

# Self-concept



Learning objective – to understand what self-concept means, how it develops & how it effects our development through the life stages.



"How much for the mirror?"

# What is self-concept?

- Self = you
- Concept = idea
- Self-concept = idea you have of yourself
- Our self-concept is made up of our self image, self-esteem & ideal self.



# Self-concept

- Self image = your social role, personality, how we see ourselves. (eg; sister, clever, tall)
- Self-esteem = how we see ourselves, positive or negative. Do we like who we are?
- Ideal self = the person we would like to be.

# Development of self-concept

- Develops as we grow, changes as we get older and take on new roles.
- Effects relationships with others.
- Positive self-concept ( if we like who we are) makes us value ourselves & others.
- Negative self-concept (if we don't like ourselves) makes us withdrawn, treat ourselves & others badly.

# Why is self-concept important

- Because it affects how other feel about us & act towards us, we all want to be liked by the people around us. Self-concept is important for this.



# Self-concept in infants

- Not intellectually developed – no idea of self or what a person is.
- Need emotion support from others to learn, develop & understanding feelings of others.
- How they are treated by carer will effect what they think about themselves & others.



# Self-concept in children



- Meet more people who influence the image they have of themselves.
- Learn to fit in with others & basic social rules (sharing). Also develop their social role & what is expected of them.
- Praise & reward for good behaviour & punishment for misbehaviour adds to their development of self-concept



# Self-concept in adolescence

- Develop strong sense of self – although not always positive. Show this through friendship groups/clothing/music etc.
- Independent, make own decisions, begin to develop more intimate relationships.
- Media & others around them also affect their self-concept or how/who they think they should be.





# Self-concept in adulthood

- Knows our roles/what is expected.
- Life events (marriage, divorce etc) also begin to affect our self-concept.
- Can be positive or negative. Think about how!
- How we have learnt to value ourselves & others earlier in life will have huge impact now – we are responsible for our actions!



# Self-concept later adulthood

- Retirement / loss of partner means loose some social roles.
- Loss of social life and physical abilities can have negative affects. Become depressed.
- May find more time for things they enjoy – can be positive as they get better at hobbies & achieve things.
- Also take on new role as grandparents etc..



# Things that can affects our self-concept

- Appearance
- Emotional development
- Gender
- Culture
- Education
- Relationships
- Sexual orientation



# Appearance & self -concept

- Face is important
  - ❖ Part of our identity – how we are recognised.
  - ❖ Used for communication
  - ❖ Part of attraction
- When your face changes (eg: accident causes injury) you don't feel you are the same person. Your self-image doesn't always change with it. Similar during the ageing process.



# Appearance & self-concept

- Body shape is important.
- ❖ Part of attraction – we want to be attractive.
- ❖ Have control over how our bodies look, some people take more care or have different opinions. Eg: tattoo or piercings.
- ❖ Affected by media or peer Pressure – can have extreme consequences – anorexia.
- ❖ Beauty not always thin!



