

4th FEB 2014

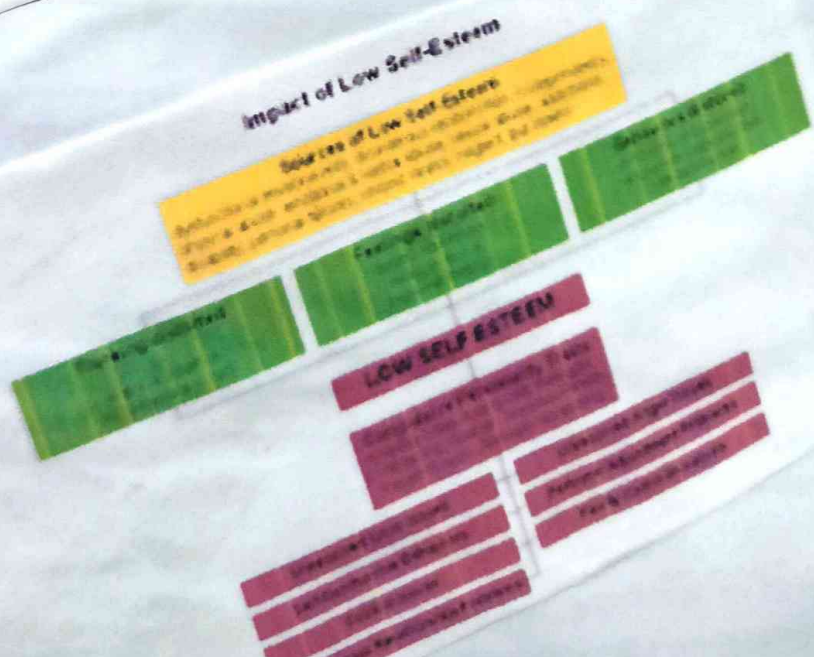
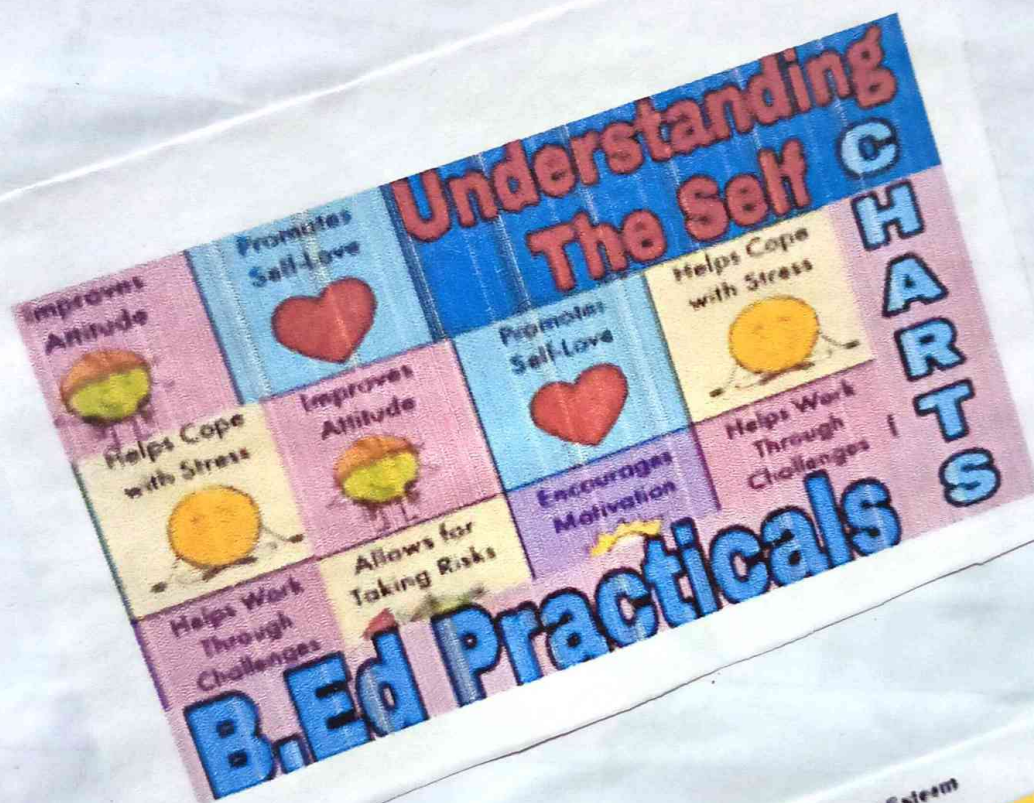
UNDERSTANDING OF

SELF



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SELF

INTRODUCTION :-

The term self often refers to a warm sense or a warm feeling that something is "about me" or "about us". It requires that there is an "I" that can consider an object that is "me". A result at the development of attitudes towards the self.

MEANING :-

Self is the way in which the individual reacts to himself. In other way we can say that self has four aspects. How a part perceive himself, value himself, think about himself, depends himself through his action.

DEFINATION :-

The 'self' might be regarded as the internalized object representing one's own personality.

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SELF

INTRODUCTION



SELF CONCEPT :-

One's self-concept also called self-construction, self identity, self-perceptive or self-structures is a collection of beliefs about oneself that includes elements such as academic performance, gender roles, sexual & racial identity. Generally self-concept embodies the answer to 'who am I'?

One's self-concept is made up of self-schemes and their past, present and future selves.



DWEEK THEORY

INTRODUCTION

'Carol Dweck' based on over 30 years of research on belief systems, and their role in motivation and achievements.

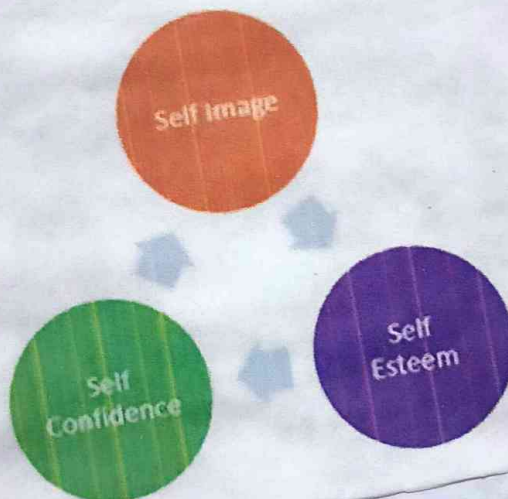
KEY TERMS :-

Entity theory, Incremental theory.

