Mini Literature Review of Self-Concept

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Abstract

The aim of the current literature review is to focus on individuals´ self-concept. The results of the present study reveal that self-concept assumed as an important factor for each and can change his or her belief, attitude, and reaction toward personal and social life. This study likewise explained the beginning of self-concept, different views toward this vital factor, the role of introspection, and multicultural. Furthermore, this paper supported the imperative of self-concept; additionally, it has an essential role in individual advance.

Keyword: self-concept, individual, attitude, behavior

INTRODUCTION

Individuals have various imagine about themselves; as well as, this fact impacts on their behaviors, attitudes, and reactions. One of the main factors that develop this imagine is self-concept (Weiten, Dunn, & Hammer, 2014). This factor can broadly be well-defined as a multi-dimensional construct that mentions individual's perception of self in relation to any number of appearances; such as academics, gender roles and sexuality, racial identity, and numerous others (Bong & Clark, 1999; Shavelson & Bolus, 1982; Shavelson, Hubner, & Stanton, 1976). In fact, there is a variation of ways to think about the self. The most extensively used term is self-concept and commonly states to the totality of a complex, organized, and dynamic system of learned opinions, attitudes, and feelings that each holds to be true about his or her

personal existence. Undoubtedly, the self-concept in maintaining physical and psychosocial well-being has been documented by different individuals; some factors are parental education, continuous disappointment, unhappiness, and internal self-critic effect on the development of one's self-concept. Indeed, a positive self-concept can be advance through performing and behavior, accurately in knowing oneself (Yahaya& Ramli, 2009). In other words, the self-concept specifies that individuals are selective in their perceptions of stimuli. Similarly, it displays that the self is not just another stimulus in social but is the most significant object of human consideration. Overall, self-concept assumed as a multidimensional construct that having one general facet and numerous specific facet (Tan &Yates, 2007). In her review of Bracken (1992),

identified six specific domains related to self-concept. These domains included: social "the skill to cooperate with others", competence "ability to see basic requirements", affect "consciousness of emotional states", physical "feelings about appearances, health, physical condition, and general appearance", academic "achievement or disappointment in school", and family "how well one purposes within the family unit". In continue, the study will be explained the self-concept, comprehensively.

BEGINNING OF THE SELF-CONCEPT

Being able to identify self as a distinct object is an essential first step in the development and advance of a self-concept; in fact, it is the total of opinions that individually has about him or her. And the next step includes social factors. The knowledge of self-concept has age old. This factor is stated in the Vedic philosophy as Ahamkara; a term originating almost 3,000 years ago; as well, in eastern spiritual performs such as Yoga. Some psychologists such as Rogers and Maslow have a comprehensive role in popularizing the knowledge of self-concept in the west. Regarding Rogers, everyone strives to obtain an ideal self. Additionally, Rogers theorized that psychologically healthy individuals actively move away from roles shaped by others' prospects, and instead look within themselves for justification. Conversely, neurotic individuals have self-concepts that do not match their skills. These individuals are afraid to receive their experiences as valid, so they distort them, either to protect themselves or to win approval from others (Aronson, Wilson, & Akert, 2007). Based on the self-categorization theory that proposed by Turner, the self-concept consists of at least two levels; which included a personal identity and a social one. In other words, one's self-evaluation depend on self-perceptions and how others distinguish them. The self-concept can replacement rapidly between the personal and social individuality (Guimond, Chatard, Martinot, Crisp, & Redersdorff, 2006). In this regard, children and youths begin participating social identity into their self-concept in elementary school by measuring their situation among peers (Trautwein, Lüdtke, Marsh, & Nagy, 2009). Furthermore, through age five, receiving from peers has an important influence on children's self-concept, affecting their behavior and academic success (Gest, Rulison, Davidson, & Welsh, 2008). In the same vein, Cooley (1902) one of the famous sociologists applied the term of *looking glass self* to recommend that other individuals save as a mirror in which we see ourselves expanding on this idea. Similarly, Mead (1934) stated that we often come to distinguish ourselves by imagining what important others think of us and then incorporating these perceptions into our self-concept. Furthermore, it is interesting that when Gallup confirmed his apes, those who were raised in separation without exposure to their peers could not identify themselves in the mirror (Seymour, 1973).

ROLE OF INTROSPECTION IN SELF-CONCEPT

According to the Individuals attitude, introspection assumed as the main key to understanding the exact self. Based on earlier studies suggest that the introspection often reduces the accuracy of self-report. While self-knowledge is improved when individuals examine the reason for cognitively driven behaviors and the feelings behind affectively driven behaviors (Schultz & Schultz, 2012). According to Wilson (1985), the introspection can sometimes impair self-knowledge; additionally, it impacts on the concept and social behavior.

INFLUENCE OF OTHER INDIVIDUALS ON SELF-CONCEPT

According to Cooley's (1902) theory, the glass self-emphasized that other individuals help us to define ourselves. Individuals are indeterminate of their views and skills often evaluate themselves by assessments with similar others (Seymour, 1973). In this regard, Schachter and Singer (1962) suggested that the experience of emotion is based on two factors: physiological stimulation and cognitive interpretation of that stimulation. When individuals are uncertain of their emotional state, they possibly will interpret that stimulation by watching others in the same condition.

MULTICULTURAL VIEWS

One of the key factors that contribute on self-concept is multicultural views. The culture fosters a different conception of self. Numerous individuals have an independent view of themselves as entities that are separate and independent. In most of Asia, Africa, and Latin America, individuals hold a collective or interdependent view of the self that includes their network of social relationship. As a matter of fact, these variances may affect the way we recognize, assess, and present ourselves in about others (Swann, Jetten, Whitehouse, & Bastian, 2012). In their major study Markus and Kottayam (1991), described different cultures foster dissimilar conceptions of the self. The researchers found three interesting difference around this fact. The first one was about American individuals who perceive themselves as less similar to other than do Asian Indian individuals, reinforcing the knowledge that individuals with independent ideas of the self-believe they are unique. The second referred about American people are speedy to express jealousy, annoyance, pride, and other emotions that confirm the self as an independent object. But other individuals often feel emotions that indorse relational harmony rather than conflict. And the third group of individuals in independent cultures strives for personal achievement, but those in interdependent cultures originate much of their self-esteem by fitting in with the group.

SELF-CONCEPT MODEL

Based on social identity theory, self-concept is composed of two key parts: personal identity and social identity. Our personal identity includes such things as personality traits and other characteristics that make each person unique. Also, the social identity includes the groups we

belong to including our community, religion, college, and other groups (Turner, Brown, Tajfel, 1979). Regarding Markus (1986), the self-concept refers to a person's total collection of cognitions about the self-including self-schemas, possible selves, and other less full elaborated self-images.

CONCLUSION

Self-concept is one of the principle factors amongst individuals. Furthermore, it should be considered as a critical issue that can impact on individuals´ attitudes toward their life and society; and also, in some cases, it changes the way of their behavior and relationship with others in various cultures and societies. Overall, knowing self by each and develop it correctly can be valuable and necessary for humanity; additionally, provide a convenient condition for individuals' advancement.

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