BICOL UNIVERSITY
COLLEGE OF SCIENCE
Legazpi, Albay

SELF-AWARENESS

BUCS NSTP - LTS 1
AM & PM CLASS

VISION

A University for Humanity characterized by productive scholarship, transformative leadership, collaborative service, and distinctive for sustainable societies

MISSION

Give professional and technical training, and provide advanced and specialized instruction in literature, philosophy, the sciences, and arts besides providing for the promotion of scientific and technological researches (RA5521, Section 3.0)

QUALITY POLICY

Bicol University commits to continually strive for excellence in instruction, research, and extension by meeting the highest level of clientele satisfaction and adhering to quality standards and applicable statutory and regulatory requirements

LEARNING OBJECTIVES

01

Describe the different aspect of self to fully understand individual’s behavior

02

Evaluate one’s self-using self-awareness theory

03

Be able to understand the Johari’s Window

SELF-AWARENESS

Self

- is an aspect of a human being that reflects the individual's emotional, psychological, spiritual, and total personality

Awareness

- having or showing realization, participation in, commitment to, and knowledge of the development of one's value

Self-Awareness

- means to accept one's self, one's strengths and weakness to the extent that one develops a clear picture of personhood
- to reveal oneself to others by investing or taking risks towards growth
- to express one's feelings, consonant and dissonant in a loving concern

SELF AND ITS ASPECTS

Burnard (1992)

Physical Self

- It is the felt sense of the self and includes our physical body. It covers our perception of our body and the images we have of our body

Spiritual Self

- An aspect involved in the investment of meaning into what we do as humans like in religious terms, or in philosophy, psychology politics, etc.

Darker Self

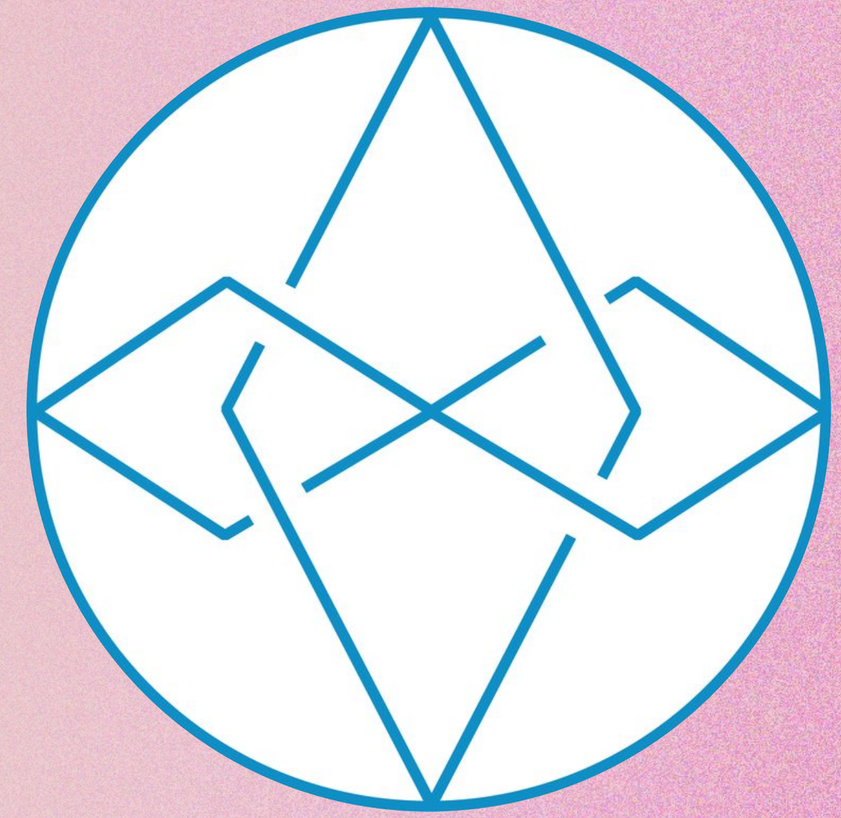
- The notion of self-actualization suggests a growing into the full potential of ourselves.