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SELF CONCEPT

© CanStockPhoto.com



INTRODUCTION

KEY TERMS :-

CONCEPT :-

Carol Dweck (currently at Indian university) describe a series of empirically based studies that investigate how people develop beliefs about themselves and how these psychological worlds, shaping thoughts, feelings and behaviours. The theories reveals why some students are motivated to work harder, and why others fall into patterns of helplessness and are self-defeating.

VIEWS :-

There are 2 types of views on ability intelligence.

1. ENTITY VIEW :-

This view treats intelligence as fixed and stable. These students have a high desire to prove themselves to others; to be seen as smart and avoid looking unintelligent.

2. INCREMENTAL VIEW :-

This view treats intelligence as smaller fluid and changeable. These students are seen

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CONCEPT

Carol Dweck (Cognitive Developmental University) describes a series of empirical studies that investigate how people develop beliefs about themselves and how these psychological processes shape their behavior. Some studies are and some are not.



There are 2 types of views on ability: intelligence



ENTITY VIEW :- This view treats intelligence as a fixed trait that students have and cannot change. It is a static view of intelligence.

INCREMENTAL VIEW :- This view treats intelligence as a changeable trait that students can develop through effort and practice.

satisfaction coming from the process of learning and often see opportunities to get better. They do not focus on what the outcome will say about them, but what they can attain from taking part in the venture.

DWECK'S BOOK

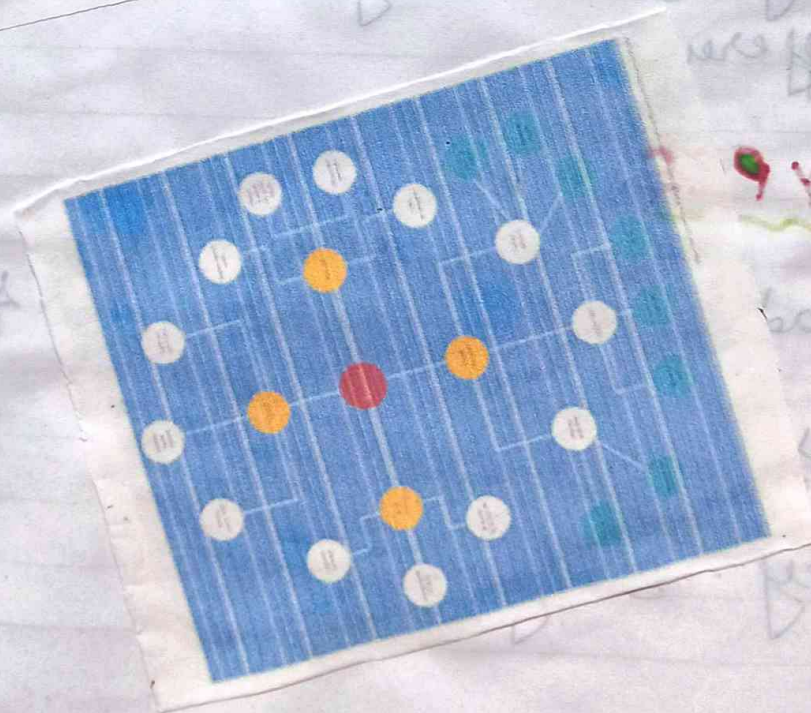
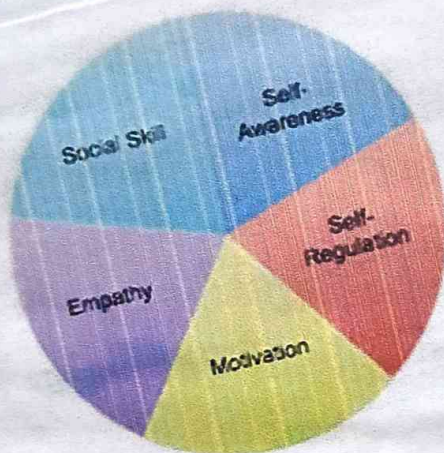
SELF THEORY :- Their role in motivation, personality & development (Essay in Social Psychology)

MINDSET :- The New Psychology of Success
In which Dweck explains how to achieve success and how approaching problems with a fixed vs growth mindset makes a big difference.

TYPES :-

- ① Mead theorized that the self has two parts
- ② self - awareness
- ③ self - image.

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FACTOR AFFECTIN OF SELF

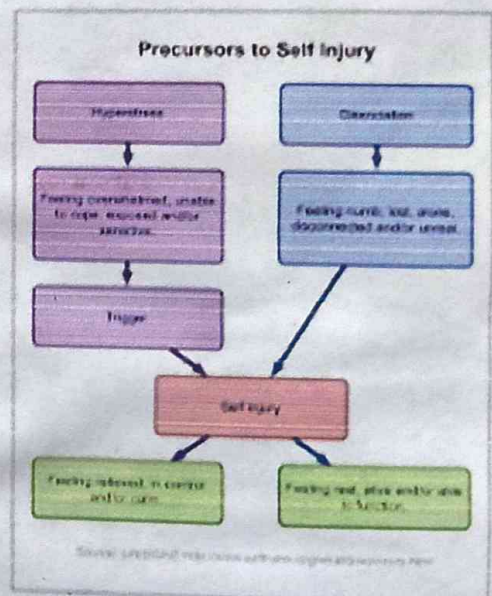
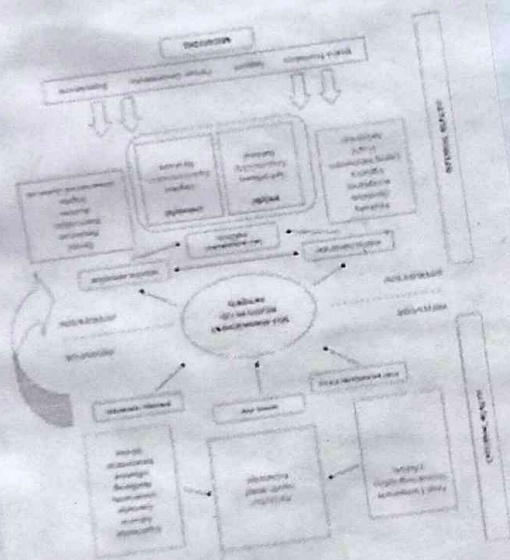
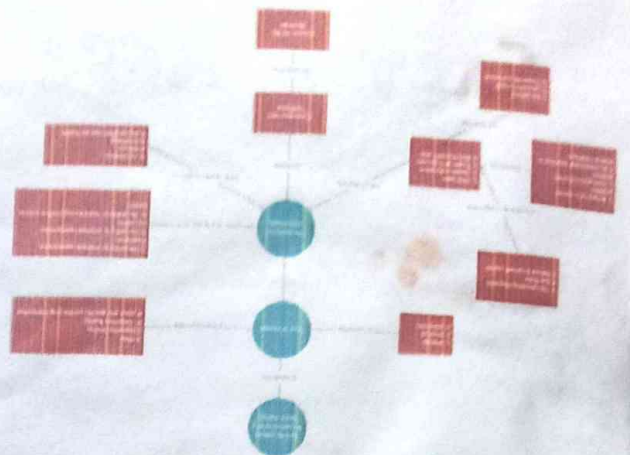
There are following factor affecting of self =

