

An illustration on a dark teal background. In the center, a person with dark hair and an orange shirt is shown from the chest up, resting their chin on their hand in a thoughtful pose. Surrounding them are four thought bubbles. The top-left bubble shows a person in a blue dress with butterflies. The top-right bubble shows a person in a blue shirt with question marks. The bottom-left bubble shows a person in a blue shirt with lightning bolts. The bottom-right bubble shows a person in a blue shirt with question marks. A green plant with large leaves is in the bottom right corner.

SELF AWARENESS, PERSONALITY DEVELOPMENT, AND FILIPINO SOCIETY

WHAT CONSTITUTES A HUMAN BEING?

ACCORDING TO:

ARISTOTLE AND BOETHIUS- described human as a rational being, a person can know, reason out, and apply what he/she knows.

- Believed also that humans are sensible beings. A person should learn, consider and use information as a fellow human being.

THEOLOGIANS- Described a human person as a substance of physical and also spiritual.

- Combination of spiritual and physical elements. Spiritual in nature since humans were made by a divine being who had a soul and divine purpose. Physically, as every individual has a body and a set of faculties appropriate to their interactions with the community.

DICTIONARIES- Define a human person as a living, self conscious animal, or a thing.

THE THEORY OF PERSON- centered therapy of Carl Rogers explained that persons are the only ones able to change the direction of their lives and which path to take.

CHARACTERISTICS OF HUMAN PERSON:

1. **RATIONAL-** Every person is a sensible human being. This is the characteristics that distinguishes humanity from all other species in the cosmos. Since people are rational beings, they have the freedom to think and the ability to reason. He is intelligent enough to know the difference between right and wrong.
2. **FREE-** All people are free at birth. It is up to each individual to decide whether to engage or not in a certain activity. All individuals must nevertheless, accept accountability for their own deeds. Stated differently, a person entitled to pursue their interests without interference from other living beings.
3. **INDIVIDUAL-** Every person is distinct. No two persons are identical since every individual has a distinct individuality. Despite the fact that most people have the same characteristics, no two people are precisely the same since they all have different priorities, viewpoints, and life values.

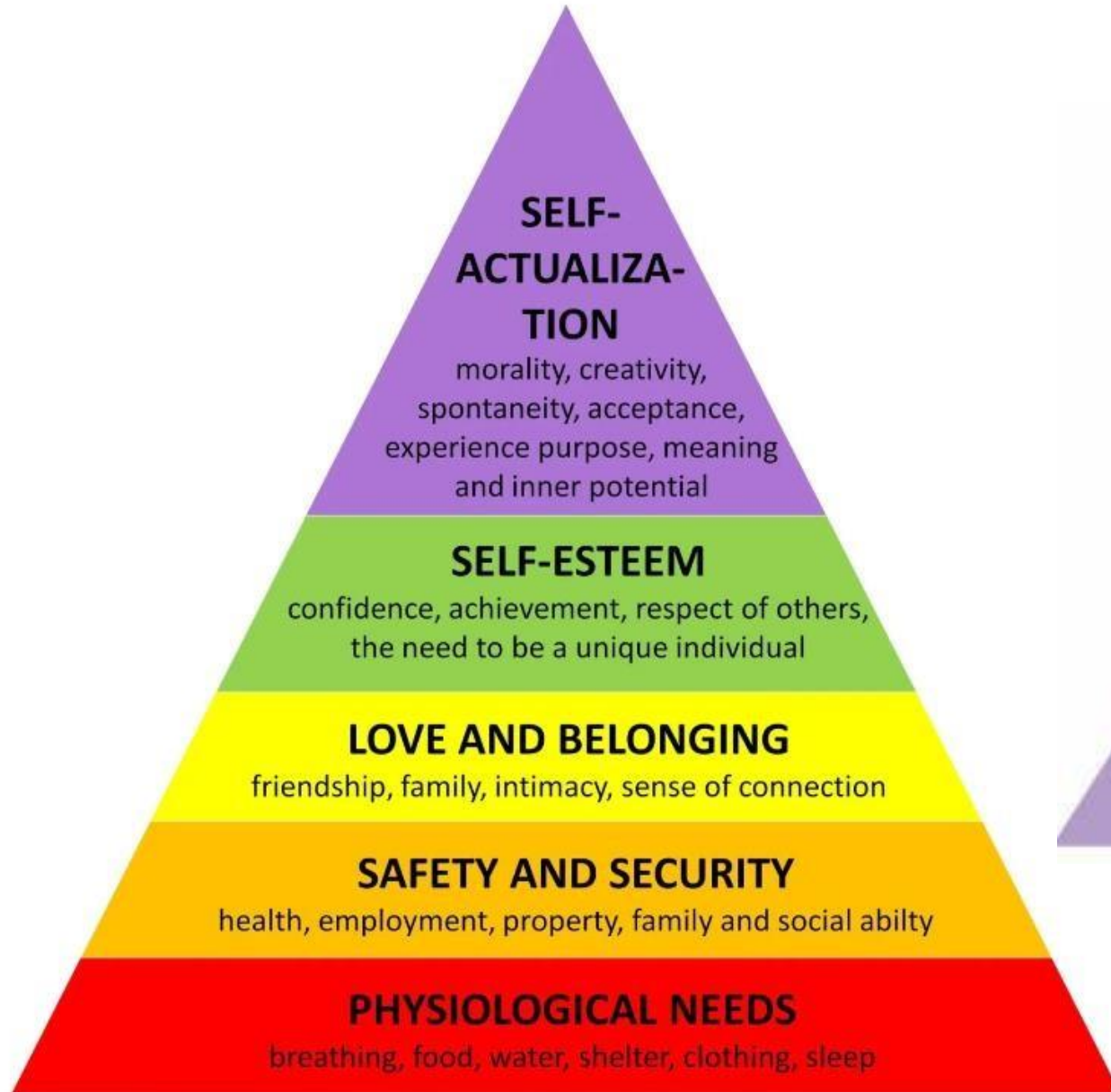
4. **SOCIAL BEING-** Humans are social creatures by nature. The unifying and perpetual link that human nature has with other animals-whether they be other humans, materials, entities, or something else entirely-makes us special, He cannot shut himself off from the outside world or from any other animal.