Private Self

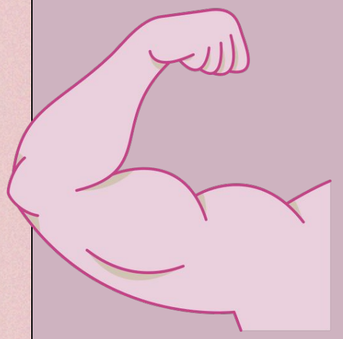
- An aspect that we are aware of but do not show to others

Social Self

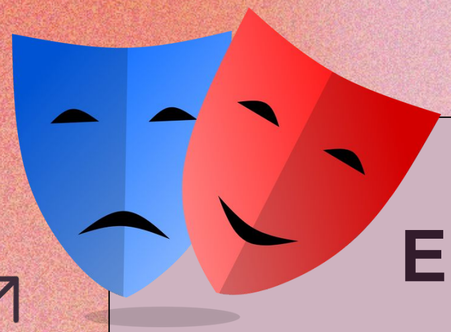
- An aspect where it is openly shared with others in various social situations such as work, home, with friends, etc.



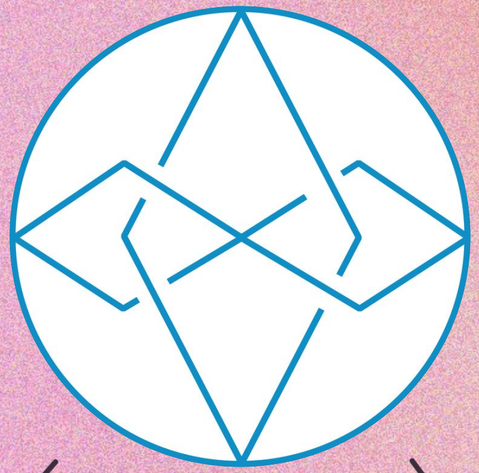
FOUR ASPECT OF SELF:
THE QUADRINITY



PHYSICAL SELF

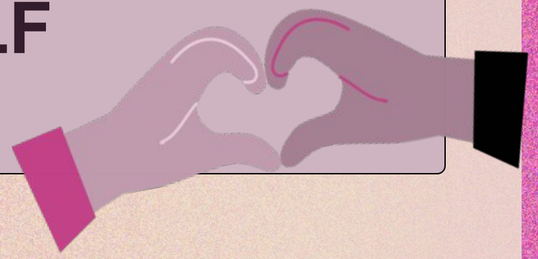


EMOTIONAL SELF



INTELLECTUAL SELF

SPIRITUAL SELF



PHYSICAL SELF

- is a biological system
- it includes the brain as the physical dwelling place for the three other aspects of the self;
- through the body, we act out and manifest feelings of emotional health, the thoughts of the intellect, and the presence of the spiritual self

Characteristics

- Composed of the elements of the physical universe and subject to its physical laws and conditions
- Carrier of genetic information
- Interconnected with the mind through neurological and biochemical feedback
- Functions in the domains of sense, action, and communication
- Behaviorally express thoughts and feelings
- Manifests physical symptoms of unresolved conflict between intellect and emotions

EMOTIONAL SELF

- it expresses the full range of feelings and emotions through the physical body.
- A Negative Love pattern exists

+ (POSITIVE CHARACTERISTICS)	- (NEGATIVE CHARACTERISTICS)
Relational	Defensive
Curious	Rebellious
Playful	Withdrawn/Stubborn
Joyful	Shame/guilt
Sense of Humor	Anger/Anxiety
Spontaneous	Rigid
Adventurous	Fearful/cautious
Appreciative to self/others	Unlovable/unworthy
Feels grief/sadness	Depressed

INTELLECTUAL SELF

- is a logical and problem-solving thought-processor
- it includes what and how we think, our world-views, values, and beliefs
- A negative Love pattern exists
- it can be either positive or negative

+ (POSITIVE CHARACTERISTICS)	- (NEGATIVE CHARACTERISTICS)
Rational	Critical
Understanding	Rationalizes
Knowledgeable	Judgmental
Creative	Defensive
Logical/Synthesizes	Argumentative/deceptive

SPIRITUAL SELF

- pure non-programmed, non-mediated aspect of self
- positive, pure, open presence, yearning to embody our larger, true nature in this world

Characteristics

- Wise, ever unfolding and growing, moving towards wholeness
- Intuitive, responsive and unconditioned, connected
- Intentional, courageous
- Creative
- All-loving, compassionate, and forgiving
- Peaceful, grounded, and centered
- Aspires to goodness, truth, and justice
- Mediator, Integrator
- Integrity, completely ethical (knows right from what wrong)
- Source of strength

The Self-Concept in Psychology

The Self-Concept in Psychology

Lewis (1990) suggest that development of a concept of self has two aspects:

