



# **APS 2025 D1 & HC Self-Concept**

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# LEARNING OUTCOMES

**The student shall be able to:**

- Define concepts related to self-concept
- Discuss the components of self-concept
- Discuss factors influencing self-concept
- Explain the stages of psychosocial development according to Erikson

# SELF-CONCEPT

- Self concept involves all self perceptions appearance, values and beliefs that influence behaviour and are referred to when using the words I or me.
- It influences the following:
  - How one thinks , talks and acts.
  - How one sees and treats another individual.
  - Choices one makes.
  - Ability to give and receive love.
  - Ability to take action and change things.

# DIMENSIONS OF SELF-CONCEPT

- **Self-knowledge** (abilities, nature, limitations)
- **Self-expectation** (realistic or unrealistic expectations)
- **Social self** (how are you perceived by others)
- **Social evaluation** (appraisal of one self in relationships, events)

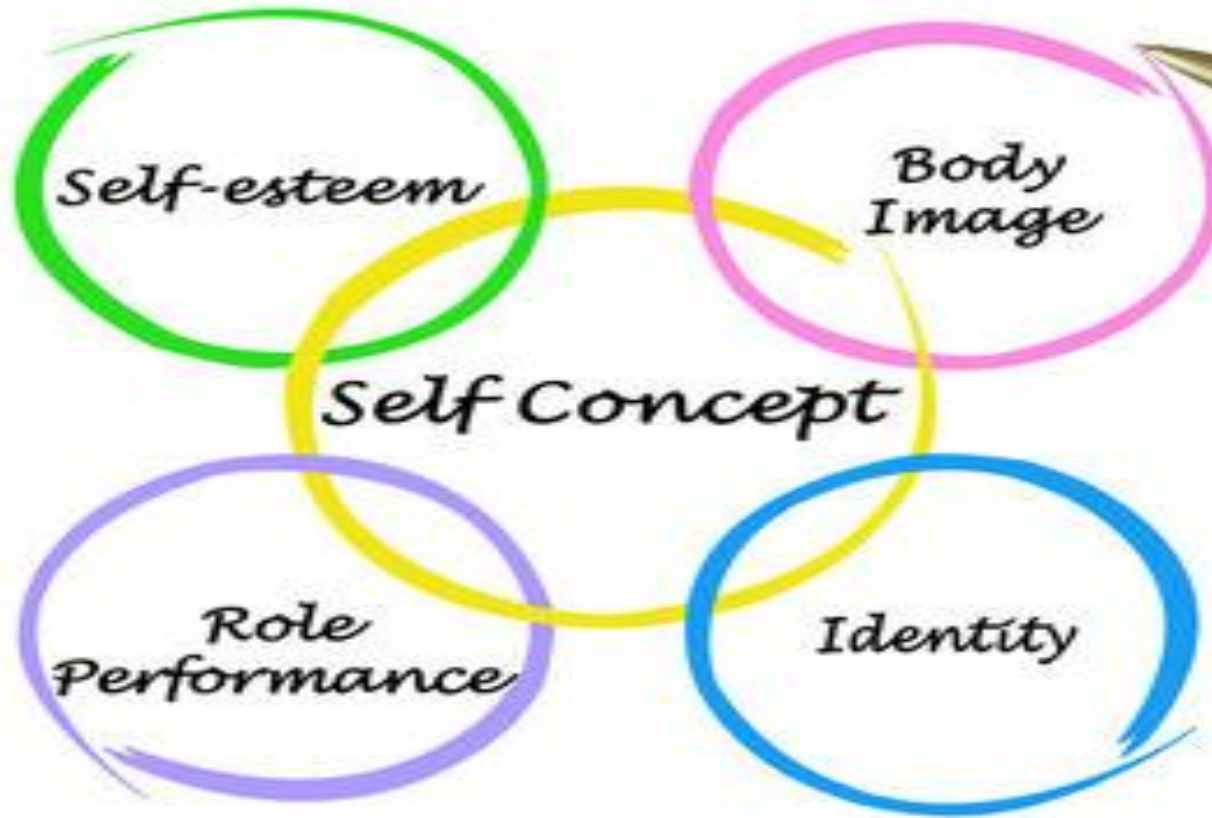
- Self-knowledge — “Who am I?”
- Self-expectation — “Who or what do I want to be?”
- Social self – How person perceived by others?
- Self-evaluation — “How well do I like myself?”

