

The image features a dark red background with a central horizontal scroll. The scroll has a light beige, textured surface and is held by two vertical white pillars on either side. Each pillar has a small gold ring at the top and bottom. The text "Unpacking self" is written in a dark red, serif font in the center of the scroll.

Unpacking self

What we'll discuss

SELF- is a concept or belief that an individual has of him or herself as emotional, spiritual, and social being. It is your idea of who you are, like a self-reflection of one's well-being.





Personality Domains:

1. Real Self-who I am

2. Ideal Self-who I want to be

Self-Understanding-one's understanding of who they are and what makes them unique. It motivates a person's actions.

Physical Self-is the concrete dimension, the tangible aspect of the person that can be directly observed and examined.

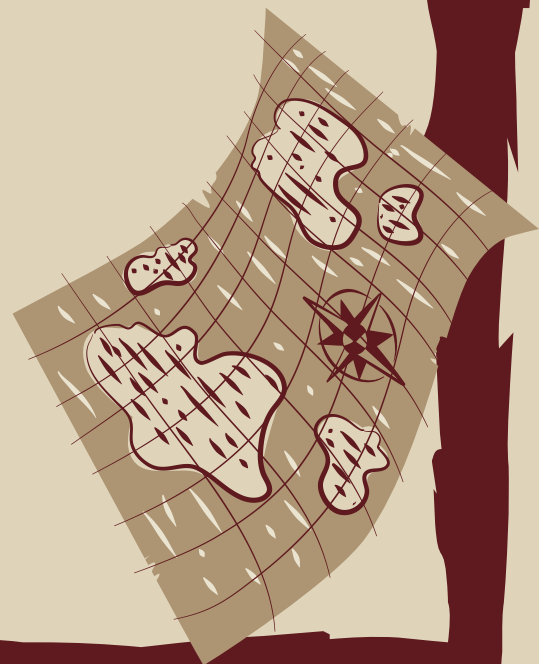
According to WILLIAM JAMES, the physical self or the body is an initial source of sensation and necessary for the origin and maintenance of personality.

Sigmund Freud's Psychoanalysis, his construction of self and personality makes the physical body the core of human experience.

How they view themselves.

How they view others.

How they think others view them.



SELF-ESTEEM:

SELF-ESTEEM IS USED TO DESCRIBE A PERSON'S OVERALL SENSE OF SELF-WORTH OR PERSONAL VALUE.

DEVELOPING SELF-ESTEEM:

A. UNDERSTANDING THAT HEALTHY, ATTRACTIVE BODIES COME IN MANY SHAPES AND SIZES

B. PHYSICAL APPEARANCE SAYS VERY LITTLE ABOUT OUR CHARACTER OR VALUE AS A PERSON

C. HOW WE GET TO THIS POINT OF ACCEPTANCE OFTEN DEPENDS ON OUR INDIVIDUAL DEVELOPMENT AND SELF-ACCEPTANCE



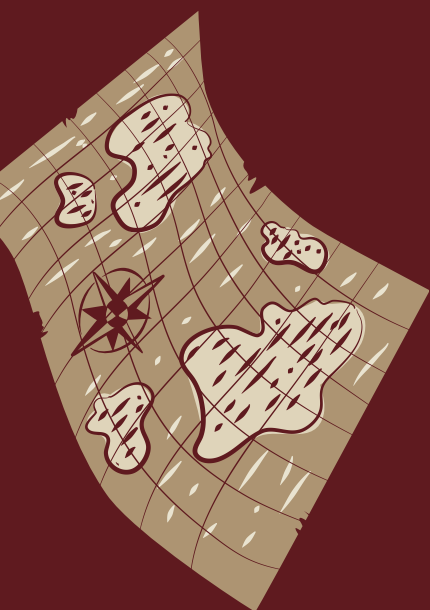
The Role of Culture in our Understanding of Body Image and Self-Esteem:

Culture-defined as the shared patterns of thoughts, beliefs, behavior, and habits in both material and symbolic realms.

Pop Culture from a common understanding, it is a culture widely accepted and patronized by the public.

The Best Presentation of the Physical Self:

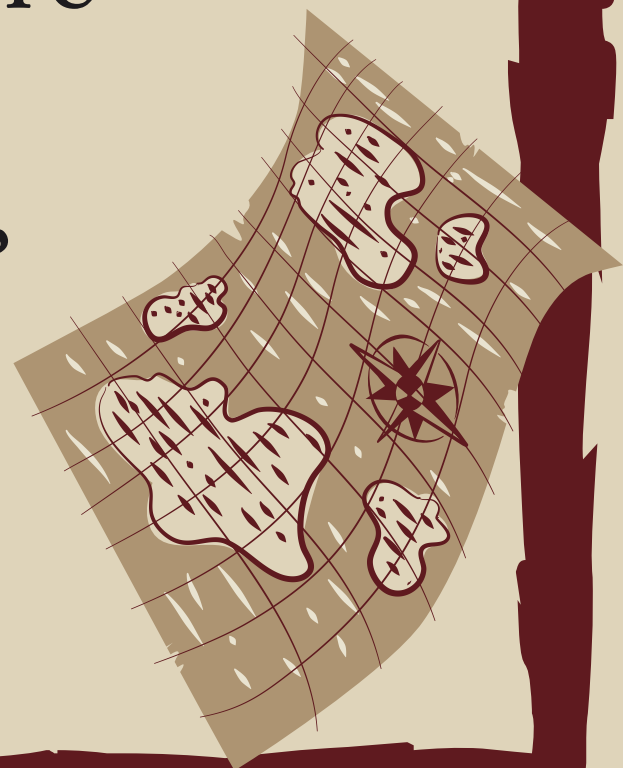
1. Beauty
2. Good Health



2 Types of Beauty:

1. Inner Beauty-refers to the inner qualities of the person
2. External Beauty-physical characteristic of the person

1. St. Augustine-things were beautiful because it gave delight or whether it gave delight because it is beautiful
2. Plato he connected beauty as a response to love and desire
3. Aristotle-asserted that chief forms of beauty are order, symmetry, and definiteness



By the 18th Century, beauty was associated with pleasure as a personal preference.

1. David Hume-it merely exists in "Beauty is no quality in things themselves" the mind which contemplates them and each perceives a different beauty.

2. Immanuel Kant - the judgement of taste is therefore not judgment or cognition and is consequently not logical but aesthetical, by which we understand that whose determining ground can be no other than subjective.

3. Francis Hutcheson "the perception of beauty does not depend on the external sense of sight, however the internal sense of beauty operates as an internal or reflect of sense."

GROUP 3

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