**PHI 600**

**Self-Concept**

**[30-day assignment] –**

**CCCR Study/Review Questions**

**Requirements**

Read the syllabus and respond to the study/review questions in your syllabus/text. Submit answers to the following questions via DIAL due date listed in the Core Schedule.

**Questions**

Read the syllabus. Answer the following questions:

1. Discuss Maslow's concept of self-actualization in terms of the fulfillment of needs.
2. Describe the self from a systemic perspective.
3. Describe how self-esteem may be blocked and what may develop high self-esteem.
4. Discuss your understanding of the self?  How does it relate to religion?

According to the

Self-Concept PHI 600 Core Manual with presenter Professor Paratan Balloo, MBA, DPhil Self-concept is defined as an organized cognitive structure of ourselves as derived from the sum of all our experiences and the significance we attached to those experiences.

Notes

From these experiences and the meaning given, the ideas or concepts of what kind of person we see ourselves being are developed. From these mental images of ourselves, a collection or system of beliefs, attitude values, and commitments is formed. Although there may be physical, social, emotional, intellectual, and spiritual selves, they are all interrelated so when one aspect is impacted, the others are also affected. Therefore, we can talk about the totality or unifying concept of the self.

**Question** 1

Discuss Maslow's concept of self-actualization in terms of the fulfillment of needs.

**Answer to Question 1**

**Beginning at the base of Maslow‘s concept of self-actualization with the physiological needs, he moves upward through the safety needs, the love needs, the esteem needs, to the climactic and primarily human need for self-actualization. These needs are in some sense…constitutional or hereditary in their determination (Maslow, 1954). This is a humanistic psychology, which wants to see people fulfilled but finds the fulfillment in their instinctual nature, the natural growth is blocked by unfulfilled needs. In humanistic psychology the potential is innate whereas in relational thought the potential to be realized is not in the person as such but in the total situation including God.[[1]](#footnote-1) Within relational categories self-actualization is innate to the process and not to a set of instincts. The needs unsatisfied in the past become part of the discord experienced in the present. The self-actualizing struggle is going on within the person. A series of aims flow through competing, contrasting feelings, rejection, anger, hurt, love/hate, longing, sadness, enjoyed memories, and moments of affection. The aim or aims is to harmonize feelings. The aim arises out of instinct as a response to the past and to God. God is luring us to change those wants, needs, desires, motivations, and doing so to help us transcend ourselves radically. God brings new potential into the decision-making process**.

**Question 2**

Describe the self from a systemic perspective.

**Answer to Question 2**

The ―Psychosystemic‖ model of Graham addresses the individual and ministers to the structures that form human individuality. ―Systemic‖ refers to the organized and dynamic interplay of realities. ―Psycho‖ refers to individuals emerging from and contributing to the other systemic entities. Taking the terms together, ―Psychosystemic‖ refers to the ongoing interplay between multiple interacting environments and individual persons in the mutual construction, maintenance, and fulfillment of one another.5 Our culture does not emphasize a systemic consciousness. A systemic perspective emphasizes togetherness, our way of life emphasizes separateness. A systemic view emphasizes cooperation and reciprocal influence; our way of life emphasizes competition and coercive influence. Systems highlight the ongoing relationship to society, culture, and nature and concerns itself with holism. Systemic thinking affirms that all the elements of the universe are interrelated and in a reciprocal relationship.

**Question 3**

Describe how self-esteem may be blocked and what may develop high self-esteem.

**Answer to Question 3**

1. The self is an evaluator of self: High self-esteem vs. low self-esteem

 Self-esteem is a complex issue. Coopersmith defines self-esteem as the interaction of success, values, desires and defenses. Self-esteem involves the process and the results of comparing our ideal self with our perceived achievements. Some of the contributors to healthy self-esteem are: individuality, integrity, connection, personal power, risk-taking, achievement, self-respect, and self-talk. Self-esteem is not synonymous with self-confidence, although self-confidence is a part of self-esteem.

 Blocks to high self-esteem include feelings of inferiority, depression, anxiety, guilt, resentment, and fear. People with low self-esteem often exhibit more social distance from others, are less people-oriented, and come from a socially rejected group. They also may

While low self-esteem can be fostered by put-downs, discounting, threat, loneliness, powerlessness, frustration, and intolerance, high self-esteem can be built by encouragement, acceptance, understanding, appreciation, comfort, and trust.

**Question 4**

Discuss your understanding of the self?  How does it relate to religion?

The Consciousness of Self

The self or the I is an active process always involved in doing something. There are many senses of I and Me. The self is defined by differentiation from the non-self. Anything, like people, objects, and the physical world, are not me. In the JudeoChristian religion God is seen as the Not-I, and the self is the Not-God. The image of God is impressed on us like a stamp but we always are not to be God. We can attempt to be like God, to be children of God but we always are Not-God. In Certain forms of Buddhism, the self is considered unreal and treated like philosophical categories in an attempt to negotiate this problem of the boundaries between us and the other. There are other ways to define the self than by the difference there is in Me and the Not-Me.

**Answer to Question 4**

Consequently a proper understanding of the self does not end with affirming that we are created in God‘s image having a body, soul, and spirit. The western Christian position goes on to define human nature as inherently evil because of Adam and Eve‘s decision to disobey God in the Garden of Eden. This understanding of man‘s sinful bent is critical for understanding man‘s nature, mental processes, and spirit. Humans are God‘s creation and can only truly be understood in terms of creation, of being created in God‘s image, and mankind‘s continual revolt against God. And as reported above, the experience of humans has been each person divided against and from himself. Clearly sin has important ramifications for all aspects of reality, especially our self-concept. For Christians, the existence of sin effectively explains all psychological problems and it helps one to better understand our physical, spiritual, and moral problems. From birth there is an inherent predisposition to sin, to be self centered, full of pride and thus alienated from our neighbors, ourselves, and our God.

Unfortunately sin plays a pivotal role in one‘s self-concept and self-esteem. It is crucial to understand sin and its effects upon the individual and his self-concept and upon its wider ramifications in society. Sin is not an isolated event. Its effects and abuses can be passed on for generations. It can have a ripple effect and corrupt even the wider society. It can be such an evil force in society at large that it has destroyed whole civilizations; major questions must be asked.

Notes

Rogers considered the self to be a process. If a piece changes, the ―who‖ is altered. The self is an organized, consistent, and constant forming as situations change. The self-concept is a person‘s understanding of him/herself based on past experience, present inputs and future expectancies. The ideal self is the model towards which one strives. Self-directed behavior and personal power comes from the self in society. Rogers was more interested in perception, awareness and experience than in the construct of ―self.‖ He believed that the ―fullyfunctioning person‖ would be fully aware of his or her own ongoing self.

**Maslow understood the self to be an individual‘s inner core of inherent nature, his/her tastes, values, and goals. Thus it was important to understand the inner nature and act in accordance with it. The self-actualized person develops and enjoys the inherent nature that has been fully realized.**

1. [↑](#footnote-ref-1)