- i) Age
- ii) Apperance
- iii) Gender
- iv) Culture
- v) Relationship
- vi) Home, School
- vii) Society, feedback
- viii) Happening
- ix) Success
- x) Identification
- xi) Personality
- xii) Media
- xiii) Abuse
- xiv) Family & Socialisation
- xv) Income
- xvi) Education
- xvii) Emotional health
- xviii) Handling
- xix) Popularity
- xx) Language.

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OF SELF

to prevent self-harm



CONCEPT OF SELF DEVELOPMENT

The self-development refers to the totality of an individual's knowledge about his/her personal qualities. Self-development refers to the development of all the above mentioned qualities of an individual.

DEFINITION

"The self arises in conduct, when an individual becomes a social object in experience to himself".

-By MEAD

OBJECTIVE:- Some of the main objectives are as follows:-

- i) Development of harmonious Personality
- ii) Development of positive Attitude
- iii) Development of self-esteem.

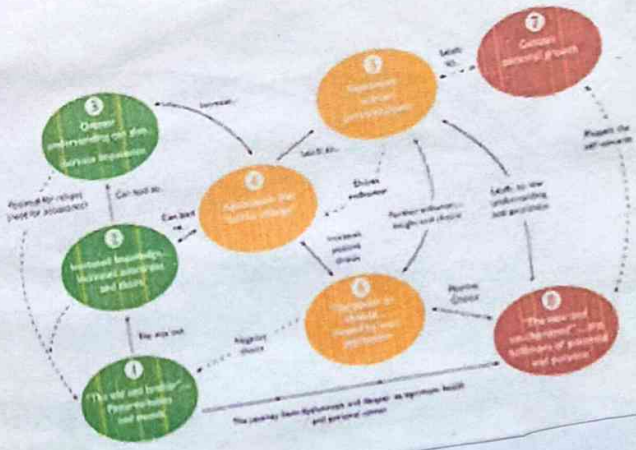
FUNCTIONS :-

- i) self-development improves Communication Skill
- ii) self-development improves analytical power.
- iii) self-development builds critical skills.
- iv) self-development enhance Ability

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CONCEPT OF SELF DEVELOPMENT

Self-development refers to the totality of an individual's knowledge about his/her self-development. It is the process of self-improvement.



ACTIVE ZONE OF THE MIND OF AN INDIVIDUAL



ASPECTS OF DEVELOPMENT OF THE INNER-SELF

There are four aspects of development of the inner self.

1) PHYSICAL ASPECT :- Our physical aspect

is our physical body. It also includes our ability to survive and thrive in the material world.

2) MENTAL ASPECTS :- It is our intellect.

Our ability to think and reason. The mental level of our existence consists of our thoughts, attitudes, beliefs & values.

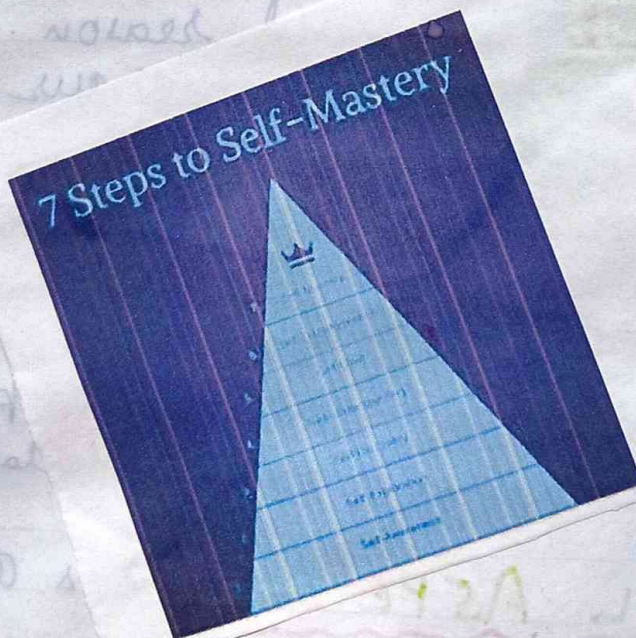
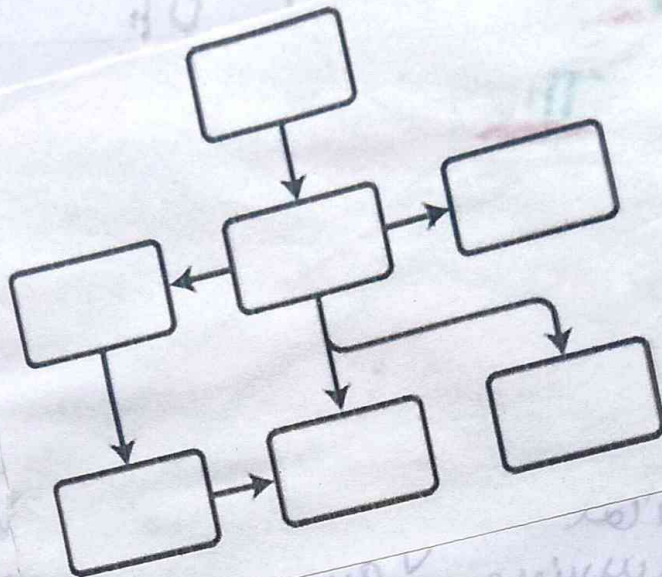
3) EMOTIONAL ASPECTS :- Our emotional

aspect, is our ability to live deeply, to relate to one another and the world on a feeling level.

