

# Chapter - 2

# SELF AND PERSONALITY

---

BAL BHARATI PUBLIC SCHOOL, PITAMPURA  
SESSION – 2020-21  
CLASS - XII

# BEHAVIORAL ASPECTS OF SELF

---

# SELF-EFFICACY

---

## What is Self-efficacy?

Self-efficacy refers to extent to which people believe they themselves control their life outcomes or the outcomes are controlled by luck or fate or other situational factors.

A person who believes that s/he has the ability or behaviors required by a particular situation demonstrates high self-efficacy.

## Basis of the concept of self-efficacy

The notion of self-efficacy is based on Bandura's social learning theory (i.e. children and adults learned behavior by observing and imitating others).

## BANDURA'S SELF-EFFICACY THEORY

### Influences

Performance Accomplishments

Vicarious Learning

Social Persuasion

Emotional Arousal

### Perceived Self-Efficacy



### Possible Outcomes

Persistence

Performance

Approach versus Avoidance

## Determining Efficacy Judgments

Performance Outcomes

### Performance Outcomes

"Positive and negative experiences can influence the ability of an individual to perform a given task. If one has performed well at a task previously, he or she is more likely to feel competent and perform well at a similarly associated task" (Bandura, 1977).

Vicarious Experiences

### Vicarious Experiences

"People can develop high or low self-efficacy vicariously through other people's performances. A person can watch another perform and then compare their own competence with the other individual's competence" (Bandura, 1977).

Self-Efficacy

Verbal Persuasion

### Verbal Persuasion

"Self-efficacy is influenced by encouragement and discouragement pertaining to an individual's performance or ability to perform" (Redmond, 2010).

Physiological Feedback

Physiological Feedback

"People experience sensations from their body and how they perceive this emotional arousal influences their beliefs of efficacy" (Bandura, 1977).

# SELF-EFFICACY

---

## Relationship with behavior

People's expectations of mastery or achievement and their convictions about their own effectiveness also determine the types of behavior in which they would engage, as also the amount of risk they would undertake.

## Characteristics of people with high self-efficacy

A strong sense of self-efficacy allows people to

- a) select, influence, and even construct the circumstances of their own life.
- b) feel less fearful.

Eg. They have been found to stop smoking the moment they decide to do so.

# SELF-EFFICACY

---

## Development of self-efficacy

Self-efficacy can be developed. Our society, our parents and our own positive experiences can help in the development of a strong sense of self-efficacy by presenting positive models during the formative years of children.

# SELF-REGULATION

---

## What is Self-regulation?

Self-regulation refers to our ability to organise and monitor our own behavior.

## Relationship with behavior

- People, who are able to change their behavior according to the demands of the external environment, are high on self monitoring.
- Many situations of life require resistance to situational pressures and control over ourselves. This becomes possible through what is commonly known as 'will power'.
- Self control is very important to fulfill long term goals

# Self-control

---

- Learning to delay or defer the gratification of needs is called self-control. As human beings we can control our behavior the way we want. Self-control plays a key role in the fulfillment of long-term goals.
- Indian cultural tradition provides us with certain effective mechanisms (e.g., fasting in vrata or roza and nonattachment with worldly things) for developing self-control.



The practice of Self-Reg draws a fundamental distinction between self-regulation and self-control.

Self-regulation seeks to identify and reduce the causes of problems in mood, thought, and behaviour.

---



Self-regulation is always searching for hidden stressors.

Self-control seeks to inhibit or manage such problems only when they arise.

---



Self-control looks only at surface behaviours.

# Psychological techniques of self-control

---

- 1. Observation of one's own behavior** : One can organize understanding of self by systematically noting down the details about own behavior. This provides us with necessary information that may be used to change, modify, or strengthen certain aspects of self.
- 2. Self-instruction** : We often instruct ourselves to do something and behave the way we want to. Such instructions are quite effective in self-regulation.
- 3. Self-reinforcement** : This involves rewarding behaviors that have pleasant outcomes. For example, you may go to see a movie with friends, if you have done well in an examination.

These techniques have been tried out and found quite effective with respect to self-regulation and self-control.

