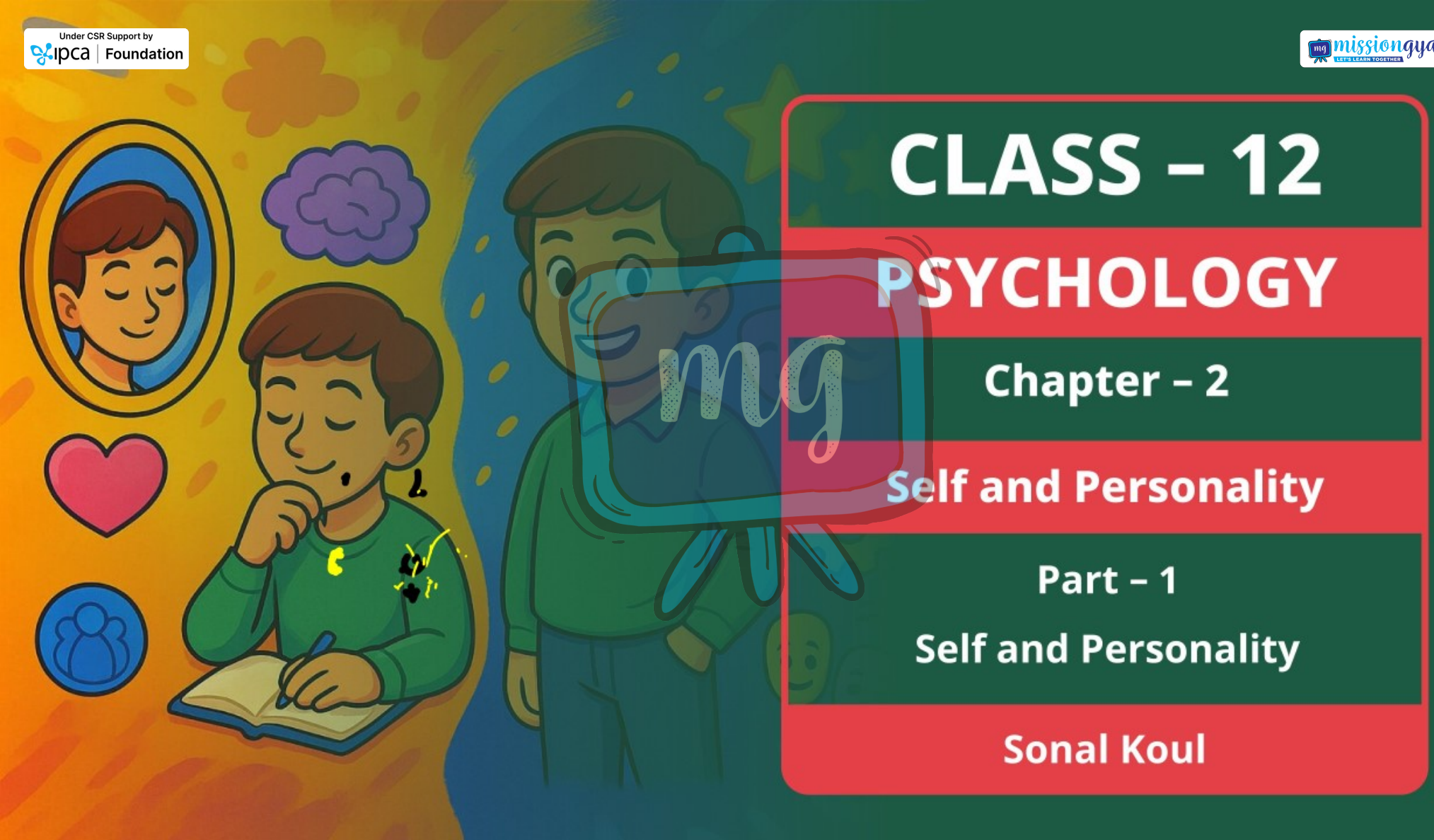
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CLASS – 12