4) SPIRITUAL ASPECTS :- It is our inner

essence, our soul, the part of us that exists beyond time & space.

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SELF DEVELOPMENT STRATEGIES

There are some strategies for self-development.

1. BE PRESENT :- As much as possible, keep our attention focused on this moment right now. When we are living outside of the present moments, we are wasting our time because only present are real not the past & the future.
2. DISENGAGE FROM THE OPINIONS OF OTHERS :- This was life-changing for me. Once I stopped worrying about what others would think of me, how they might judge me, how my decisions might disappoint people, I was free to become myself fully.
3. GO DEEP RATHER THAN WIDE :- Rather than trying to do many things I focus deeply.
4. REDEFINE FAILURE :- I don't like to fail any more than the next person. But I've learned to accept failure as a necessary element in success.

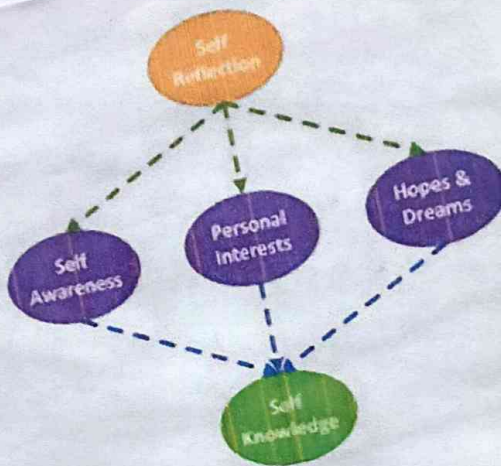
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SELF DEVELOPMENT STRATEGIES

These are how strategies for self development.

BE PRESENT :-

As much as possible keep our attention focused on the present moment.



NO DEEP RATHER THAN WIDE :-

from trying to do many things & focus on deeply.

REDUCE FAILURE :-

don't like to fail and more than the next person. But we learned to accept failure as a necessary element in success.

SELF IDENTITY

INTRODUCTION

In psychology, identity is the qualities, belief, personality, looks & expression that make a person (self-identity) or group. The process of identity can be creative or destructive.

DEFINITION

"According to Winick" A person's identity is defined as the totality of one's self-construct in which one constructs oneself in the present, express the continuity between how one ~~constructs~~ oneself as an aspires to be in the future".

NEEDS :-

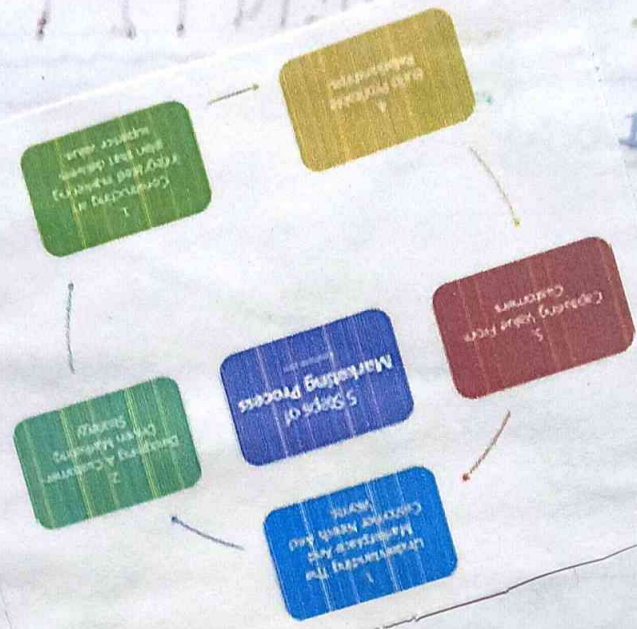
- i) Self - Actualisation - Achieving individual potential.
- ii) Esteem - Self esteem, esteem from others.
- iii) Belongings.
- iv) Safety - Shelter, safe/protection from danger.

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IDENTITY

SELF

INTRODUCTION



DEFINITION

According to Kotler "A person's identity is defined as the totality of one's self-concept in which one constructs a view of the present, explores the continuity between now and one's future, and aspires to be in the future."

NEEDS

Self - Actualization - achieving individual potential
 self esteem - esteem from others
 belongingness - social protection from others
 safety - shelter

SELF IDENTITY :

ADULT - CHILD GAP

EKIK ERIKSON THEORY

Erik Erikson theory was an ego psychologist who developed one of the most popular & influential theories of development, while his theory was influenced by psychologist Sigmund Freud's work, Erikson's theory centered on psychology psychosocial development rather than psychosexual development.

OBJECTIVES :-

- i) Gain understanding about some major aspects, issues & views of human development.
- ii) Gain reasons for criticism & revision.
- iii) Students and teacher coordination.
- iv) All round development of the student.

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STAGES :-

Erik Erikson give eight stages in life. They are as follows:-

- i) Trust Vs Mistrust
- ii) Autonomy Vs shame & doubt.
- iii) Initiative Vs guilt
- iv) Industry Vs Superiority.
- v) Identity Vs Confusion.
- vi) Intimacy Vs Isolation.
- vii) Generativity Vs Stagnation.
- viii) Integrity Vs despair.

ADVANTAGE :-

It allows to emphasize the social nature of human beings & the important influence that social relationship have on development.

LIMITATION :-

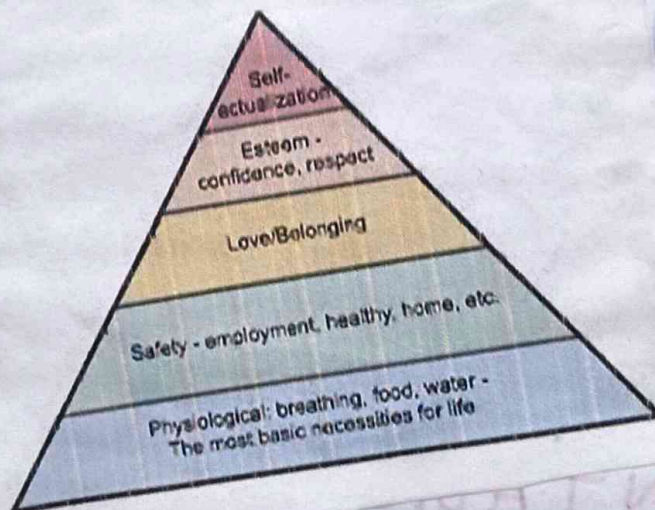
- i) How does a person move from one stage to another?
- ii) What kinds of experiences is necessary to complete each stage?

