LDR 807-12, Leader Development: Transforming Self-Concept

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Professor

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**Content Questions**

1. Select One (1) Core Essential Element from the Syllabus Outline:

a. Weekend Residency: Create a 350-word original discussion paper (with cited

sources) during the week of the residency. Be prepared to discuss and engage

with other students during the live sessions. Post this document in DIAL.

b. Professor will check for quality of content and word-count requirements. Grade

assigned will be Credit or No Credit (CR/NC).

**Self-Concept**

Self-concept is an important part of human psychology since it influences our ideas, feelings, and behaviors. It is a dynamic, complex construct that covers how we view ourselves, both in terms of our unique traits and our social identity, according to Cherry (2022). In this discussion, I will look at the numerous aspects of self-concept and how they affect personal growth, interpersonal relationships, and well-being.

The framework includes numerous characteristics such as self-esteem, self-efficacy, self-identity, and self-awareness. Self-esteem is concerned with our sense of self-worth, whereas self-efficacy is concerned with our belief in our skills. Self-identity, on the other hand, refers to how we view our roles and connections in society, and self-awareness refers to our understanding of our own thoughts and feelings (Cherry, 2022).

Our self-concept changes throughout time because of our experiences, interactions, and societal influences. Early childhood experiences, for example, are critical in the development of self-esteem and self-identity (Showers, 2015). Feedback from family, friends, and social messages may all have an impact on our self-concept as we mature. Positive reinforcement can increase self-esteem, but unpleasant experiences might result in a poor self-concept.

A positive self-concept is linked to better psychological well-being. High levels of self-esteem and self-efficacy frequently lead to improved happiness and resilience, allowing people to handle life's problems with confidence. A poor self-concept, on the other hand, might contribute to mental health disorders such as sadness and anxiety. Understanding and nurturing a healthy self-concept is thus an important part of enhancing mental well-being.

Our interactions with others are also influenced by our self-concept. The way we view ourselves determines how we interact with others and how others perceive us. Individuals with a good self-concept have more enjoyable and meaningful relationships because they are better able to communicate, express their needs, and assert themselves.

Self-concept is extremely important in an individual's personal development and may either be a constraint or a stimulus. Showers (2015) discovered that positive self-concept might drive people to establish and achieve ambitious objectives, creating a development mindset. A negative self-concept, on the other hand, may lead to self-doubt and a fear of failure, impeding personal development. Finally, self-concept is not static; it may be fostered and transformed via self-reflection, self-acceptance, and pleasant experiences. As a result, it is critical to create a good self-concept for individuals to have satisfying lives and actively contribute to their communities.

# **WORKS CITED**

Cherry, K. (2022, November 7). *What Is Self-Concept?* Retrieved from Verywellmind: https://www.verywellmind.com/what-is-self-concept-2795865

Showers, C. J. (2015). Self-Concept Structure and the Quality of Self-Knowledge. *J Pers*, 535-551.