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Subject	Psychology for Engineers – II (Social Psychology)
Assignment No. 1	Self and Social Identity
Question No.1	<p>Explain what social comparisons are and how social comparisons shaped who you are and how you feel about yourself. Explain with one example in personal life.</p> <p>Ans:</p> <p>In 1954, Leon Festinger proposed social comparison theory which states that people evaluate their own worth in the society and as a person by comparing themselves with others. In essence, individuals appraise their capacities and views by measuring themselves to others either upwards (to the ones perceived as better) or downward (the one seen worse). Such comparisons can be made in different spheres; it may refer to the appearance, intellectual abilities, wealth and success.</p> <p>Social comparisons are very important in determining, how people see themselves and their level of self-esteem. They have the power to shape how one perceives themselves and their position in society. For example, comparing oneself to others who are more successful may lead to feelings of inadequacy or low self-esteem and the same can be said about those less fortunate where it could result into feeling superiority or gratitude.</p> <p>In terms of my personal life, social comparisons have influenced the way I perceive things and feel about certain matters such as academic performance.</p> <p>An real life example from my life is as follows:</p> <p>At college, after a hard midterm test I was sad because many of my colleagues scored better than me. The comparison of me to their success made me feel incompetent, more so when everyone talked about the exam on social media. However, I found out that test grades do not determine my value and everyone has different talents. I directed my attention to developing myself and asking for help when necessary, understanding that personal development is far more important than comparing with others.</p> <p>Social comparisons have shaped my self-perception and attitudes towards myself, especially with regards to academic performance. By personal experiences and reflection, I have learned to see the effect of social comparisons on my self-acceptance and growth.</p>



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Question No.2

Complete the questions (4 marks)

- a. Self-concept: List the 10 qualities of your self-concept i. What do you know about yourself? List 10 qualities about yourself that you feel define you.**
- b. Self-esteem: Next, mark where those categories are positively or negatively valanced**
- i. How do you feel about each one of those qualities? Are they positive or negative?**
- c. Identify the source of those qualities and categories i. How did you learn this about yourself? If you listed "sense of humour" as one of your qualities, how do you know you're funny?"**

Ans:

a. Self-concept: List the 10 qualities of your self-concept

1. Kind-hearted
2. Creative
3. Organized
4. Confident
5. Reserved
6. Detail-oriented
7. Supportive
8. Flexible
9. Self-critical
10. Brave

b. Self-esteem: Next, mark where those categories are positively or negatively valanced

1. Kind-hearted - Positive
2. Creative - Positive
3. Organized - Positive
4. Confident - Positive
5. Reserved - Negative
6. Detail-oriented - Positive
7. Supportive - Positive
8. Flexible - Positive
9. Self-critical - Negative
10. Brave - Positive

c. Identify the source of those qualities and categories

1. Kind-hearted - Learned from family and personal experiences.
2. Creative - Cultivated through hobbies and problem-solving.
3. Organized - Developed through education and personal routines.
4. Confident - Built through accomplishments and positive feedback.
5. Reserved - Recognized through self-reflection and social interactions.
6. Detail-oriented - Enhanced through attention to tasks and habits.
7. Supportive - Modeled by relationships and empathy.
8. Flexible - Adapted through facing challenges and change.
9. Self-critical - Developed from internal reflection and feedback.
10. Brave - Nurtured by overcoming fears and taking risks.



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Question No.3

Describe some situations where you or people you know have used each of the self presentation strategies. Which strategies seem to be more and less effective in helping them to achieve their social goals, and why?

Ans:

1. Applause: It is being friendly so that the other person likes you, such as complimenting a friend to make them happy.
2. Self-promotion: Bragging about being intelligent by talking of winning a game just to look good in the eyes of others.
3. Scaring: Using scare methods in making them do what you want with regard to threats such as if they don't share their toys, then you will tell on someone.
4. Manifestation: Acting very generous to set an example for others: being helpful in any case.
5. Urge: Faking a state of helplessness in order to secure assistance from others such as feigning over the opening on jar for someone to do it.
6. Assertion: Asserting yourself to get what you want, such as telling a teacher that someone is bothering you.
7. Self-deprecation: Joking around at yourself to look modest or funny, for instance laughing on your own shortcomings so that the others could feel relieved.
8. Admiration: Giving compliments to others in order for them to feel good, like telling a friend that she draws well
9. Integrity: The right thing even when no one is watching, such as returning a lost toy to its owner.
10. Humour: Jokes or funny stories to cheer people up and make them feel relaxed, such as telling a silly joke just for the sake of opening a party atmosphere.



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Question No.4

Consider your online behavior. How do you think it both reflects, and influences how you see yourself?

Ans:

As a student, when I actively participate in class, finish my work on time, and try to understand things better, I see myself as hardworking and motivated. But when I struggle to keep up or lose interest, I feel like I need to improve and face challenges. Overall, how I act in school affects how I see myself as a student.

Also I am shy of talking or giving answers in online meeting. It leads to reflect my personality as I am much rude to answer the questions and also creates an impact that I am an irregular student.