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STANES

Life is a journey
 we are on
 with a purpose
 to achieve
 our goals

Trust
 in the
 future
 is the
 key to
 success



Trust
 in the
 future
 is the
 key to
 success

ADYANTH

It allows us to improve the social nature of
 human beings & the important influence
 that social relationships have on development

IMITATION

How does a person move from one stage to another
 level of experience is necessary to complete

SELF ESTEEM

INTRODUCTION :-

Those who have a desire for high self-esteem always keep their eye on a high post so that their power & authority get a boost.

MEANING :-

It refers to the extent to which people hold positive views about themselves. On this basis, people can be divide into 2 categories. They are :-

i) PEOPLE WITH HIGH SELF - ESTEEM :-

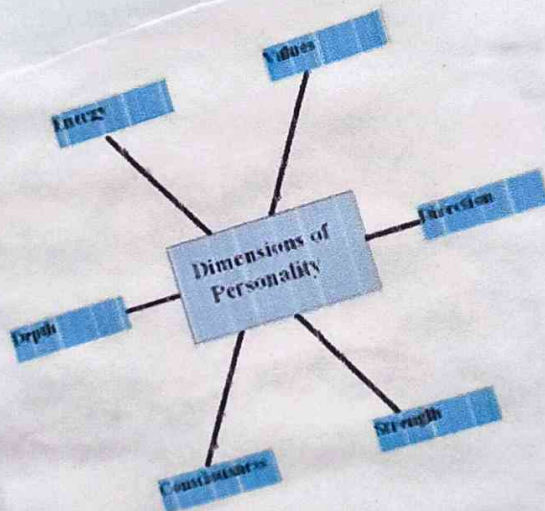
They like to perform challenging jobs & believe in the fact that they have the capability to succeed.

ii) PEOPLE WITH LOW - SELF ESTEEM :-

SELF ESTEEM

INTRODUCTION :-

MEANING



STEEL :-

PEOPLE WITH HIGH

PEOPLE WITH LOW - SELF ESTEEM :-

PERSONALITY

MEANING :-

Personality combines both the psychological & physical aspects with the help of which one comes to have a special adjustment with the circumstances. It is only on the basis of his personality that a person appears to be different from the other members of the group.

"Personality is more or less a stable and enduring organization of a person's character, temperament, intelligence and physique which determine his unique adjustment to the environment."

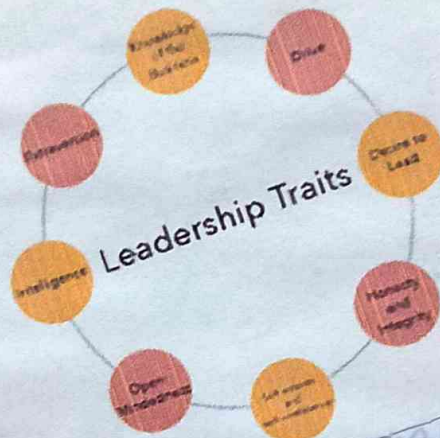
- By Eysenck

NATURE :-

- Goal - directed.
- Self - consciousness.
- Persistence.
- Uniqueness.
- Adjustment ability.
- Dynamic organisation.

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PERSONALITY



DETERMINING A DISTINCTIVE PERSONALITY

There are many contributing factors that helps in the development of an individual's personality

- i) Biological or hereditary factors.
- ii) Environmental factor.
- iii) Psychological factor.
- iv) Situational factor.

i) BIOLOGICAL OR HEREDITY FACTORS :-

All human being come to get these factors determining personality from their parents & other ancestors.

*) INTELLIGENCE :- It is the most important factor in the formulation of personality

2. ENVIRONMENTAL FACTORS :- There are

some environmental factors. They are :-

- a) Social environment.
- b) Cultural environment.

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DYNAMIC APPROACHES TO PERSONALITY

I. PSYCHO-ANALYTICAL THEORY :-

This theory of personality was propounded by "Sigmund Freud". In order to establish this theory, Freud divided the mind of a human being into three parts, Conscious, Pre-conscious, Un-conscious. The following three factors play an important role for the formation of personality.

a) ID :- It represents the unconscious mind of a human being. Id makes use of some of the following two methods.

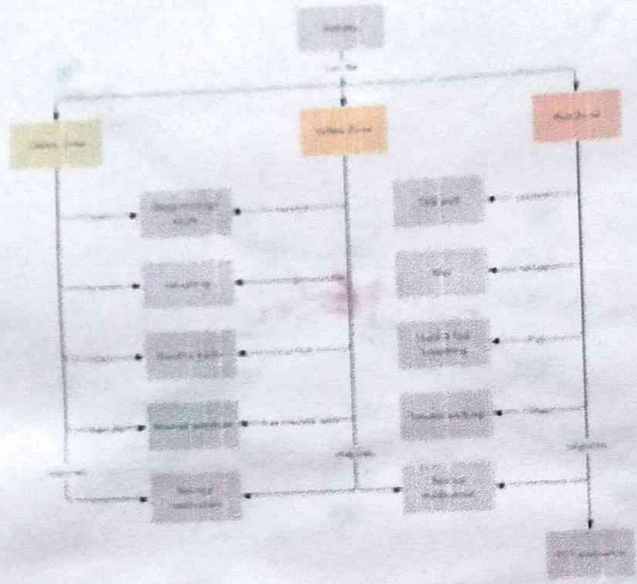
ai) PRIMARY PROCESS :- A person conjures

up a mental picture of the thing he/she desires. With the effort a person gets rid of tension but this is simply short-lived.

aii) REFLEX ACTION :- A person behaves in a manner that he/she is free from any type of tension.

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21/07/2020



Dynamic App

HO - ANALYT

theory of
21/07/2020
for

formation of
personality
for an important role for
conversion, or conversion
period into three parts, conversion
period

At represents the conversion
level of a human being.
we use of the following
method.

