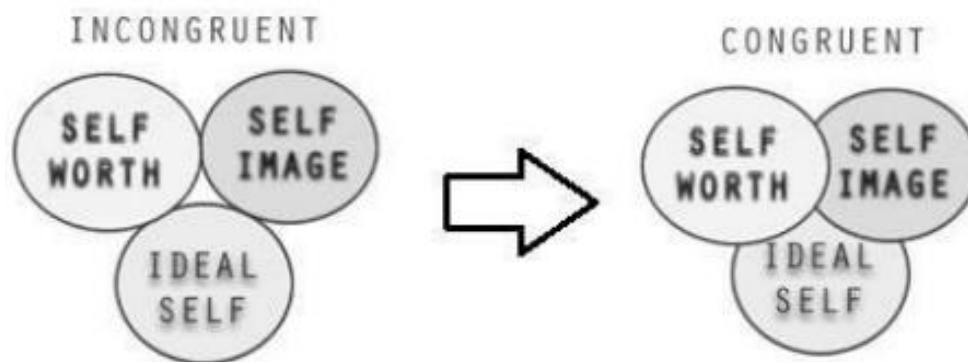
The psychology of studying self is about either the cognitive and affective representation of one's identity or the subject of experience. The earliest formulation of the self in modern psychology forms the distinction between the self as *I*, the person knower, and the self as *Me*, the person that is known.

The Self and It Selves

William James, a psychologist, has introduced in his document *The Principles of Psychology* (1890) a numerous concepts and distinction of self. For James, his main concepts of self are the "me-self" and the "I-self". The "me-self" is the phenomenal self, the experienced self or the self as known. It is the self that has experience the phenomena and who had known the situation. The "I-self" is the self-thought or the self-knower. James had claimed that the understanding of Self can be separated into three categories: "1. Its constituents; 2. The feeling and emotions they arouse – Self-feelings; 3. The actions to which they prompt – Self-seeking and self-preservation (James, 1890, p162)

Also, James wrote sub-categories of self, 1. the material self; 2. the social self; and 3. the spiritual self.

The **Material Self** is constituted by our bodies, clothes, immediate family and home. It is in this that we attached more deeply into and therefore we are most affected by because of the investment we give to these things. The **Social Self** is based on our interactions with society and the reaction of people towards us. It is our social self that thought to have multiple divergence or different version of ourselves. It varies as to how we present ourselves to a particular social group. The most intimate self, the **spiritual self**. It is the most intimate because it is more satisfying for the person that they have the ability to argue and discriminate one's moral sensibility, conscience and indomitable will.



Conception of Self

Carl Rogers, had come up with his conception of self through the intervention he used for his client, the Person-centered therapy. It is a non-directive intervention because it believes that all people have the potential to solve their own problems. Rogers believe that people must be fully honest with themselves in order to have personal discovery on oneself. In this concept of self, he had come up with three sides of a triangle.

- a. The Perceived Self (Self worth - how the person sees self & others sees them)
- b. The Real Self (Self Image - How the person really is)
- c. The Ideal Self (How the person would like to be)

Concept of Unified and Multiple Self

As DanielCW (2016) wrote in his article "Psychoanalysis vs Postmodern Psychology" he has emphasized how Freud perceived person as a unified beings and Gergens concept of multiple "selves"

In Freud's concept, he argued that mind is divided into three connected but distinct parts. The Id, Ego and Super Ego. Id as the center of primitive, animalistic impulses (sex, food & comfort) following the pleasure principle. Superego as the center for ethical imperative. The one that reminds the self of what is right or wrong following morality principle. And the Ego as the moderator between these two which was driven by rationality principle. And then also, Freud has stated two important division of mind, the conscious and unconscious. Conscious are the thoughts that we are aware of. And Unconscious as thoughts that we are not aware of. (DanielCW, 2016)

Although, Freud has argued that self has a multiple parts, he still believed that ultimately we are a Unified beings (Atleast, when we are healthy). Ego remains at the helm of mind, guiding the Id and Superego and staying at the center. Thus Gergen argued that having a flexible sense of self allows for multiple "selves". That it is up to the self to define himself as warm or cold, dominant or submissive, sexy or plain.

According to Kenneth Gergen, proponent of Post modern Psychology, The individual has many potential selves. He carries within him the capacity to identify himself, whether warm or cold, dominant or submissive, sexy or plain. How we bring ourselves in every situation will help him get through for a day. Therefore, maybe it is healthy to have many mask. Multiple selfhood is part of what it means to be human, and forcing oneself to stick to one self-concept maybe unhealthy.

True Self and Fake Self

True Self, as rooted from early infancy is called the simple being. The sense of self based on spontaneous authentic experience and feeling of being alive, having "real self". Example, as a baby we react based on our sense of reality. The baby reacted spontaneously based on our instinctual sense. Fake Self, is our defense facade. Overlaying or contradicting the original sense of self. Problem would be we might build false set of relationship through concealing a barren emptiness behind an independent-seeming facade.