

SELF-CONCEPT

According to the psychology of self, self-concept is your self-identity; a collection of beliefs about self that helps in your self-construct. Your life is the result of your self-concept. There are three components in self-concept: your ideal-self, your self-image and your self-esteem. Creating a healthy self-concept is the key to achieve a successful and happy life.

• The key characteristics of people with healthy Self-Concept:

- Recognize and understand self with clarity
- They often ask the question who am I
- Stand tall with positive pride and confidence
- Review and redesign their self-concept to construct a healthy self
- Improves self-knowledge and image
- Develop self-esteem and a powerful social self
- Clear about past-self, present-self, and future-self
- Knows the difference between the real self and the ideal self
- Develop strategies to fill the gap between the real self and ideal self
- Have clear self-perception and how others perceive your self
- Make valid self-evaluations through regular perception audits
- Able to create a respectful social identity
- Will have well-defined self-schemas
- Knows how their self-concept is affected by various external factors
- Able to redefine their self-concept through experience and learning
- Able to correct the wrong beliefs to remove damaged self-concept
- Able to answer confidently to the question "who are you?"
- Aware of their personality traits and character
- Keep relationships with those who promote the ideal self
- Willing to work constantly on self to resolve unhelpful behaviours
- Develop a progressive better self to feel par on with others
- Understands how others reacts or respond to self
- Works towards achieving self-actualization



KEY WORDS EXPLAINED:

Self-Esteem: is the value you feel about yourself.

Ideal-Self: is the self you wish to be.

Social-Self: is the identity society or others give you.

Self-Schema: is formed by your stable set of memories and beliefs.

Self-Audit: is the evaluation and reporting of self-performances and validity.



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