ARY PROCESS :- A person conversion

SELF EXPRESSION

INTRODUCTION :-

Life can be unpredictable in any matter of minutes, if there are up at one town, then a person would also experience falls at different turn. What takes us easy throughout the life circle is our self-expression a leading way towards confidence.

MEANING :-

Self Express is that way which we express themselves like writing, music, painting and dancing etc. One can express our inner soul through his hobbies & interest.

Self-expression is a way of beating stress, detaching from the burdens of day to day activities.

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DEFINITION :-

"The expression of one's own personality
assertion of one's individual traits"

Also to be said :-

"Expression of whatever self
you are."

IMPORTANCE :-

Self-expression helps us feel more
complete and helps to bridge the
gap between real & the imagined
self, everything we do is a form
of creative expression of our
inner self.

The creative self-expression brings
about changes in the brain that
in turn bring change in one's
stage of consciousness, when we get the
power to control our body.

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Check for Understanding

- 

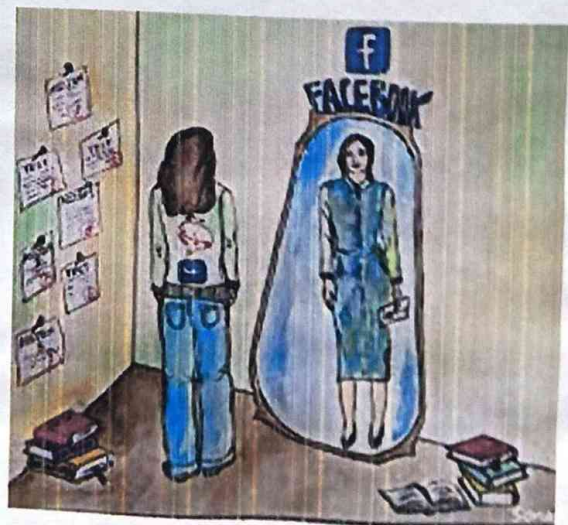
I don't understand it at all yet and I need help
- 

I don't understand all of it yet and may need help
- 

I think I understand and can do it myself
- 

I understand and can help others who need it

IMPORTANCE :-



COMMUNICATION SKILL

Meaning

The term communication is derived from the latin word "communis" OR "communi-
-care" which means to common facts, information, thoughts and requirements and thoughts, messages information etc by only of speech, signals or writing.

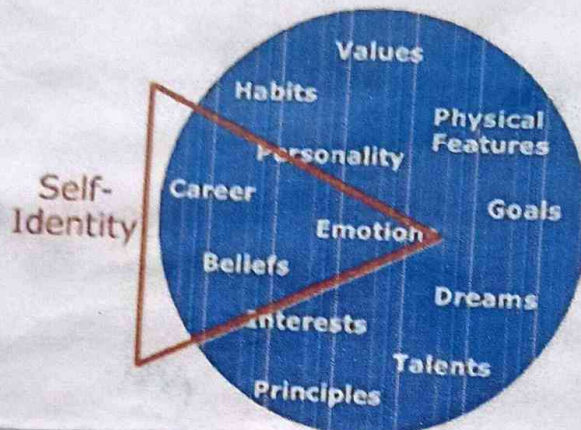
★ According to "Newman" & "Sumner"
Communication is a exchange of facts, ideas, opinions or emotions by two or more persons.

★ According to "Edgar Dale"

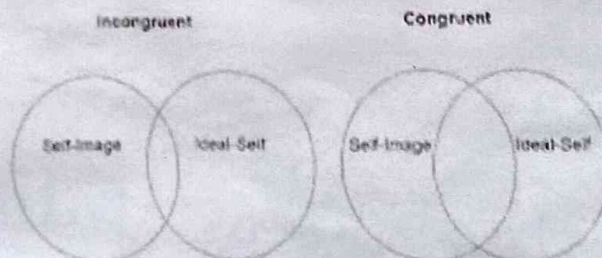
The sharing of ideas and feelings in a mood of maturity.

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COMMUNICATION SKILL



"Self-Image" & "Ideal Self" of a person



The self-image is different to the ideal self.
There is only a little overlap.
Here self-actualisation will be difficult.

The self-image is similar to the ideal self.
There is a more overlap.
This person can self-actualise.

BASIC FORM OF COMMUNICATION

There are two basic forms of communication.

- a) Non-verbal Communication.
- b) verbal Communication.
 - i) oral communication.
 - ii) written communication.

A. NON - VERBAL COMMUNICATION :-

Non-verbal Communication is the communication without words. Long before human being used words to think over, our ancestors communicated with one another by using body language. They gritted their teeth to show anger, they smiled and touched one another to indicate affection.

B. VERBAL COMMUNICATION :-

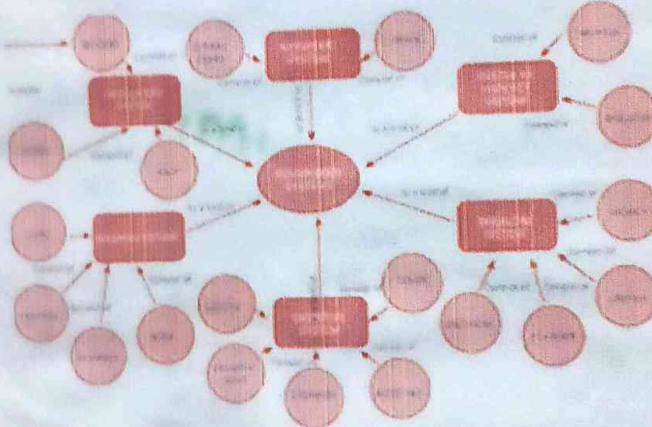
It involves the use of symbols that generally have universal meanings for all who are taking part in the

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BASIC FORM OF COMMUNICATION

There are two basic forms of communication:

- 1) Verbal Communication
- 2) Non-verbal Communication



VERBAL COMMUNICATION

It involves the use of words and symbols to convey meaning. It is the most common form of communication and can be either verbal or non-verbal.

process. It may be oral or written.

i) ORAL COMMUNICATION :-

The term 'oral' means anything pertaining to the mouth.