PSYCHOLOGY

Chapter – 2

Self and Personality

Part – 1

Self and Personality

Sonal Koul

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OVERVIEW

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1. Self and Personality
2. Concept of Self
3. Cognitive and Behavioural Aspects of Self
4. Culture and Self
5. Concept of Personality
6. Major Approaches to the Study of Personality
7. Assessment of Personality

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Study of Self and Personality

1. Understanding Uniqueness
2. Understanding Similarities
3. Understanding Behaviour

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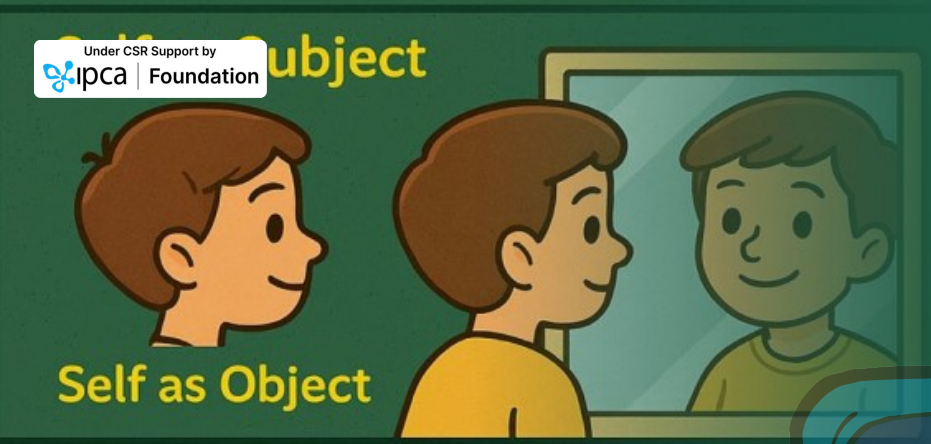
UNDERSTANDING SELF

Self : The awareness of one's own being, i.e., one's existence, traits, and functioning. It includes:

- Personal Identity : Attributes that make a person unique.
- Social Identity : Aspects of self linked to social roles and group memberships.

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- Self as Subject and Self as Object.
- Personal self an orientation in which one feels primarily concerned with oneself.
- Social self emerges in relation with others and emphasises such aspects of life as cooperation, unity, affiliation, sacrifice, support or sharing.

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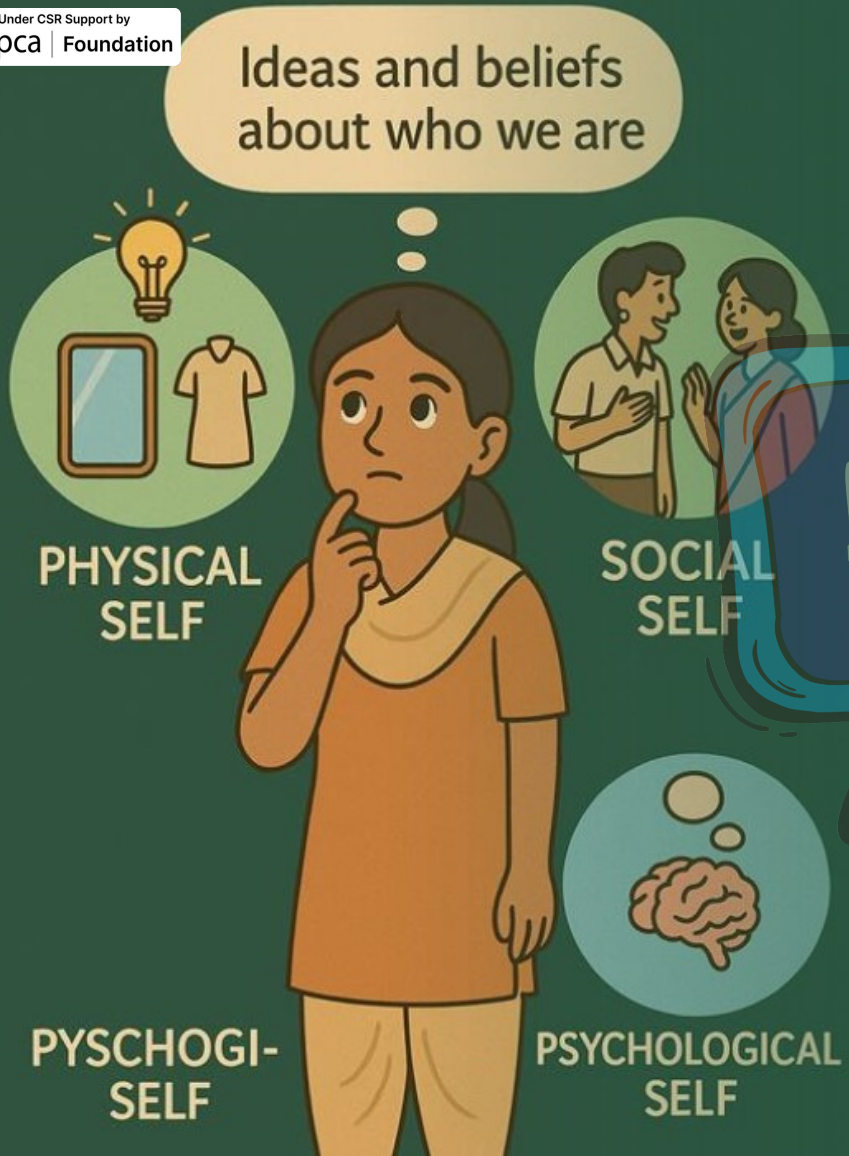
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- This self values family and social relationships. Hence, it is also referred to as familial or relational self.



