Self-Perception: A view into the mind of Self-Imaging

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ABSTRACT

When a person looks into a mirror, three reflections appear the reflection that only they see, the reflection that everyone else sees, and the reflection that is truly there. This is due to a mental phenomenon called self-perception, or the way a person views themself, whether it be true or false. A study was conducted by Hunter Duval, to determine the relationship between demographic information (i.e. Age, Race, Etc) and Self-Perception of individuals. The website, SurveyMonkey was used. 71 individuals from the social media platform, Reddit, and a local high school were interviewed regarding their Gender, Sexual Orientation, Race, and Perception. The study concluded that 51.62% of males, 64.86% of females, and 33.33% of other genders perceive themselves as unattractive, with females having the majority. The study also found that individuals who are part of the LGBT minority have a higher chance of perceiving themselves as unattractive than that of heterosexual, with Pansexual taking the majority. According to this data, oppressed populations and minorities seem to have a higher chance of feeling unattractive. This is likely because they are, as aforementioned, oppressed. Oppressed populations, such as those in the LGBT community, are forced to look down upon themselves by other peoples, thus causing their self-image to downgrade. Overall, minority populations are more likely to have a poorer self image than that of the majority.

GUIDELINES

When performing this protocol, please be objective about the data, any bias in the data could cause the result to blow wildly out of proportion. Also, be sure to not force personal questions on subjects, as this will lead to bias. Be sure that the questions pertain or add on to the idea of self-perception.

MATERIALS TEXT

- Data Collecting or Survey Service or software

BEFORE STARTING

Before starting, be sure that the population is not biased, and that they are comfortable with being asked such questions

1   Choose Population — Be sure to choose an unbiased population, meaning do not choose a population that is known for being over or under-confident.

2   Set Up Questions — What are the subjects going to be asked? How will these questions pertain to the experiment?

3   Collect Data — Ask the population the selected questions and record their responses; OR have the population take a survey with the selected questions.

4   Analyse Data — What do the numbers mean? How much of a certain sub-population perceive themselves as attractive?