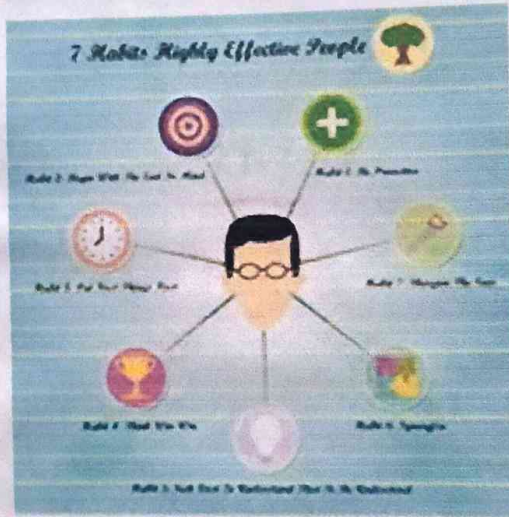
ii) WRITTEN COMMUNICATION :-

It is that communication in which information is exchanged in the written or printed form.

COMMUNICATION PROCESS

1. IDEAS :- Every message whether oral or written begins with an idea. Every idea refers to some context. Context is a broad field that includes external and internal events.
2. SENDER :- The person sending the message is called sender.

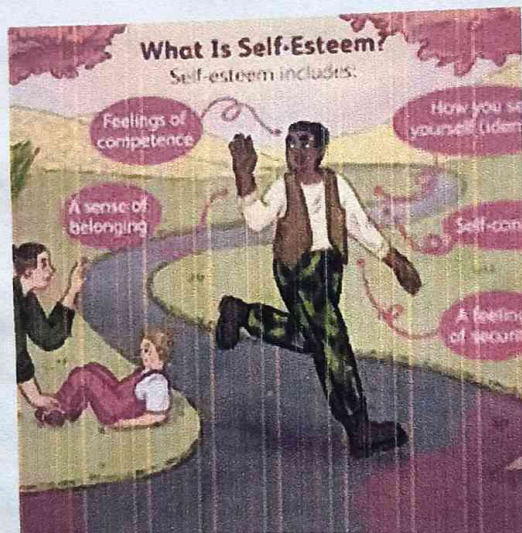
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gg99789380 GoGraph.com

- 3 MESSAGE :- The idea, emotion or opinion transmitted by the sender, the receiver in the form of words, symbols, picture of day to day, language etc.
4. ENCODING :- The method by which a message is expressed is called encoding. The idea is transmitted by the sender to the receiver in the form of words, symbols etc.
- 5 MEDIUM :- The method by which message is transmitted by a sender to the receiver are called medium and channel respectively. For instance letter is a medium postal service is a channel.
- 6 RECEIVER :- The Receiver of the communication is a person or a group of an organisation that receive the message.

MESSAGE



MEDIUM

RECEIVER

STRESS

MEANING

Stress may be considered as any physical chemical or emotional factor that causes bodily or mental unrest and that may be a factor that can cause stress include trauma, infection, illness and injuries of any sort.

DEFINITION :-

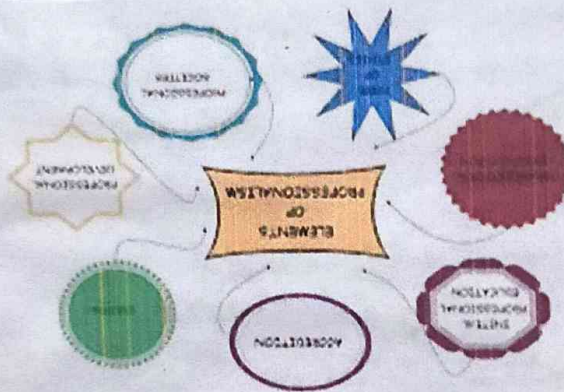
According to Dr. Hans Selye :-

"One of the leading authorities the concept of stress, described stress as ("the rate of all wear & tear cause by life")

The term 'stress' refers only to a stress with significant negative consequences, or distress in the terminology advocated by Hans Selye.

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MAHIN



TECHNIQUES

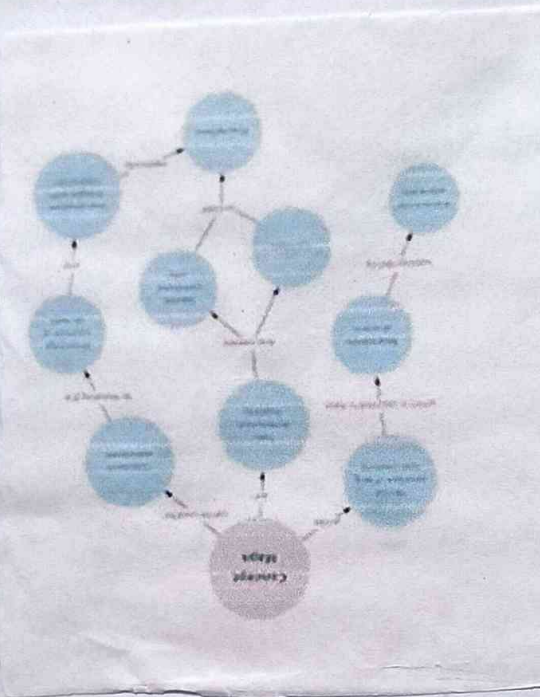
High demands levels loads the person with extra effort and work. Many technique cope with the stress life brings.

Some of the following ways include a lower than usual stress level.

- Autogenic training
- Cognitive therapy
- Cranial release technique
- Music as a coping strategy.
- Mindfulness.
- Deep breathing
- Conflict Resolution.
- Natural Medicine
- Social Activity
- Meditation.
- Yoga Nidra
- Prayer.
- Physical Exercise.
- Humor
- Spas
- Stress Balls.

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TECHNIQUES



High stress
Low stress
High stress

Low stress
High stress

Androg
Gynog

→ Usual release technique

→ music or a coping strategy
→ mindfulness

→ Deep breathing

→ Conflict Resolution

→ Natural Medicine

→ Humors

→ 24hr

→ 24hr

CAUSES

There are some causes of stress.
They are given below :-

- i) Civil Amenities.
- ii) Life changes.
- iii) Frustration.
- iv) Racial Caste & Religious conflicts.
- v) Personality.
- vi) Technological changes.
- vii) Career changes.