Existential Self

- The most basic part of the self-scheme or self-concept;
- “The sense of being separate and distinct from others and the awareness of the constancy of the self" (Bee, 1992).
- According to **Lewis 1990**, awareness of self begins at a young age (2-3 months) and it arises in part due to the relation the child has with the world

Categorial Self

- having to realize that he or she exists as a separate experiencing being, the child next becomes aware that he or she is also an object in the world
- **Carl Rogers (1959)** believed that self-concept has three different components:
    1. Self-image (the view you have yourself)
    2. Self-esteem or self-worth (How much value you place on yourself)
    3. Ideal Self (What you wish you were really like)

COMPONENTS OF THE SELF-C0NCEPT

Self-Image

- A person's self-image is affected by many factors such as parental influence, friends, social media, etc
- **Kuhn (1960)** investigated self-image by using the "Twenty Statements Test" and later found out that the responses must be divided into major groups; the social roles (external aspect) and personality traits (internal aspect)

Self-esteem and Self-worth

- refers to the extent to which we like, accept, or approve of ourselves or how much we value ourselves
- it always involves a degree of evaluation that may have either a positive or negative view of ourselves

HIGH SELF-ESTEEM (positive view of ourselves)

LOW SELF-ESTEEM (negative view of ourselves)

- Four major factors that influence self-esteem **(Michael Argyle, 2008)**
  - Reaction of others
  - Comparison with others
  - Social roles
  - Identification

COMPONENTS OF THE SELF-CONCEPT

Ideal Self

- If a mismatch occurs between how you see yourself and what you'd like to be, then it is likely to affect how much you value yourself
- Therefore, self-image, ego ideal, and self-esteem have an intimate relationship with each other
- A person's ideal self may not be consistent with what happens in real life and experiences of the person
- Hence, a difference may exist between a person's ideal self and actual experience which is called **incongruence.**
- When the person's ideal self and actual experience are consistent, a state of congruence exists.
- The development of congruence is dependent on unconditional positive regard
- **Rogers (1959)** believed that for a person to achieve self-actualization, he/she must be in a state of congruence.

SELF-AWARENESS

having a clear perception of our personality including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. It allows you to understand other people, how they perceive you, your attitude, and your responses.

Johari’s Windows

Johari's Windows

JOHARI WINDOW MODEL

	Known to self	Not known to self
Known to others	**Open area**	**Blind spot**
Not known to others	**Hidden area**	**Unknown**

The Johari window model is used to enhance the individual's perception of others.

This model is based on two ideas- trust can be acquired by revealing information about you to others and learning yourselves from their feedback.

Johari's Windows

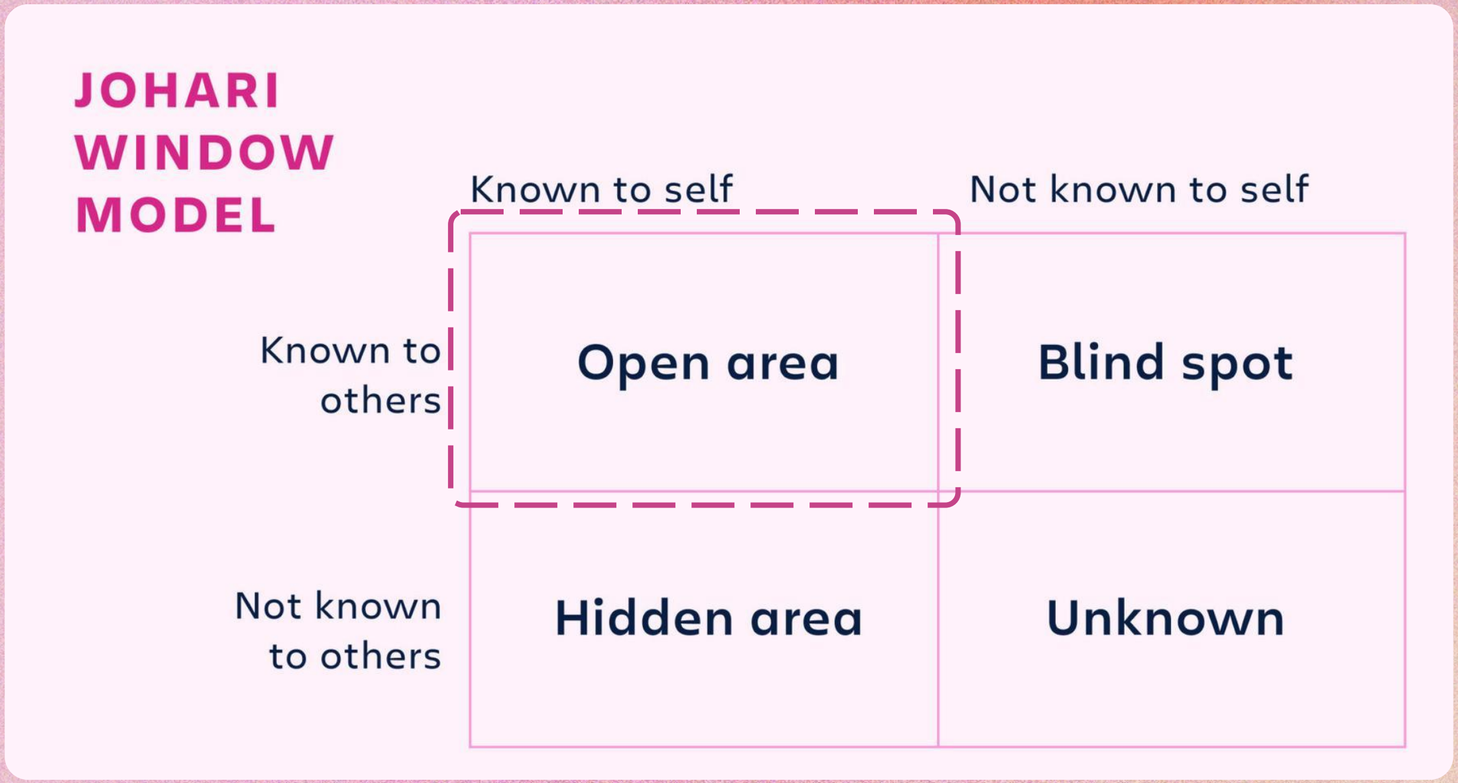
- The model is named after the first names of its investors Joseph Luft and Harry Ingham