# CONCEPTS RELATED TO SELF-CONCEPT

**Self-image** refers to the way an individual perceives their own appearance, abilities, and personality. It shapes how a person views themselves and interacts with the world.

**Self-awareness** involves understanding one's own emotions, thoughts, and behaviours. It is the ability to recognise how one's actions affect oneself and others.

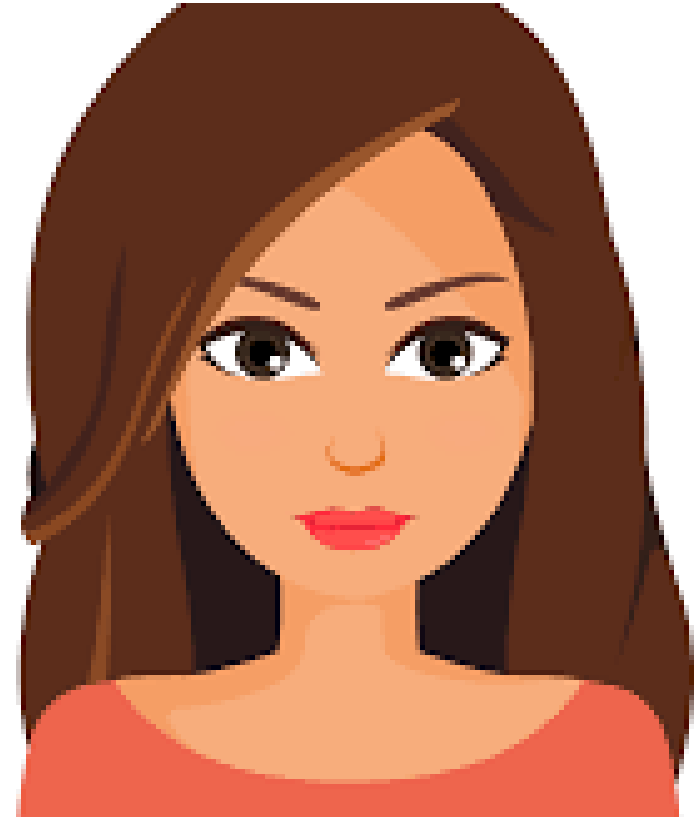
# COMPONENTS OF SELF CONCEPT



# COMPONENTS OF SELF-CONCEPT

- **Personal identity** - This is the sense of individuality and uniqueness a person has. It includes beliefs, values, and commitments that define who they are.
- **Body image** - Body image relates to how individuals perceive their own physical appearance, and how they believe others see them.
- **Role performance** - Role performance refers to how well individuals carry out the roles expected of them in society, such as being a student, parent, nurse, or employee.
- **Self-esteem** is the overall sense of self-worth or personal value. It reflects how much individuals appreciate and like themselves.

- Discuss in the group what you understand on the concept “self-esteem”
- How would your self-esteem influence your success as a nurse?
- What is the influence of self-esteem on the patient?