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Cognitive and Behavioural aspects of Self :

1. Self-concept :

- Ideas and beliefs about who we are.
- **Includes :** Physical, Social, and Psychological self.

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2. Self-esteem : WORTH

- Value judgment about oneself.
- High self-esteem = Confidence;
  Low = Doubt/Low self-worth.

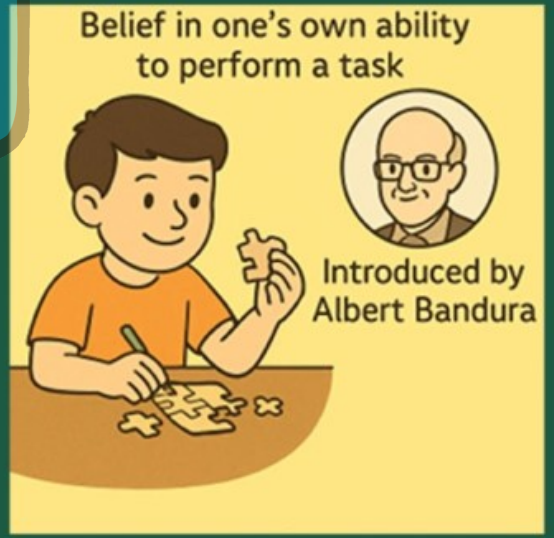


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3. Self-efficacy :

- Belief in one's own ability to perform a task.
- Introduced by Albert Bandura.



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4. Self-regulation :

- Ability to control one's behavior and delay gratification.



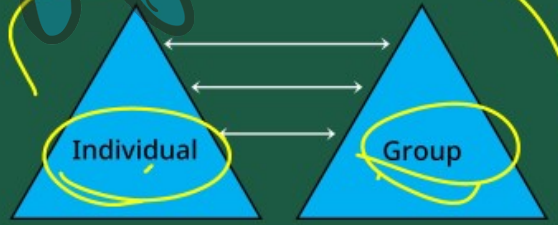
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CULTURE AND SELF

Western Cultures : Individualistic, focus on personal identity.

Eastern/Indian Cultures : Collectivistic, focus on social identity and interdependence.



