

Self-Concept and its Influencing Factors

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Abstract:

This paper examine the comprehensive overview about self-concept and its influencing factors. Self-concept is a multifaceted structure that develops over time and is influenced by experiences, interactions, and inner thoughts. It plays an important role in shaping how people see and interact with the world around them. Media literacy education can empower individuals to navigate the media landscape, make informed choices, and contribute to a more media-savvy society. There are many important key components of Self-Concept like as Self-identity, Self-image; Social-self; Academic and Competence Perceptions, and Emotional Self-Concept. Also there are many factors which are influencing the self-concept like as Personal Experiences; Social Comparisons; Cultural and Societal Influences; Feedback and Social Interactions and Media Influence.

Keywords: *Self-Concept, Adulthood, Social, factors.*

Introduction

Self-expression plays an important role in shaping how people see themselves and interact with the world around them. This includes accepting that you are a unique individual with unique characteristics, likes, and values. Good character includes things like likes and responsibilities. Self-awareness means knowing and understanding a person's unique characteristics, qualities, beliefs, values, and experiences that distinguish them from others. It is a complex and multifaceted concept shaped by internal characteristics such as personal thoughts and feelings, as well as other factors such as social and cultural factors.

Self-esteem reflects the overall evaluation an individual has about their own worth. It is influenced by factors such as achievements, social relationships, and the ability to meet personal goals. Robins et al. (2002), Kemple et al. (1996), Ekeland et al. (2004), and Spence et al. (2005) examine the study about the self-esteem in children, students and young people. Harter (2006, 2012) presented their view on the self-construction and self-representation theory about development in childhood and adolescence. Hutteman et al. (2015) construct their

view on the processes of self-esteem progress from adolescence to evolving adulthood in the context of international student discussion.

High self-esteem is associated with positive self-concept, while low self-esteem may contribute to negative self-perceptions. Self-esteem refers to an individual's overall subjective evaluation of their own worth and value. It involves the attitudes and feelings one holds toward oneself and plays a crucial role in shaping various aspects of life, including mental well-being, interpersonal relationships, and overall life satisfaction. Self-esteem is influenced by a combination of internal and external factors and can vary across different life domains. Self-image refers to the mental representation individuals have of their physical appearance. It includes perceptions of attractiveness, body image, and overall physical self-concept. Self-image, often referred to as self-perception, is the mental and emotional picture individuals have of themselves. It encompasses how they see their physical appearance, abilities, personality traits, and overall identity.

Self-image is a crucial component of self-concept and significantly influences thoughts, emotions, and behaviors. This dimension involves how individuals perceive themselves in social contexts. It includes beliefs about one's ability to form and maintain relationships, social skills, and the sense of belonging in various social groups. The social self refers to the part of an individual's self-concept that is derived from their interactions and relationships within a social context. It involves how individuals perceive themselves in relation to others, the roles they play in social settings, and their understanding of how they are perceived by society. The social self is a dynamic aspect of one's identity that is shaped by social interactions, cultural influences, and societal expectations.

Academic self-concept pertains to beliefs about one's abilities and performance in academic settings. Competence perceptions extend beyond academics and encompass feelings of efficacy and capability in various domains of life. The relationship between academic and competence perceptions in self-concept is an important aspect of psychological and educational research. Self-concept refers to the overall perception individuals have about themselves, including their abilities, skills, and worth. Academic and competence perceptions within the context of self-concept can influence various aspects of an individual's life, including their motivation, behavior, and overall well-being. Understanding and addressing academic and competence perceptions in the context of self-concept is essential for educators, parents, and mental health professionals.

Encouraging a positive and realistic self-concept can contribute to improved academic performance, mental well-being, and personal development. Emotional self-concept involves understanding and evaluating one's emotional experiences, including the ability to identify, express, and regulate emotions. It influences emotional well-being and resilience. Emotional self-concept refers to an individual's perception and evaluation of their

own emotions. It involves how individuals see themselves in terms of their emotional experiences, expressions, and regulation. Emotional self-concept is a crucial aspect of overall self-concept, influencing various aspects of mental health, relationships, and overall well-being.

Emotional self-concept involves being aware of one's emotions. This includes recognizing and understanding different emotions, such as happiness, sadness, anger, fear, and more. Individuals with a well-developed emotional self-concept are attuned to their emotional experiences. Understanding and developing emotional self-concept is crucial for personal growth and mental well-being. Strategies such as mindfulness, emotional intelligence training, and therapeutic interventions can contribute to enhancing emotional self-awareness, expression, and regulation. Additionally, fostering a supportive environment that encourages healthy emotional exploration and expression is beneficial for individuals in developing a positive emotional self-concept. Media, especially through advertising and entertainment industries, can contribute to the development of societal beauty standards and influence individuals' perceptions of body image. This can impact self-esteem and contribute to body image issues.

During crises and emergencies, media plays a crucial role in disseminating information, shaping public perception, and influencing public response. It can contribute to calm or escalate a crisis situation. Online media consumption can lead to the formation of filter bubbles and echo chambers, where individuals are exposed to information that aligns with their existing beliefs. This can contribute to polarization and reinforce existing opinions. Media literacy is essential in navigating and critically evaluating media content. It involves understanding the influence of media, discerning between credible and unreliable sources, and being aware of biases and potential misinformation. Recognizing the influence of media is important for individuals to engage with media content critically and thoughtfully.