# FACTORS AFFECTING SELF-CONCEPT



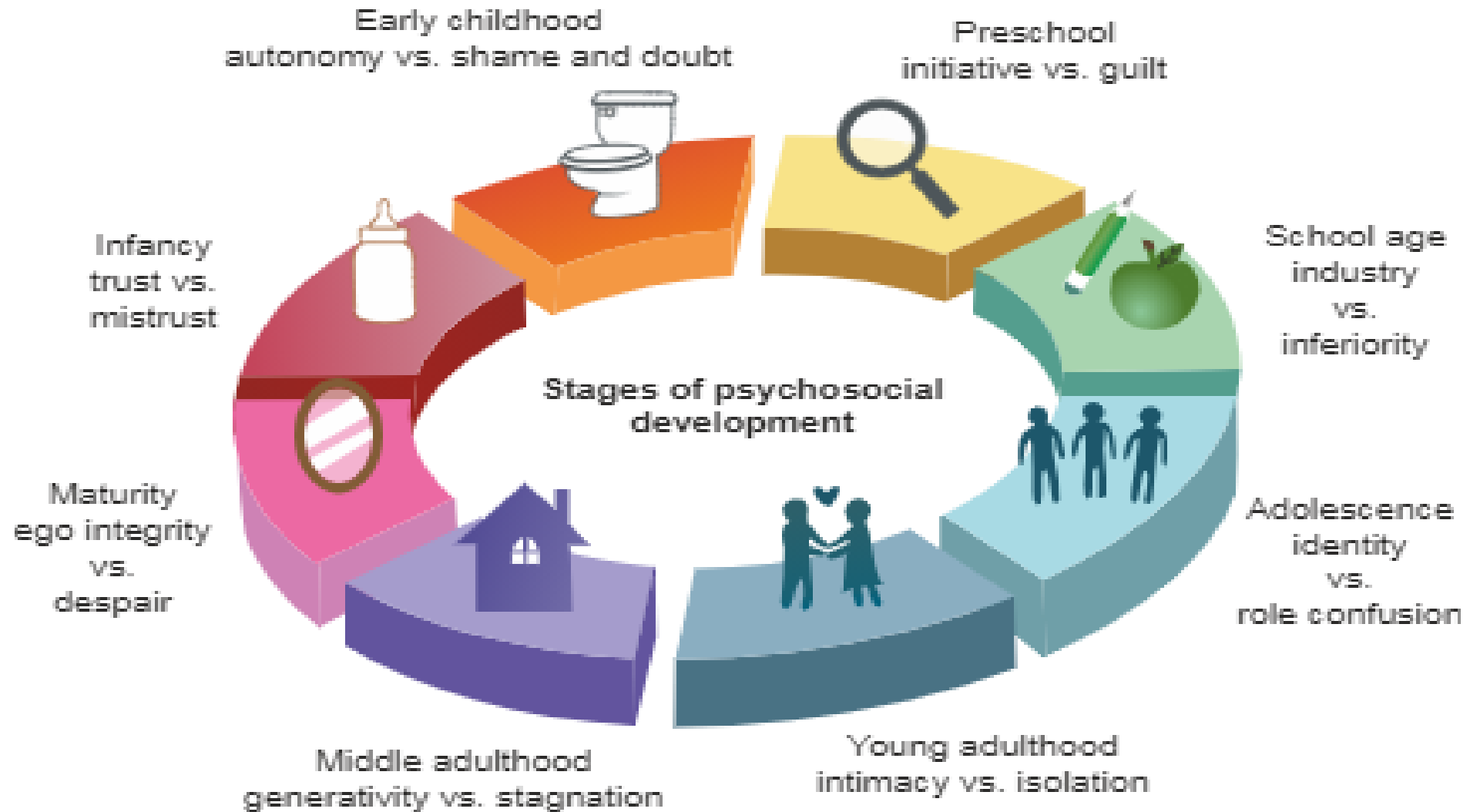


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# ERIKSON'S STAGE THEORY OF PSYCHOSOCIAL DEVELOPMENT

- In 1950, **Erik Erikson** released his book, *Childhood and Society*, which outlined his **Theory of Psychosocial Development**.
- His theory comprises of **8 stages** that a healthy individual passes through in his lifetime, each detailing a specific challenge or task. Erikson did not focus so much on ages but on the progression of the self. As individuals master each stage, they move onto the next, and confront a new challenge there. The stages unfold naturally, prompted by each individual's upbringing and culture.





# CLASS ACTIVITY

Discuss the ways in which a patient's self-esteem can be increased during the period of hospitalization:

- Adults
- Elderly
- Adolescence
- Children

# FACTORS INFLUENCING GROWTH AND DEVELOPMENT

**Many factors influences growth and development:**

- Genetics (gender and physical characteristics)
- Temperament
- Family
- Nutrition
- Environment
- Health
- Culture



# ASSESS FOR ALTERED SELF-CONCEPT

- When assessing a patient for altered self-concept, the following should be considered:
  - Observe the patient's behaviour, appearance, and communication for signs of low self-esteem or poor self-image.
  - Ask open-ended questions about how they feel about themselves and their abilities.
  - Explore the patient's personal identity, body image, role performance, and sense of competence.
  - Identify any recent stressors, life changes, illnesses, or role disruptions that may have affected their self-concept.
  - Assess the patient's coping mechanisms and availability of support systems.
  - Look for expressions of helplessness, worthlessness, guilt, or dissatisfaction with life.
  - **Example Question to Ask a Patient:**
    - "How do you feel about yourself since your diagnosis?" or "Can you tell me how your illness has affected your daily life or your roles?"



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# REFERENCES

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