Joseph Luft

Harry Ingham

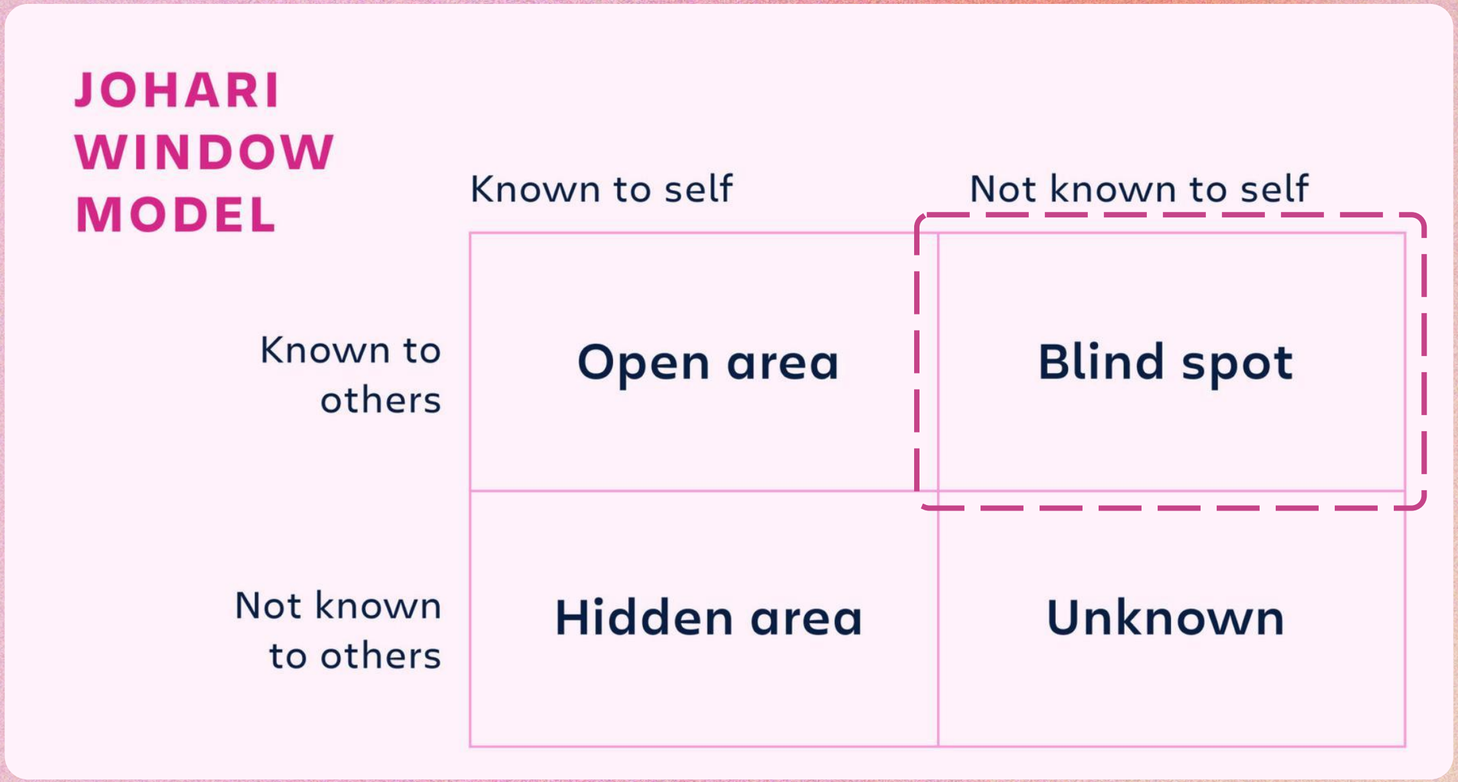
- One of the most useful modes of describing the process of human interaction
- A four-paned "window", divides personal awareness into four different types, as represented by its four quadrants, open, hidden, blind, and unknown
- The lines dividing the four panes are like window shades, which can move as an interaction progresses

