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Sociology 105

3 February 2021

### The Conception of Self: Essay Brief 2

The conception of self is a concept centered around how individual humans regard their own behaviors and abilities. This conception of one's self involves both the physical body, which carries out all actions, as well as the actual human self, which is the aspect that enables people to perceive their own behaviors. In the readings "The Self, the I, and the Me" and "The Presentation of Self," George Herbert Mead and Erving Goffman both prove that socialization is in the most crucial component in the formation of one's self.

In the reading, "The Self, the I, and the Me" by George Herbert Mead, he starts off by discussing how the self and the human body are completely unconnected from one another. He then goes on to explain how the essential being of a person is an object to their human body and in order for their body to act in an intuitive manner, one must first engage in communication. This social interaction between people allows humans to learn to respond to themselves and therefore function in a way that appears morally correct. Much like this idea, Erving Goffman also discusses how communication is paramount for the self in his writing, "The Presentation of Self." Goffman summarizes how the structure of one's self is much like a display, based upon learned behaviors from social settings. He mentions how individuals desire to maintain proper impressions and standards among others and how this desire compels them to act in a certain fashion. These forced behaviors alter how humans view themselves, therefore allowing social interactions to play a pivotal role in the conception of oneself.

way people perceive their own actions and how humans observe themselves overall.

Communication between individuals is vital to the conception of self because it teaches people how to have conversations between them and their own internal selves. In addition, social engagement is also important for the formation of self because it provides a standard for humans to follow, which produces an effect where the human self is based upon social institutions.