Factors Influencing Self-Concept

Self-concept, or the way individuals perceive themselves, is influenced by a variety of factors. These factors can be internal or external, and they interact in complex ways throughout an individual's life. Breckenridge (1965) and Kinch (1968) discuss about the self-concept of ability and achievement of the students. Understanding these factors and their interplay is crucial for fostering a positive and realistic self-concept. Ishak et al. (2010) discuss on self-concept among Malaysian students with their problems and what are the factors which influencing the students. Encouraging self-reflection, promoting positive social interactions, and providing support during challenging times can contribute to the development of a healthy self-concept. There are many factors which are influencing the self-concept:

Personal Experiences

Life experiences, both positive and negative, contribute to the formation and evolution of self-concept. Achievements, failures, and significant life events shape how individuals see themselves. Personal experiences in the context of the self-encompass a broad range of events, emotions, and reflections that shape an individual's identity and worldview. Personal experiences contribute significantly to the formation of one's identity. These experiences may include cultural influences, family dynamics, educational background, and unique life events. Over time, a person's sense of self is shaped by the accumulation of these experiences.

Personal experiences play a central role in shaping the emotional landscape of the self. Positive experiences may lead to feelings of joy, satisfaction, and contentment, while negative experiences can evoke emotions such as sadness, anger, or fear. Understanding and reflecting on personal experiences is an ongoing process that contributes to self-awareness and personal development. Individuals often draw on their past experiences to navigate present challenges and make decisions that align with their evolving sense of self.

Social Comparisons

Comparing oneself to others, whether in terms of appearance, abilities, or achievements, can influence self-concept. Social comparisons may impact self-esteem and feelings of adequacy or inadequacy. Social comparison is a natural and common process through which individuals evaluate themselves in relation to others. This comparison can occur across various aspects of life, such as achievements, abilities, appearance, and social status. The concept of social comparison was initially proposed by psychologist Leon Festinger as a mechanism through which people determine their own social and personal worth. Understanding the role of social comparison in one's life and adopting healthy comparison strategies can contribute to enhanced self-awareness and well-being. It's important to recognize that everyone is on their unique life journey, and comparisons should be approached with a balanced and constructive mindset.

Cultural and Societal Influences

Cultural norms define acceptable behaviors within a society. They shape how individuals interact, express themselves, and navigate social situations. Values, such as family, community, or individual achievement, are also deeply rooted in cultural contexts. Cultural norms, societal expectations, and cultural identity play a role in shaping self-concept. Individuals may internalize cultural standards that influence their beliefs about what is valued or esteemed. Cultural and societal influences play a profound role in shaping individuals' beliefs, behaviors, values, and perspectives. These influences emanate from the shared norms, customs, traditions, and social structures within a particular community or society. Understanding these cultural and societal influences

is crucial for individuals, as it provides insight into their own behaviors, attitudes, and worldview. It also fosters cultural awareness and promotes effective communication and collaboration in an increasingly diverse and interconnected world.

Feedback and Social Interactions

Feedback from others, particularly significant individuals such as family, peers, and mentors, can shape self-concept. Positive reinforcement and supportive interactions contribute to a positive self-concept, while criticism or negative interactions may have the opposite effect. Feedback and social interactions are closely intertwined and play a crucial role in personal and professional development. Feedback refers to information, often in the form of comments, suggestions, or evaluations, provided to individuals about their performance, behavior, or outcomes. Social interactions involve communication and engagement with others in various social contexts. Social interactions often include informal feedback in the form of verbal or non-verbal cues. Facial expressions, body language, and tone of voice can convey feedback on how others perceive and react to one's actions or statements. Effective feedback and social interactions rely on strong communication skills. Being able to express thoughts, listen actively, and provide constructive feedback enhances the quality of interpersonal relationships.

Media Influence

Media portrayal of beauty standards, success, and societal norms can impact self-concept, particularly in relation to body image and social expectations. Media influence refers to the impact that various forms of media, such as television, radio, newspapers, magazines, social media, and the internet, have on shaping the beliefs, attitudes, behaviors, and opinions of individuals and society at large. Media is a powerful force that can shape public opinion, influence cultural norms, and contribute to the formation of social identity. Media plays a significant role in shaping public opinion by presenting information, framing issues, and influencing how events are perceived.

Media outlets can impact public attitudes on political, social, and cultural issues. The media has the ability to set the agenda by determining which topics are highlighted and discussed. Through news coverage and content prioritization, media outlets influence what issues gain prominence in the public consciousness. Media is a key agent in cultural transmission, disseminating cultural values, norms, and trends. It reflects and shapes cultural practices, fashion, language, and societal expectations. Media plays a role in the socialization process, contributing to the formation of individual and collective identities. It influences how people perceive themselves and others, including various social groups.

Conclusion

Social interactions sometimes involve conflicts, and constructive feedback is essential for resolving conflicts effectively. Communicating openly and providing feedback helps address misunderstandings and find mutually agreeable solutions. Understanding the dynamics between feedback and social interactions is crucial for fostering positive relationships, promoting effective communication, and supporting personal and professional development. Constructive feedback, when delivered thoughtfully, contributes to a collaborative and growth-oriented social environment. Media, especially through advertising and entertainment industries, can contribute to the development of societal beauty standards and influence individuals' perceptions of body image. This can impact self-esteem and contribute to body image issues.

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