ALTERATIONS IN SELF - CONCEPT

SELF
- Complex and intangible
- Frame of reference: perceive, conceive, evaluate one's world

SELF - CONCEPT
- Self-knowledge: notions, beliefs, convictions
- Influences relationship with others
- Perception of one's personal characteristics and abilities. Emerge or learned through each person's: internal experiences, relationships with other people, interactions with the outside world
- "Learning about self from the mirror of other people" (Sullivan, 1963)

DEVELOPMENTAL INFLUENCES ON SELF - CONCEPT
- Birth to infancy
- Language
- Young child
- Friends and other adults
- Other factors

AIDES TO CONTINUED SELF - CONCEPT DEVELOPMENT
- Interpersonal and cultural experiences
- Perceive competence in areas valued by individual and society
- Self - actualization or the implementation and realization of a person's true potential
SELF-IDEAL
- Person’s perception of how to behave
- Formation of self-ideal
- Factors influencing self-ideal

SELF-ESTEEM
- Person’s personal judgment of own worth
- Based on how well behavior matches with self-ideal
- Frequency of achieving goal
  - High self-esteem
  - Low self-esteem

SELF-ESTEEM
- Primary sources of self-esteem
- Origin: Childhood
- Best ways to promote self-esteem
- Increases with age
- Threatened during adolescence

Body Image
Sum of the conscious and unconscious attitudes a person has toward one’s body.

Self-perception
How a person should behave
Role Performance

ROLES

- Sets of socially expected behavior patterns associated with a person's functioning in different social groups
- High self-esteem = roles meet needs + congruence with self–ideal
- Factors that influence adjustment to the role one occupies

PROBLEMS ROLE PERFORMANCE

- Gender roles
- Emancipation from parents and establishment of independent life
- Aging

Personal Identity

Identity

Latin word "idem" = the same

HEALTHY PERSONALITY
Characteristics

• Positive and accurate body image
• Realistic self - ideal
• Positive self - concept
• High self - esteem
• Satisfying role performance
• Clear sense of identity

FACTORS AFFECTING SELF-ESTEEM

• GENETIC
• ENVIRONMENTAL
• UNREALISTIC SELF - IDEALS

FACTORS AFFECTING ROLE PERFORMANCE

• GENDER ROLES
• WORK ROLES

FACTORS AFFECTING PERSONAL IDENTITY

• CONSTANT PARENTAL INTERVENTION
• PEER PRESSURE

Behaviors Associated with Low Self-esteem

LOW SELF - ESTEEM

• can be expressed in moderate and severe levels of anxiety
• involves negative self – evaluation
• major component of depression + acts as a form of punishment and anesthesia
• conscious or unconscious process expressed in direct or indirect ways
• associated with feelings of being: weak, helpless, hopeless, frightened, vulnerable, Fragile, incomplete, worthless, inadequate
<table>
<thead>
<tr>
<th><strong>DIRECT BEHAVIORS</strong></th>
<th><strong>INDIRECT BEHAVIORS</strong></th>
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<tbody>
<tr>
<td><strong>Self - Criticism</strong></td>
<td><strong>ILLUSIONS AND UNREALISTIC GOALS</strong></td>
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<tr>
<td>- negative thinking</td>
<td>- core element: self – deception</td>
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<tr>
<td>- believes that one is doomed for failure</td>
<td>- refuses to accept a limited “here and now”</td>
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<tr>
<td>- views the normal stressors in life as impossible barriers and become preoccupied with self - pity</td>
<td>- may make a person sensitive to criticism or over responsive to flattery</td>
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<tr>
<td>- may become preoccupied with self and may blame others for one’s failures and becoming hypercritical to create an illusion of superiority</td>
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<td><strong>GUILT AND WORRY</strong></td>
<td><strong>BOREDOM</strong></td>
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<tr>
<td>- destructive activities to punish self</td>
<td>- involves rejection of one’s capacities and capabilities</td>
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<td>- indicate self – rejection</td>
<td>- may neglect or reject aspects that have great potential for future growth</td>
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<td>- expressed through: nightmares, phobias, obsessions, reliving of painful memories, indiscretions</td>
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<tr>
<td><strong>PHYSICAL MANIFESTATIONS</strong></td>
<td><strong>POLARIZING VIEW OF LIFE</strong></td>
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<tr>
<td>- Hypertension</td>
<td>- simplistic view of life in which everything is worse or best</td>
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<tr>
<td>- Psychosomatic illness</td>
<td>- closed belief system as a defense mechanism leads to:</td>
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<tr>
<td>- Abuse of various substances: alcohol, drug$, tobacco, food</td>
<td>- Confusion</td>
</tr>
<tr>
<td></td>
<td>- Disappointment</td>
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<td></td>
<td>- alienation from others</td>
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<th><strong>DENYING PLEASURE TO SELF</strong></th>
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<td><strong>POSTPONING DECISIONS</strong></td>
<td>- punish self by denying self what one finds desirable and pleasurable</td>
</tr>
<tr>
<td>- denotes high levels of ambivalence and procrastination</td>
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</table>
DIRECT BEHAVIORS