Open/self-area



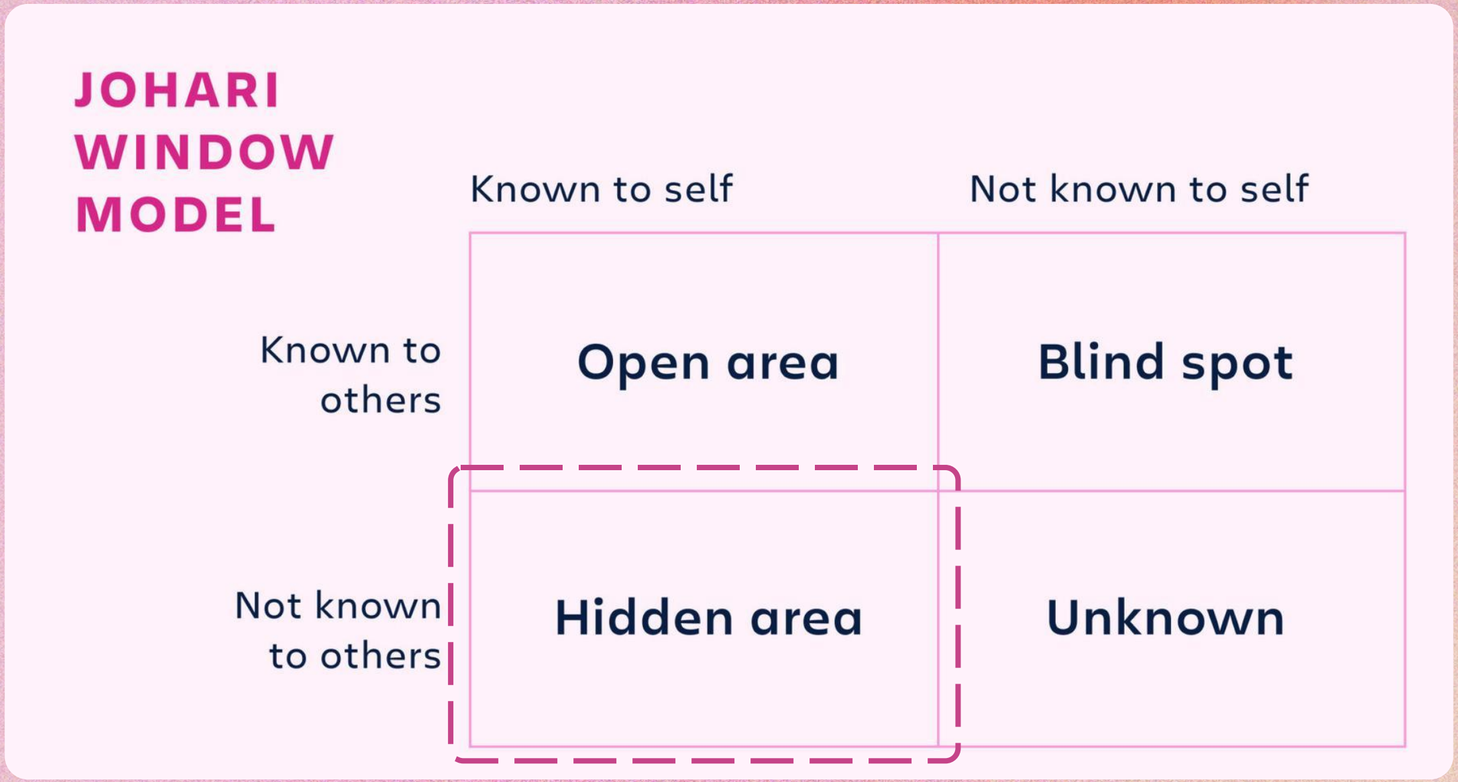
- An area where the information about the person's attitude, behavior, emotions, feelings, skills, and views will be known by the person as well as by others
- Particular area where all the communications occur and the larger the arena becomes the more effectual and dynamic the relationship will be.