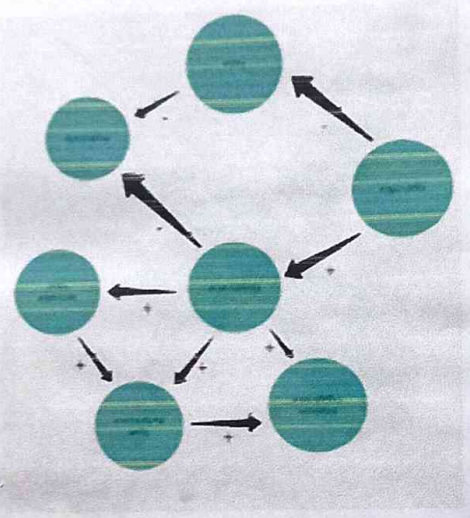
1. CIVIL AMENITIES :- Poor civil amenities in the area in which one lives can be a cause of stress.

2. LIFE CHANGES :- Life changes can bring stress to a person. It can be slow or sudden. Gradual life changes include getting older, and abrupt life changes include death or accident of a loved one.

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CAUSES

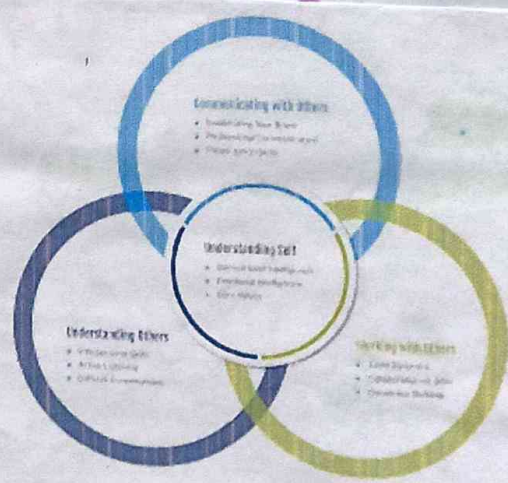
There are some
They are given



- (i) Civil Amenities
- (ii) Life changes
- (iii) Revolution
- (iv) Royal caste & Personality
- (v) Technological changes
- (vi) Career

poor civil
amenities in the
can be a cause

life changes
can bring about
be slow or sudden
include getting
different about life
be slow or sudden



STRESS MANAGEMENT

MEANING

stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress especially chronic stress, ~~is~~ usually for the purpose of improving everyday functioning.

1. COGNITIVE THERAPY

%- Cognitive-behavioral therapists

use Cognitive techniques to help people to reduce their stress and deal with mental health problems such as depression & anxiety, according to the Mayo clinic.

2. MEDITATION

8- Meditation can wipe away the

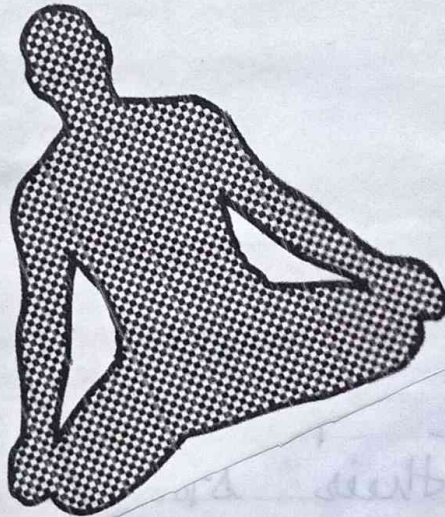
days stress & bringing with inner peace. Spending even a few minutes in meditation can restore your calm & inner peace. Anyone should practice meditation.

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Stress Management

Meaning

Stress management refers to the wide spectrum of techniques and strategies used by individuals to control or reduce the negative effects of stress. It involves a variety of techniques, especially those that are aimed at reducing the physical and psychological effects of stress.



Conclusion

We use cognitive techniques to reduce the physical and psychological effects of stress. According to the Mayo Clinic, the use of cognitive techniques can help people deal with stress and avoid the negative effects of stress. The Mayo Clinic also states that the use of cognitive techniques can help people deal with stress and avoid the negative effects of stress.

MEDITATION

8- Meditation is a practice that involves focusing the mind on a particular object, thought, or feeling. It is a form of mental training that can help people reduce stress, improve concentration, and achieve a state of inner peace. Meditation is a practice that involves focusing the mind on a particular object, thought, or feeling. It is a form of mental training that can help people reduce stress, improve concentration, and achieve a state of inner peace.

3 YOGA

:- yoga improves Physical Posture.

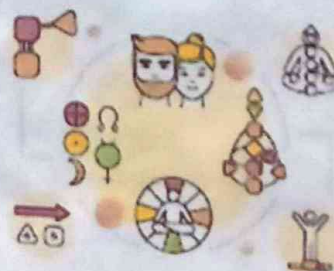
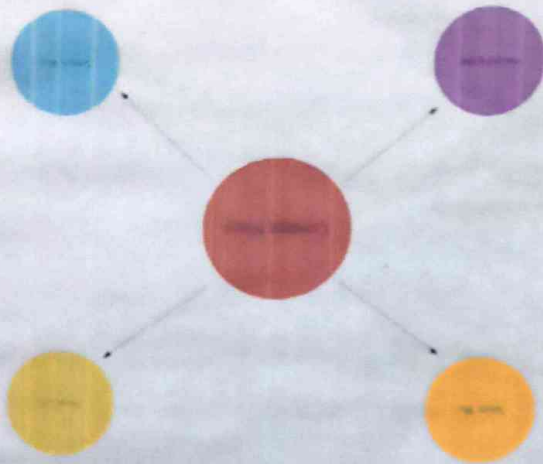
yoga can benefits three aspects of ourselves that are often affected by stress: our body, our mind, & breathing.

we can also incorporate mini-bits of Yoga into our daily life to help us manage stressful moments. Here are some ideas.

① **Before a test** :- Do easy neck & shoulder rolls right at your desk to relieve tense muscles in your neck, shoulders & back.

② **While Studying** :- Try a few simple yoga moves to help relax any areas that may have become tense while studying. Neck & shoulder rolls can release tension in your back & shoulders.

Teacher's Signature : _____



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CONCLUSION

Stress management isn't as it might actually seem. However, we can't emphasize this next point enough. If you think that you have too much stress in your life. It may be helpful to talk with your doctor, spiritual advisors or local mental health association. Because reaction to stress can be a factor in depression, anxiety and other disorders.

Stress Can be Positive Or Negative:-

- i) Stress is good when the situation offers an opportunity to a person to gain something.
- ii) Stress is negative when a person faces social, physical, organisational & emotional problems.

Teacher's Signature : _____