

Chapter 6: Self-concept, Identity, Ethnicity, & Gender

o Self-Concept & Self-Esteem

- The **self** is that part of an individual's personality of which he or she is aware
- **Self-concept** is a conscious, cognitive perception and assessment by an individual of himself or herself
 - o Your smaller viewpoint on how you are in certain areas; more transitional (from day to day)
 - o Ex. I'm a good athlete but a bad cook
- **Self-esteem** is a related term that refers to how one feels about oneself; it is more evaluative in nature
 - o Overall sense of worth that you have
- 6 different selves (Self-Concept)
 - o who others think I am
 - o who I think I am
 - o who I really am
 - o who I think others think I am
 - o who I think I will become
 - o who I think others want me to become

o Self-Concept & Self-Esteem continued

- Self-concept
 - o It has some stable features, but at the same time, it undergoes change
 - o Temporary self concept- ideas of self are influenced by mood

- o Importance of a Good Self-Concept
 - It motivates and directs one's behavior
 - Oysterman and Markus (1900a, 1990b)
 - o possible self
 - the identity you wish you could become
 - refers to the future; who you might become realistically
 - ex. Becoming a nurse
 - o hoped-for self
 - the dream; who you hope to become
 - ex. Becoming an NFL football player
 - o expected self
 - what you will become
 - ex. Everyone in your family is obese, it's expected you will become obese too
 - o feared self
 - who you do not want to become
- o Good Self-Esteem
 - Correspondence between their self-concepts and their self-ideals
 - Encourages mental health
 - Interpersonal competence and popularity
 - Promotes positive social relationships
 - Permits academic success

- o Low Self-Esteem
 - Poor social adjustment
 - Not noticed or selected as leaders
 - Do not participate often in class, clubs, or social activities
 - They do not stand up for their own rights or express their opinions on matters that concern them
 - Experience a good deal of **role strain**
 - Delinquency
 - o Just a theory, research hasn't found proof it relates to low self-esteem
 - o Delinquent behaviors are more likely to come from narcissists
- o Development of a Positive Self-Concept
 - Significant others
 - o People that have a good amount of influence in your life (ex. Teachers for adolescents)
 - Parents
 - o Acceptance, flexibility, support
 - o Warm relationship but with boundaries and rules
 - o Realistic view of their children
 - Socioeconomic status
 - o An indirect effect
 - o Children might think because I'm poor I have a harder time succeeding
 - Race/ethnicity
 - o Prejudice reduces self-esteem