Blind self/blind spot



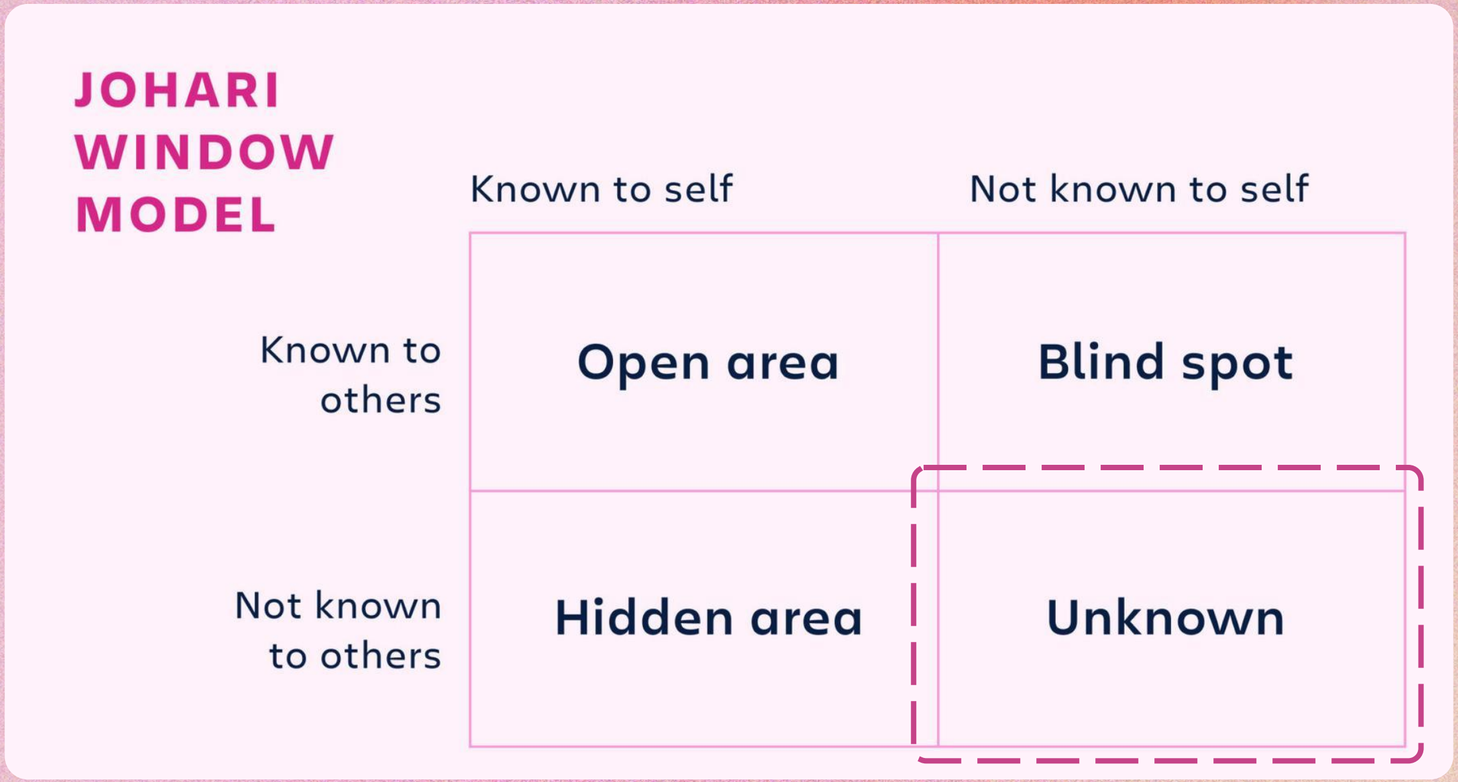
- Information about yourselves that others know in a group but you will be unaware of it
- Others may interpret yourselves differently than you expect
- The blind spot is reduced for an efficient communication by seeking feedback from others

