

Psychology Class 12 Chapter 2 Notes PDF

Self and Personality

Self and personality refer to the characteristic ways in which human beings define themselves. Self and personality class 12 notes will help us to study and understand the behaviorism of ourselves and others.

Concept of Self

- Self refers to the totality of an individual's conscious experiences, ideas, thoughts, feelings with regard to herself or himself
- Personal Identity refers to the attributes that make us different from others. For example, I am hardworking, I am Kartikeya
- Social Identity refers to those aspects that link us to a social or cultural unit. For Example, I am Hindu
- Self as a subject does something. For Example, I am a psychologist
- Self as an object gets observed and comes to be known. For example, I am impacted by his speech
- It can further be classified into two categories – Personal and Social Self
- Personal Self is primarily concerned with oneself and emphasis is laid on aspects like personal freedom, personal responsibility, etc
- The social self emerges in relation with others and focus is laid on aspects like cooperation, unity, affiliation, etc

Cognitive and Behavioral Aspects of Self

- Self -Concept is defined as the way we perceive ourselves and the ideas we hold about our competencies and abilities
- Self-Esteem is defined as the value judgment about our own worth and value. High self-esteem helps in performing well and low self-esteem leads to

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