Psychology of Human Relations – Chapter 6 Concept Notes Outline

1. How do others and our social groups influence our self-concept?

Through feedback, comparison to groups perceived as better or worse than ourselves, social context, and cultural values

1. What is the difference between trait and state self-esteem?

Trait self-esteem is the long term, slow to change sense of confidence about yourself

State self-esteem is the dynamic feeling of self that changes in a given situation

1. Describe the four parenting styles proposed by Baumrind.

Authoritative: High Control, High Acceptance

Authoritarian: High C, low Acc

Permissive: low C, High Acc

Uninvolved: low C, low Acc

1. What is self-efficacy and how can it be developed?

Our belief that we have the ability to control our behaviors

Through modeling the behavior of others

1. Describe, in detail, one of the methods for building self-esteem discussed in the chapter.

Not letting others set your goals. Setting your own goals demonstrates to yourself that you are in control over your ability to accomplish goals you set out for yourself, raising your self-efficacy.