Hidden area/facade



- Information that is known to you but will be kept unknown from others can be personal information that you feel reluctant to reveal
- This includes feelings, past experiences, fears, secrets, etc
- some feelings and information are kept as private as it affects the relationships and thus the hidden area must be reduced by moving the information to the open areas

Unknown area



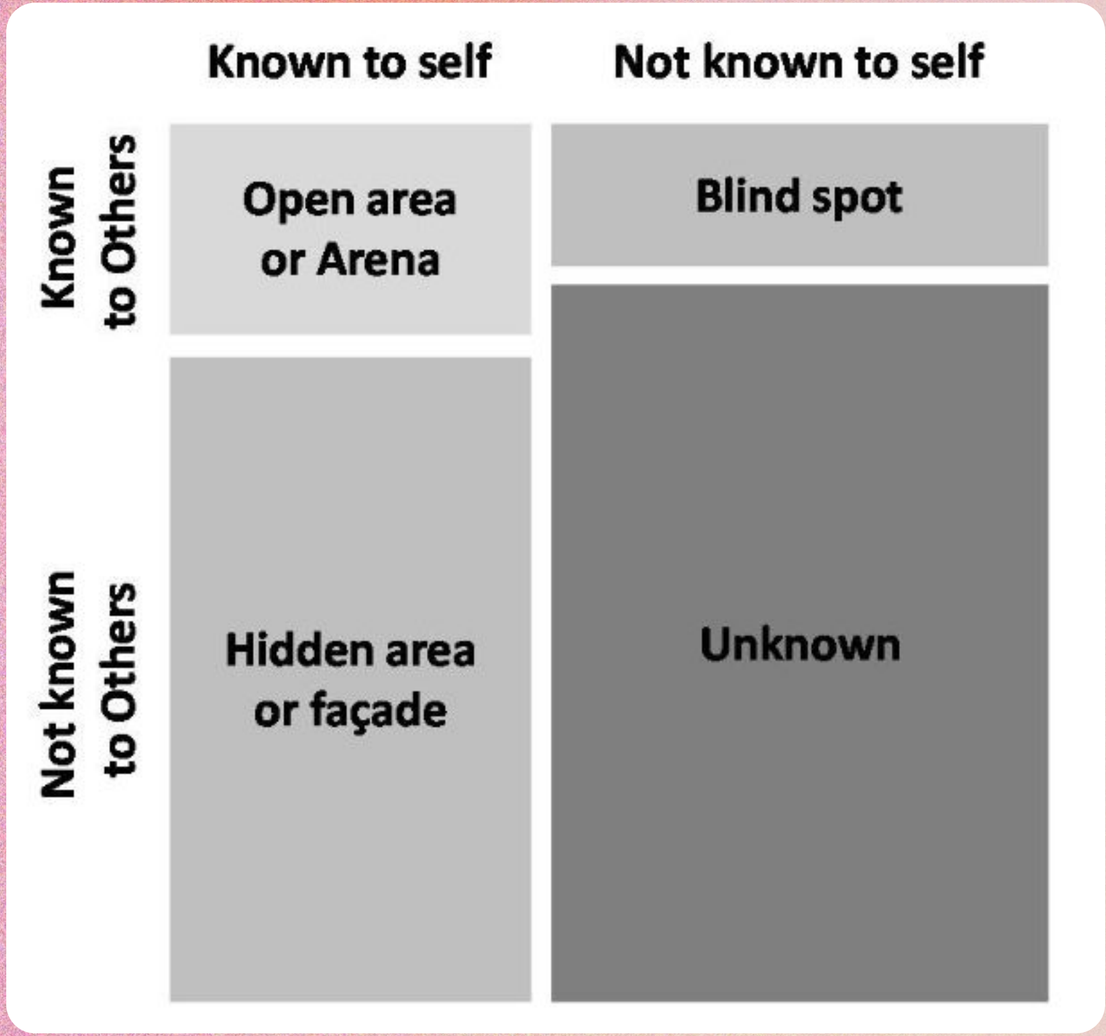
- Information which is unaware to yourselves as well as others which includes the information, feelings, capabilities, talents, etc.
- The person will be unaware till he discovers his hidden qualities and capabilities or through observation of others
- Open communication is also an effective way to decrease the unknown area and thus to communicate effectively

Johari's Windows

Example #1

Alice Google got a job in an organization. Her co-workers only knew a little thing about her since she was new to the workplace.

