

# Revision Tasks Unit 1

## Third Booklet

Use this booklet to  
carry out revision tasks  
on Self Concept

## Facts

All people have a view of themselves, known as self-concept. This is based on the beliefs that they have about themselves as a person and also on what they believe others think about them.

A person's self-concept is affected by the following factors. You will need to know all of these factors for the Understanding Personal Development examination.

**Age** – very young, adolescent, later adulthood

**Appearance** – smart, scruffy

**Gender** – male or female

**Culture** – different culture and religion

**Emotional Development** – how mature how they – adolescent, later adulthood, menopause, depression following bereavement

**Education** – good or poor education, missing school due to truanting or illness; achieving good grades at GCSE

**Relationships with Others** – good/bad relationships with parents, sisters and brothers, friends in school, friends out of school, work colleagues, divorce, marriage

**Sexual Orientation** – boyfriend or girlfriend, feeling comfortable in a relationship, not being pressured etc

**Life Experiences** – individual life experiences will affect a person; marriage, divorce, pregnancy, death of a son/daughter, death of husband or wife, redundancy or unemployment

## Task

Think of words to help you remember, for example,

**RACES** – **R**elationships; **A**pppearance; **C**ulture; **E**ducation; and  
**S**exual orientation

**AGE** – **A**ge; **G**ender; **E**motional development;

## Facts

Our self concept develops as we grow older and take on new roles. It can affect our relationships with others. If we have a positive self-concept (if we like who we are) makes us value ourselves and others around us.

If we have a negative self-concept (often if we don't like ourselves) this can make us withdrawn, and we will often treat ourselves and others badly.

Because self-concept affects how others feel about us and act towards us, we all want to be liked by the people around us.

### Self concept through the life stages;

- ◇ Infants are not intellectually developed and as a result have no idea of self or what a person is.
- ◇ Infants need emotional support from others to learn, develop and understand feelings of others.
- ◇ How they are treated by carers will also affect what they think about themselves and others.
- ◇ Children meet more people who influence the image they have of themselves.
- ◇ Children will learn to fit in with others and understand basic rules (sharing). They also develop their social role and what is expected of them.
- ◇ Children will often experience praise and rewards for good behaviour and punishment for misbehaviour. These add to the development of self-concept in early childhood.
- ◇ Adolescence develop a strong sense of self, although this is not always positive. This group show this through friendship groups, the clothing they wear and music they like.
- ◇ Adolescence will develop independence and learn to make their own decisions, they begin to develop more intimate relationships.
- ◇ Media and others around them also affect their self-concept. Also how they should be and who they should be.

## Task

- \* Children with insecure attachment relationships with their caregivers are more likely to develop emotional dependency.
- \* Their interactions are less positive and warm and these children do not feel that they can depend on their caregivers, or that they have control over their environment.
- \* Feelings of insecurity can develop, which contribute to feeling inadequate and dependent on others for reassurance and attention.

Tia is 2 years old and lives with foster parents. She has experienced a lot of emotional changes in her short life. Tia is having trouble bonding with her foster parents. Explain how Tia's self-concept could be affected in the short and long term due to these factors.



## Tasks

Eve develops an emotional bond with her father. Together they share a fun experience, and Eve experiences an emotional response and demonstrates learning. She interacts with his father and feels pleasure while playing with her dad and expresses herself through smiles and joyous exclamations. These warm exchanges between the two of them convey the feelings of love and fun that they share. Eve also gains experience in social relationships through interacting with her father.

Discuss how Eve's self concept will develop over the long-term.

### Facts -

In order for infants to feel comfortable with exploring their environment and understanding and interpreting their surroundings, they need consistency and dependability from their caregivers. A dependable environment consists of responsive, adaptive, and positive reactions from caregivers to their infants' needs. Responsiveness and adaptation help the infant to understand that their environment is stable and controlled, which helps build trust in infants.

Josh is 21/2 and is a happy little boy. Explain how his family environment and social and emotional development has contributed towards this.

## Facts

Parenting Style	Behaviours	Possible Child Outcomes
Authoritative	<ul style="list-style-type: none"><li>• Establish limits.</li><li>• Explain reasoning behind limits.</li><li>• Warm and affectionate interactions.</li></ul>	<ul style="list-style-type: none"><li>• Happy temperament.</li><li>• Self-confident; feels competent.</li><li>• Well-developed emotion regulation.</li><li>• Development of social skills.</li></ul>
Permissive	<ul style="list-style-type: none"><li>• Disorganized care.</li><li>• Inconsistent care.</li><li>• Few demands are placed on the child.</li></ul>	<ul style="list-style-type: none"><li>• Poor emotion regulation.</li><li>• Rebellious and defiant when desires are challenged.</li><li>• Low persistence towards challenging tasks.</li></ul>
Authoritarian	<ul style="list-style-type: none"><li>• Demanding on child.</li><li>• Does not take child's point of view into account.</li><li>• Lack of warm interactions.</li></ul>	<ul style="list-style-type: none"><li>• Anxious; withdrawn behaviours.</li><li>• Unhappy temperament.</li><li>• Poor reactions to frustration.</li></ul>

Mia's (aged 5 years) parents are very permissive and as a result this is showing signs of affecting her self concept. Explain how Mia's self esteem could be affected by this.