• DISTURBED RELATIONSHIPS
  — cruel, demeaning, exploitive of an other person
  — withdrawal or social isolation arising from feelings of worthlessness

• WITHDRAWAL FROM REALITY
  — anxiety from rejection reaching severe or panic level
  — severe or panic level: dissociation, hallucinations, delusions and feelings of suspicion, jealousy or paranoia
  — temporary coping mechanism or a long term pattern → identity confusion

DIRECT BEHAVIORS

• SELF – DESTRUCTIVENESS
  — accident proneness
  — attempting dangerous feats
  — Suicide
  — Acting out against society: people with overwhelming consciences

IDENTITY DIFFUSION

• failure of integrate various childhood identifications into a harmonious adult psychosocial identity

PERSONALITY FUSION

• person attempts to establish a sense of self by

IDENTITY DIFFUSION

PERSONALITY FUSION

• initial behavior
  • Withdrawal or distancing
  • Lack a historical basis for identity thus display a peculiar lack of ethnicity

Behaviors Associated with Identity Diffusion

Occurrence:
• Formal relationships
• intense friendship
• Brief attempts
Behaviors Associated with Depersonalization

Disturbances Associated with Depersonalization

Perception

Thinking and Judgment

Information Processing

is an anomaly of self-awareness. It consists of a feeling of watching oneself act, while having no control over a situation.

feeling of unreality in which one is unable to distinguish between inner and outer stimuli.
On October 23, 2006, a man appeared on the television show Weekend Today and asked America to help him rediscover his identity. The man, who was later identified as Jeffrey Alan Ingram, had left his home in Seattle on September 9, 2006, and found himself in a foreign city a few days later, without being able to recall who he was or where he lived. He was reunited with family after being recognized on the show. According to a coworker of Ingram’s fiancée, even after Ingram was reunited with his fiancée, his memory did not fully return. “He said that while her face wasn’t familiar to him, her heart was familiar to him…He can’t remember his home, but he said their home felt like home to him.”

Dissociative amnesia
• a psychological disorder that involves extensive, but selective, memory loss, but in which there is no physiological explanation for the forgetting
**dissociative fugue**
- is a psychological disorder in which an individual loses complete memory of his or her identity and may even assume a new one, often far from home

**PRECIPITATING FACTORS**
- TRAUMA
- ROLE STRAIN
- DEVELOPMENTAL TRANSITIONS
- HEALTH-ILLNESS TRANSITION

**BIOLOGICAL STRESSORS**
- Oxygen deprivation
- Hyperventilation
- Biochemical imbalances
- Severe fatigue
- Sensory and emotional isolation
- Alcohol
- Drugs
- Other toxic substances

**Appraisal of Stressors**

**COPING MECHANISMS**

**SHORT TERM DEFENSES**
- Activities that provide temporary escape from identity crisis
- Activities that seem to provide temporary substitute identity
- Activities that temporarily strengthen or heightened a diffuse sense of self
- Activities that represent short term attempts to make an identity out of meaninglessness and identity diffusion - that try to assert that the meaning of life is meaningless itself
LONG TERM DEFENSES

- IDENTITY FORECLOSURE
- NEGATIVE IDENTITY

EGO DEFENSE MECHANISMS

Purposes

- Security Protection
- Anxiety (or fear) reduction
- Mental conflict resolution
- Esteem (self) protection

Fantasy

Dissociation

Isolation
Reaction Formation

Compensation

Devaluation

HUMOR

Affiliation

Idealization
OTHER COPING MECHANISMS

- Obesity
- Anorexia
- Promiscuity
- Chronic overworking
- Suicide
- Delinquency
- Crime
- Drug use
- Family violence
- Incest
What is Your Defense?

NURSING DIAGNOSIS
• Disturbed body image
• Readiness for enhanced self-concept
• Low self-esteem (chronic, situational, risk for situational)
• Ineffective role performance
• Disturbed personal identity

Assessment
• Observation
• Inquire
• Ask questions
• Compare patient's responses to his behavior, looking for inconsistencies or contradictions
• Nurse self-awareness of affective responses to the patient

PLANNING
• Help the patient understand himself more fully and accurately so that he can direct his own life in more satisfying way
• Correction of misconceptions within the family and foster more positive beliefs
• Empowering: focus on outcomes that the client values
• Formulate short-term goals

IMPLEMENTATION AND EVALUATION
• SUPPORT
• FLEXIBILITY OF INTERVENTIONS
• MAINTAIN A CALM MILIEU
• OPEN COMMUNICATION CHANNELS
• OBSERVE FOR SIGNS OF SUICIDAL THOUGHT

IMPLEMENTATION AND EVALUATION
• DOCUMENT CHANGE IN BEHAVIOR
• JOURNALING
• RELAPSE PREVENTION
• GROUNDING TECHNIQUES
• PSYCHOTHERAPY
• PSYCHOSOCIAL INTERVENTIONS
Think positively about yourself....
ask God who made you to keep on remaking you.
Norman Vincent Peale