

## CHAPTER 6 THE PHYSICAL SELF

Physical self refers to the body which we interface with our environment and fellow being. It is a tangible aspect of the person that can be directly observed and examined.

People now days are too conscious on how they look. How they see themselves in the mirror, how people will look at them and what will people say about them. Our concept of our self and the perception of people around us will always have big effect on how we deal in a situation, cultural or not. This discussion of Physical Self has found place on different Schools of Psychology, like psychoanalysis, behaviorism, humanism etc. For example:

- William James considered body as initial source of sensation and necessary for the origin and maintenance of personality. It is an element of spiritual hygiene of supreme significance. For example, a boxer during a fight, do not notice/feels his wounds until the intensity of fight has subside.
- Sigmund Freud, In Psychoanalytical school, construction of self and personality makes the physical body the core of human experience.
- Wilhelm Reich argued that mind and body are one; all psychological processes, he postulated, are a part of physical processes, and vice versa.
- According to Erik Erikson, the role of bodily organs is especially important in early developmental stages of a persons life. Later in life, the development of physical as well as intellectual skills help determine whether the individual will achieve a sense of competence and ability to choose demanding roles in a complex society. For example a child get their confidence when they bigger, stronger, faster and more capable of learning complex skills.
- Carl Jung, argued that the physical body and the external world can be known only as psychological experiences.
- B.F. Skinner, says that the role of the body is of primary importance.

Which from this different orientation clearly show us and explains how people deals with their physical self. Regardless of what culture or traditions he or she may be, his or her interpretation of himself will be how people act in the community.

### **Self - Esteem**

*"We all know that self-esteem comes from what you think of you, not what other people think of you" - Gloria Graynor*

People from different culture have opted to change their features in attempt to meet the cultural standards of beauty, as well as their religious and/or social obligations. They modify and adorn their bodies as part of the part of complex process of creating and re-creating their personal and social identity to be accepted by society and to be able to accept them self. This includes body painting, tattooing, jewelries and adornments. Youth in present time are too conscious of their physical attributes that they are not confident to face the day without make- up.

As our physical self, dictates how we act in front of other people it also defines how we will manage our self-esteem. Yet, this self-esteem is vital on how we form positive and healthy relationships with people around us. We have different kinds of self-esteem; The Inflated Self- Esteem (this people holds high regards of themselves. Better than the other to the point of under estimating them), High Self-Esteem (this is a positive self-esteem, which make the person be satisfied of themselves) and Low Self-Esteem (this person do not value themselves and do not trust their possibilities). Most of the times, this self-esteem are define by what physical attributes they have. Beauty as define by the society, culture or traditions, is what matter to the person.