

Journal Entry 1: Self from Various Perspectives

Karl Marx A. Suarez

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Understanding the self from several angles helped me better grasp who I am and how a variety of things shape others. I learned about the philosophical, sociological, psychological, and anthropological frameworks that allowed me to view identity from a variety of perspectives in Module 1 of "Understanding the Self." Every viewpoint helped me think more thoroughly about myself and revealed something significant about human nature.

Many have asked the philosophical question of what it really means to be human. Thinkers like Socrates encouraged me to reflect on myself, which connects to how I often question my own actions, beliefs, and life goals. Descartes' idea, "I think, therefore I am," emphasizes the importance of awareness and thought. From philosophy, I've come to realize that critical thinking isn't a weakness, it's an important part of learning and becoming wise.

The sociological viewpoint demonstrates how society shapes our self-perception. Cooley's concept of the "looking-glass self" which explains that we frequently determine who we are based on how we believe others see us, was one that truly resonated with me. I can identify with this because I occasionally rely too heavily on my friends' and peers' approval. It made me understand that although society shapes me, I also need to develop my own sense of value rather than depending solely on what other people think of me.

I now have a better understanding of how the mind functions thanks to the psychological viewpoint. Understanding oneself can be difficult at times, but William James' concepts of the "Me" and the "I" made it easier for me to comprehend how we create a balance between our sense of power and action and our self image. Carl Rogers' idea of the real self and the ideal self also connected with me because it demonstrates that progress is achieved by trying to close the gap between our current selves and our desired selves. This helped me to see that my difficulties are not failures but rather necessary steps on the path to being who I really am.

I realized how much culture and tradition influence who I am after learning the anthropological point of view. Filipino values that greatly influence who I am include respect, family closeness, and helping others. Even though I can take these things for granted, my anthropological coursework has made me realize how much culture shapes my ideas and actions. I was also urged to maintain an open mind at all times and educated to respect the traditions of others.

Overall, these lessons improved my comprehension of myself by enabling me to comprehend the motivations behind my ideas and behaviors. For instance, I came to perceive that society's impact on my self-perception is the source of my fear about what other people may think. My inability to make decisions is related to the psychological concept of striking a balance between my interests and values. When I sit down to think, I realize that I'm engaging in a philosophical kind of introspection. And I recognize the influence of culture and anthropology on my identity when I treat my family with love and respect. By considering myself from these various perspectives, I have been able to gain a deeper and better understanding of who I am.

By engaging in self-reflection and mindfulness exercises, I can put these teachings into practice in my everyday life. Philosophy serves as a reminder to me to continually evaluate and analyze who I am. I learn how to strike a balance between my personality and the impact of society from sociology. I find that psychology helps me accept my difficulties and see them as a necessary component of my development. I learn to appreciate both my own culture and the distinctiveness of others through anthropology. When taken as a whole, these viewpoints help me grow into a more sympathetic and whole being.

To sum it up, the lessons about the self from different perspectives showed me that identity is not simple but shaped by many aspects like thought, society, mind, and culture. These learnings are valuable not just in academics but also in everyday life. They guide me in becoming more self-aware, confident, and appreciative of both myself and the people around me.