# CULTURE AND SELF

## WESTERN CONCEPT OF SELF

- boundary between self and others appears to be relatively fixed.
- hold clear dichotomies between self and other, man and nature, subjective and objective.
- the self and group exist as two different entities with clearly defined boundaries
- individual members maintain their individuality, hence individualistic culture

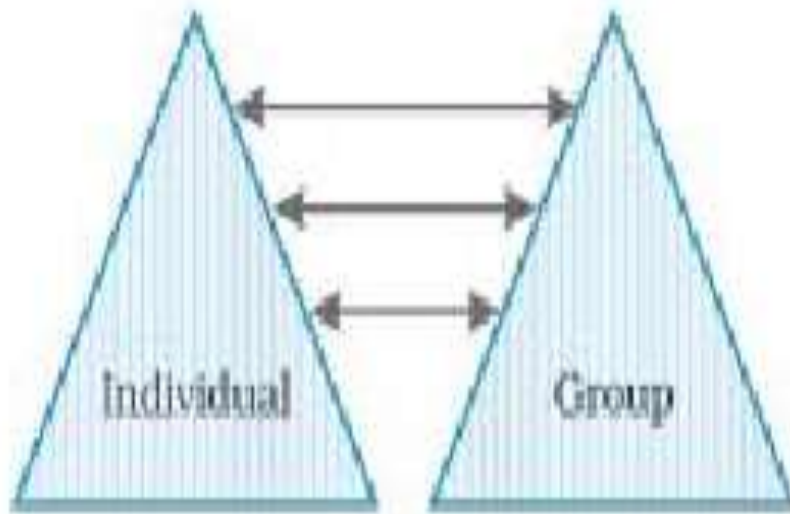
## EASTERN CONCEPT OF SELF

- boundaries between self and others are constantly shifting
- continuity between self and other. So, self sometimes expand to fuse with the cosmos and sometimes completely withdraws.
- self is included in the group and both have variable boundaries.
- self and others remain in a harmonious coexistence so collectivistic culture.

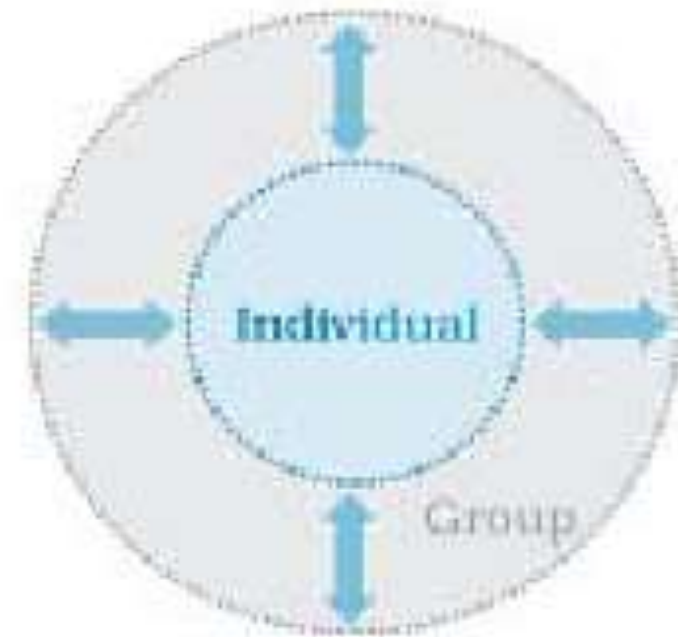
# CULTURE AND SELF

---

Western Perspective



Indian Perspective



# Watch the following videos for better understanding.

---

- <https://youtu.be/f5i59t0bjbg>  
(from 5.20 to 7.28)
- <https://youtu.be/HnACsrdGZAI>
- <https://youtu.be/VW5v6PQ5PEc>
- <https://youtu.be/E2jYdEO18nU>

# Attempt the following questions.

1. The concept of self-efficacy was introduced by \_\_\_\_\_.
2. Define self- efficacy. Discuss its effect on one's behavior.
3. Describe various psychological techniques of self-control with the help of appropriate examples.
4. Differentiate between western and non-western conceptualization of self.
5. \_\_\_\_\_ is the process of **taking control of, monitoring, and evaluating one's own learning and behavior.**
  - a) Self-efficacy
  - b) Self-regulation
  - c) Self-control
  - d) Self-concept