5. **SEXUAL-** Despite the fact that all created life is sexual in nature, every person differs from the others in the ways that they exhibit their sexuality. What most clearly defines an individual's animality when it comes to sexual activity is their feelings, attitudes, behaviors and thoughts.

THE ESSENCE OF A PERSON

- Humanistic Psychology offers the best lens through which to view an individual's essence. The hypothesis of the study is that an individual's feelings and perception influence their behavior and relationships with others.

- Humanistic Psychology is based in part on ABRAHAM MASLOW and his idea of the hierarchy needs.
- According to Maslow (1943, 1954), human needs were arranged in a hierarchy, with physiological (survival) needs at the bottom, and the more creative and intellectually oriented 'self-actualization' needs at the top.



1. **PHYSIOLOGICAL LEVEL**- Biological needs for human survival like food, water and clothing. Those are the strongest needs, because the person must ultimately find ways to fulfill his pleasure when a person is deprived of these.
 - Our most basic need is for physical survival, and this will be the first thing that motivates our behavior. Once that level is fulfilled, the next level up is what motivates us, and so on. The human body cannot function optimally if physiological needs are not satisfied. Maslow considered physiological needs the most important as all the other needs become secondary until these needs are met.
2. **SAFETY AND SECURITY LEVEL**- People want to experience order, predictability, and control in their lives. When the physiological needs are met, the person overcomes physical and emotional harm in finding security and protection.
3. **SOCIAL AND BELONGINGNESS LEVEL**- Once the physiological and safety needs have been met the desire for affection, belonging and friendships can become active. It refers to a human emotional need for interpersonal relationships, affiliating, connectedness, and being part of a group.
4. **SELF –ESTEEM LEVEL**- Maslow classified esteem needs into two categories: (i) esteem for oneself

(dignity, achievement, mastery, independence) and (ii) the desire for reputation or respect from others (e.g., status, prestige). The person feels the confidence and importance in the world when those needs are satisfied and feel inferior, weak, helpless and worthless when those needs are not met.

5. SELF-ACTUALIZATION LEVEL- It is the primary form of motivation. Maslow describes this need as attaining the maximum potential of the person. According to Maslow's theory, a person cannot fully appreciate and reach his full potential until he has satisfied the other, lesser wants. As a result, when the lower wants are not satisfied, the individual is unable to give his all to reaching his maximum potential. -are the highest level in Maslow's hierarchy, and refer to the realization of a person's potential, selffulfillment, seeking personal growth, and peak experiences.