In this context, the unknown and hidden areas move and maximize the upper areas, but since her co-workers did not know her that much the open area and blind spot will be smaller.



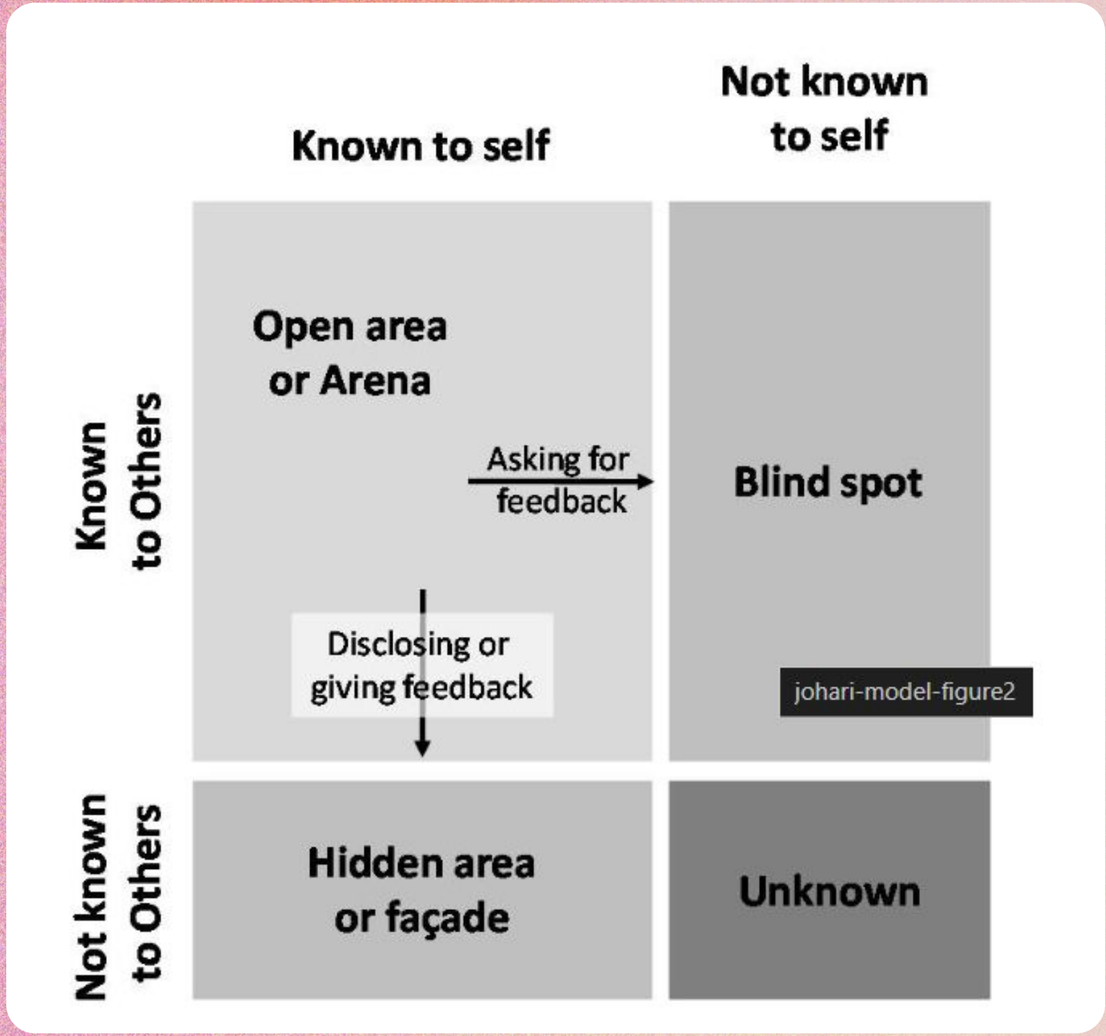
Johari's Windows

Example #2

Sarah Duturtle spent most of her free time collecting infinity stones which was her preferred pastime, and her co-workers found her very shy and elusive.

Through the feedback and evaluation of her co-workers, she got the idea of how she was and tried to be more talkative and interact more with her other co-workers.

This helped her to increase her open area, thus making her hidden and unknown areas more smaller.



THANK YOU!