Western Perspective

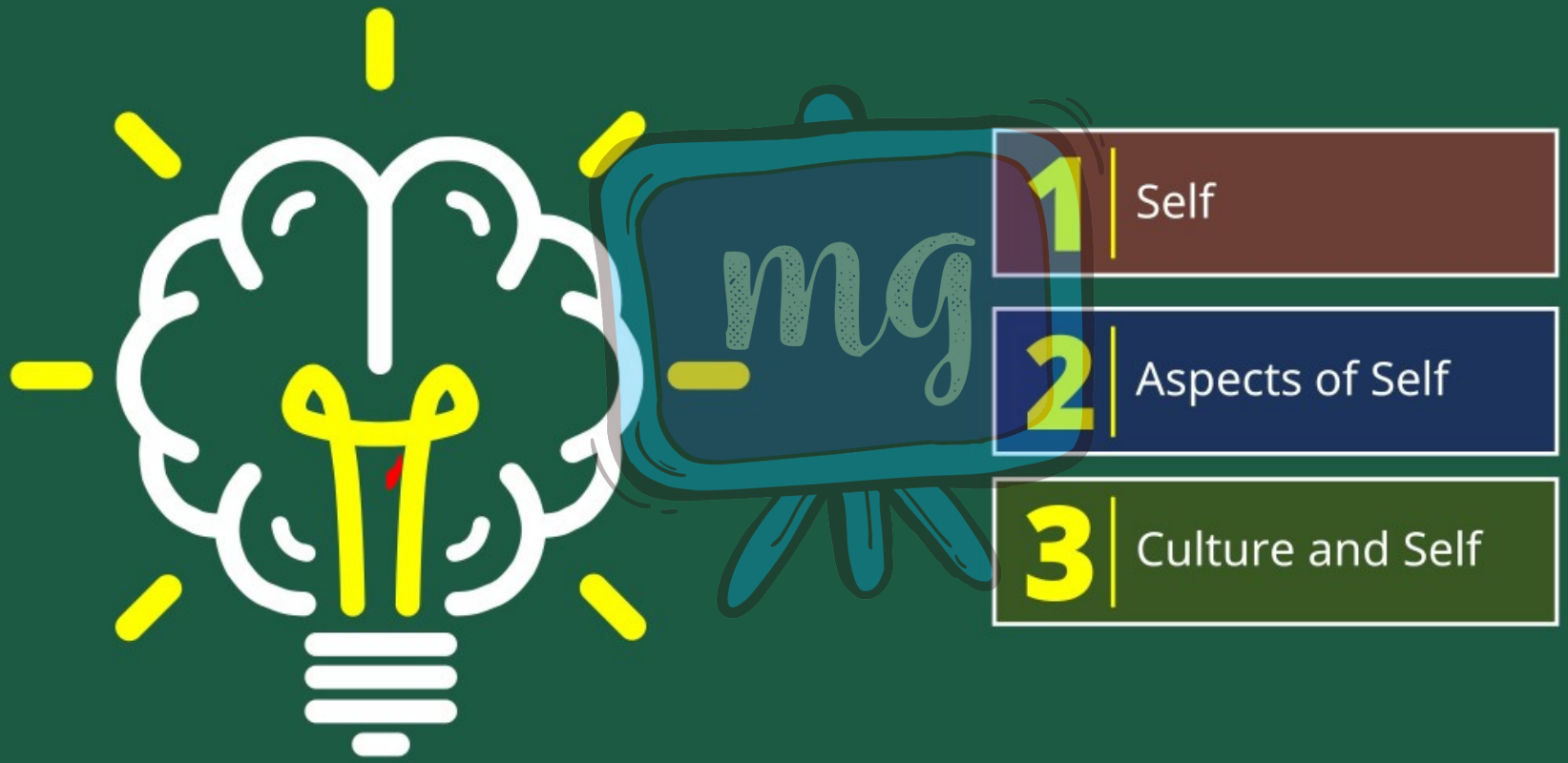


Eastern Perspective

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LEARNING OUTCOMES

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ASSESSMENT

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1 _____ is value judgement of ones own strengths and weaknesses.

A Self esteem

B Self concept

C Self regulation

D All of the above



2 Self concept was introduced by Bandura.

A True

B False