

Origins of the concept of self essay sample



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Literally, the concept of self concerns itself with the fact that individuals have a certain level of recognition of events and happenings in their immediate environment. The terms himself, herself, myself, and many others actually confine themselves to this concept of self. In definition therefore we can refer to this term as the totality of all systems concerning an individual with certain opinions and attitudes he or she upholds for personal existence (Purkey, 1988). In his concept of doubt, Rene Descartes, a philosopher of the 17th century argued that if he thinks then he could be sure that he existed. According to his principle of doubt, Descartes suggested that it was a critical portion of developing inquiries about nature. Furthermore, he argued that he did not doubt that he doubted.

By the turn of the 20th century, a psychologist by the name Sigmund Freud came up with his theory of personality in which he demonstrated that internal mental processes determined to a large extent the development of the 'self' in an individual. However, it was his daughter Anna (1946) who came with a clear insight of the theory of personality by describing the development of ego. Self consistency was the second idea brought up by Prescott Lecky (1945) who in his theory suggested that self consistency was and is central as a motivational force in an individual. Shortly after the description of self consistency, Raimy (1948) came up with numerous measures of self concept which he basically applied in sessions of counseling. According to Raimy, psychotherapy is just but a process of altering the process of self perception of an individual.

[9] Armstrong, David M. & Malcolm, Norman (1984). *Consciousness and Causality: A Debate on the*

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