# Essay About Myself: Analysis of My Person’s Self-concept

Humans' are very superior creatures in the universe. The world has millions of humans who are like me and this tends to make me feel small. However, everyone is unique in their way. I am an eighteen-year-old short and slender African American female. I am six feet tall with a dark complexion and light brown hazel eyes with long curly eyelashes. My hair is also brown which I got from my parents. It's usually straightened and if not so, it's pulled into a bun with a headband. I am very ambitious, I work hard to achieve more and rise above my current position. I also set S.M.A.R.T goals which keep me e motivated to achieve them; my honest nature helps people to have faith in me. When overwhelmed by emotions such as anger, one may be tempted to make rash decisions but I am very patient so I wait calmly and evaluate the results of the decision I make.

I know that it’s my role to study hard to benefit not only me but also my society through the professional services I will offer to them. It’s also our role to keep our surroundings neat and to be involved in social welfare programs to help others. Life without a hobby is like salt less food. I love traveling, whenever I get a chance to visit a new place I feel very excited. It's because I know that I will get a chance to meet new people. I carry my camera with me and take pictures of buildings and monuments. I love knitting, a skill that I learned from my grandmother my parents tell me that I would sit next to my grandmother and watch her keenly. I love to help my mother prepare meals.

Beliefs affect our relationships with others and also the quality of our work. They are an integral part of our identity and help us reflect on us and the lives we live. They deeply affect the people and cultures where they are practiced. My religious belief system is embedded in Christianity. I was born to families who were and still are Catholics. When growing up, my mother ensured that we went to church with our relatives who worshipped with us. My father did not go to church often but he believed in God. My religious beliefs made me direct my life towards taking my children to church, teaching them moral values, and keeping my family close. The scriptures caution against those who gossip about others and those who lie. God hates a lying tongue since I know this whenever I find people gossiping, it bothers me a lot.

Cultural belief systems shape the attitude I have about punishing for crimes believe that a person who steals or commits fraud should be jailed and one who commits murder should be sentenced to life imprisonment or put on the death roll. Most people in the world believe and act as if these cultural values are real while indeed they are just passed down to us. Again, just like we all believe that when you have the money you can easily purchase food. It's because we believe in money which hence gives it the value. If we stopped believing in money, it would be valueless.

High self-esteem underpins every positive experience in my life. It has helped me to remain positive in every situation I face and helps me to cope with diversity. My high self-esteem has helped me develop a positive self-image which has resulted in my confidence. I know that without being confident I don’t stand a chance of happiness or success. My confidence and positive attitude help me to look and feel at my best, trust in others and also believe in them. Low self-esteem means that you will develop a poor self-image which will result to loss of

confidence. This will affect your social skills since others will respond negatively to your lack of confidence.

Kids seem to build their self-concept views through a process of engaging in the interactions that caregivers seem to construct, which align with the cultural values concerning human existence nature Perry ? Jenkins, Newkirk & Ghunney, (2013). The personal emotional bond I had with my parents contributed greatly towards developing a positive self-concept. Since my childhood, my mother maintained a connected relationship with me. This helped us to keep our communication line open which was very important especially when I grew into adolescence. The assurance that I could talk to my mum freely, that she would listen without passing judgment on me, and take my emotions very seriously helped me to feel safe and very important. During the weekends, we would spend a lot of time with my mother teaching me how to make different delicacies. She knew that I loved cooking so she supported me very much. This greatly contributed to my cooking skills; the feeling of contentment at cooking made me develop a strong positive self-concept.

My mother would always acknowledge my effort and encourage me. She taught me that the first position is not always the goal, but my personal best was always a win to me regardless of the position that I landed in. “one day when you were in kindergarten, prizes were awarded to the top positions but you were not among them. I remember how sad you were and you asked me that you were not bright like them. I just smiled at you and assured you that I was proud of your grade. I bought you a present to congratulate you on the good work you had done' my mother told me. This made me believe that I am always a winner, I now know how to emphasize my achievements even though receive no trophy in the end.

My teacher was my mentor, he would set some rules for me but he would enforce them kindly.”You were such a bright and obedient student, I always made sure that you made your academic decisions alone. Like when I gave you the freedom to decide if you wanted to write a report about the trip or not but I was very happy that you did” my teacher recalls. To be sincere, I was not always happy with him back then but now I thank him greatly for his unending support towards making me a better person. He made me learn how to be an independent lady, to make my own decisions without being influenced by anyone. Through my adolescence stage, I always learned how to avoid negative peer pressure. According to my teacher, mistakes were a part of life and failure never meant that a person lacked wisdom. I believe that I am a winner and that I have a right to make wise decisions.

A person’s self-concept originates from membership knowledge in a cultural group and the emotional or value significance attached that such a membership. World views about one's self to others differ across and within cultures. Social norms and cultural identities have a large effect on self-concept and mental well being. I can clearly define my culture's norms and how they play a part in my life, so I have a positive self-identity which makes me have better psychological welfare and self-concept. I am a western and I believe that kids who are eager to explore and discover new things have a positive self-concept and competence. A common norm instilled in me by my community is consistency which helps me to maintain myself concept overtime. That is why if am asked to describe myself, I will use personal traits but will not compare myself with others in the group like the interdependent eastern people.

The self-concept has a direct impact on our communication with others. Our speech habits and tone play an important role in revealing our image. I believe that my positive self-concept makes

me give positive statements about others have an enthusiastic voice and how I speak to others shows that I am very confident. However, people with low self-esteem have negative communications; their voice will reveal their negative self-image as they are not able to communicate well with others. We must develop a positive self-concept so that we will improve our communication with others.

## References


1. Coursehero.com. (2020). Perry Jenkins Newkirk Ghunney 2013 a rgues that children seem to build their | Course Hero. [online] Available at: https://www.coursehero.com/file/p4hsp9d/Perry-Jenkins-Newkirk-Ghunney-2013-a-rgues-that-children-seem-to-build-their/ [Accessed 17 Feb. 2020].