**[90-day assignment] –**

**Essay on Self-Concept**

**Essay Question**

**Express your understanding of the essential elements of the course.**

The Concept of the human self is an invaluable human element, but by nature, it was corrupted by the fall of mankind in the Garden of Eden as recorded in the Holy Bible. From the first man ever created, Adam the human race has inherited an innate predisposition to being self-centered, proud, and sinful. This propensity affects every individual and the wider society. This issue of the sins of others can also be devastating to one’s self-esteem; resulting in guilt, shame, and feelings of injustice. The solution to this would be a conversation of the soul as was highlighted in the preaching of Jesus Christ and His death on the Cross. However, it is better accepted than understood, whether awareness **of the Self as an entity do** exists. The self must be sacrificed; put to death; denied in exchange for a higher element. Thus, Self-Concept (Kinch n.d.) is the organization of qualities (expressed e.g. ambition or intelligence) and the role he sees himself e.g. parent, doctor) that the individual attributes to himself. This means that theself-concept is an organized cognitive structure of ourselves as derived from the sum of all our experiences and the significance we attached to those experiences.

As far back as creation, the struggle has been a lack of understanding of the true self. Many theories, religions, and beliefs, including the Hebrews, Greeks, and Western philosophers, have been developed over the centuries to explain the individual's concept of themselves.

The study of Self-Concept means to take a necessary journey into yourself. In considering the question, of whether it is of necessity to consider the Self? The answer would be yes. This will allow us to see how the self relates to God, others, and society. According to John Maxwell to solve a problem, one needs to look at every side. For example, psychologists believe (s n.d.) (Millacci 2024) self to be the sum of a person’s attributes; and their physical, mental, and emotional qualities. Philosophies look at the nature of the self to determine what makes up its identity. However, the theological (what is self according to the Holy Bible n.d.) perspective, highlights one’s relationship with God and others. They believe that the self is corrupt, evil, deceitful, and not able to please and or even be all that God desires for them to be. Jeremiah 17:9 Romans 3:23.

Therefore, people can all benefit from looking at themselves inwardly and outwardly. From a theological (what is self according to the Holy Bible n.d.) perspective, highlighting one’s relationship with God and others. They also believe that the self is corrupt, evil, deceitful, and not able to please and or be all that God desires for them to be. (Jeremiah 17:9, Romans 3:23). However, this is not a death sentence to self-condemnation, instead, it is a reality check. In a recent training seminar, the first out of about 15 questions, was asked “When under pressure, do you tend to be Humorous, regimental, Concise, or Concerned?” Regimental was the selected answer. This was a wake-up call for this participant. Thus, understanding Self-Concept is very necessary. Without this knowledge, one can keep falling short of a quality of life.

It is stated that in the first few years of a person’s life, his personality is formed. This is when the Concept of Self should be taught, molded, and embedded. A negative, or destructive self-concept should not be allowed to influence or shape the life of the individual, but instead be exchanged for a higher element. This should be based on teachings or exposure to spirituality and morality in the society to which this writer and many others were exposed. Such as Sunday School, Church gatherings; national events, e.g. Independence Day parade, and displaying respect for those in authority. If an individual wants to live an overall successful life, the Self and the various aspects (Cherry 2024) such as self-image, ideal self, and self-esteem, must not be relied upon wholeheartedly. It was said that image is everything, if that is the case what would happen to a person’s esteem of themselves, and how would they be able to put forward their ideal self? Though very significant life would not be balanced without the inclusion of values such as moral, and spiritual ones. For example, in entering a beauty or sporting competition, the participant would have to look the part and be confident to put forward themselves to qualify and hopefully win. In so doing, values, such as honesty, integrity, and prayer must be incorporated. To portray the self alone is not enough, but dependency upon God is vital in everything we do.

In my formative years, I received much knowledge from my spiritual leader. As a result, I hold the Christian concept of the self as taken from Genesis 1:27 and 2:7, “So *“So God created man in His own image, in the image of God created He him; male and female created He them”* and, *“He breathed into his nostrils the breath of life and man became a living soul.”*  It is said that a Conversion is recommended to deal with the sinful nature. Using the self to transcend selfhood only deals with the emotions psychics and attitude of the person. The qualities of being a responsible person with reason, will not be sufficient. A metamorphosis should take place within the heart of a person. Then where and when would forgiveness for self and others take place? 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. Apostle Paul wrote “O *wretched man that I who! Who shall deliver me from the body of death? I thank my God, through Jesus Christ our Lord!* And, Romans 8:1 there is, therefore, now no condemnation to those who are in Christ Jesus…” As a person realistically evaluates his/her life; through confession and repentance, this allows for God's forgiveness to be imparted. As a result, the person engenders healthy, self-value, self-esteem, and self-satisfaction. by looking inwardly and upwards.

**Bibliography**

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