Drew's (aged 8 years) parents are authoritative, explain how his self esteem will develop because of this.

## Facts

Low self esteem is not a problem in infancy, but it can become a serious concern during the preschool period and on occasion during the toddler period. Developing high self esteem starts in infancy and is ongoing. What children think and believe about themselves can have lasting effects on their development. It is important to keep track of problems with self esteem in children since research has found a relationship between low self esteem and mental health issues, low academic achievement, delinquency, and **depression** in early and middle childhood. Children with low self esteem can display a variety of difficult behaviours. They may have trouble interacting with their peers or have few or no peers. They may also become easily frustrated and misbehave, using tantrums to draw attention. Some may even become aggressive and express themselves through bullying behaviours.

- \* Depression in childhood is described as feelings of sadness, hopelessness and helplessness.
- \* Some depressive symptoms can occur as an adjustment reaction to unexpected events such as the loss of a loved one, coping with parents' separation, or a move to a new neighbourhood.
- \* Situational depressive symptoms may be overcome in time or may require special attention.
- \* Other depressive symptoms may be 'chronic' (on going for a long time) and related to lower self-esteem and feelings of self-worth.

## Facts Depression

Behaviours	Examples
Mood	<ul style="list-style-type: none"><li>• Feels sad.</li><li>• Appears irritated, frustrated.</li><li>• Overall depressed mood.</li></ul>
Energy	<ul style="list-style-type: none"><li>• Low.</li><li>• Below normal functioning.</li></ul>
Interest	<ul style="list-style-type: none"><li>• Low interest and pleasure in activities and with others.</li></ul>
Self Worth	<ul style="list-style-type: none"><li>• Thoughts of worthlessness.</li><li>• Feels guilty.</li><li>• Feels hopeless.</li></ul>
Sleep	<ul style="list-style-type: none"><li>• Sleep patterns disturbed (i.e., too much or not enough sleep).</li></ul>
Eating	<ul style="list-style-type: none"><li>• Eating too much.</li><li>• Eating too little (can also involve failure to gain weight).</li></ul>

Rosie is 10 years old and has suffered the lose of her father. Explain how her self-concept could be affected by this life event.

## Facts

### Factors that can affect our self-concept during early adulthood

- \* When a crisis in a person's life is not resolved it leads to a negative self-concept. An example, in early adulthood if an individual faces the crises of an intimate relationship versus isolation (being alone). If the person is not able to cope with this crisis they will feel a sense of isolation, that sense of being isolated can lead to a negative self-concept. However, it is always the person's own perception of themselves that causes a low self-concept.
- \* Other factors can be illness (biological factors). Hormones can be imbalanced and this might cause a low self-concept.
- \* If an early adult feels they are not following the norms of what is expected at that life stage, they may develop a low self-concept. Such things might be, not having a job, not being very good looking, not achieving well at school, not having a good circle of friends.
- \* A positive self-concept can be developed if a person has the opposite of all the factors above. Someone that has a good job, is good at sport and is very popular with his/her friends.
- \* Finally, early adults that have been academically motivated will often have a good self-image and self-esteem.

Jake has been a shy adolescent and needed to find support to raise his social skills and overcome this. He received counselling and is now able to cope with formal and informal socialising.

**Task—**Explain how Jake's self-concept will have improved due to counselling.

## Facts

### Characteristics of a Positive—Self-Concept

Characteristics of a positive self-concept include:

- \* **Self-confidence**
- \* **Ability to accept criticism and not become defensive**
- \* **Setting obtainable goals**
- \* **Willingness to take risks and try new experiences**

A person's self-esteem will increase when using the following elements:

- **Having decision-making power**
- **Having access to information and resources**
- **Having a range of options from which to make choices**
- **Using assertiveness skills**
- **Feeling that oneself can make a difference**
- **Feeling part of a group, not alone**
- **Effecting change in one's life and one's community**
- **Learning skills that the person feels are important**
- **Self-initiated growth and change**
- **Increasing their own positive self-image**

Describe five factors that can increase self-esteem:

1.

2.

3.

4.

5.



Learn these factors