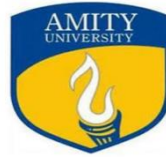




**INTERNATIONAL JOURNAL OF CREATIVE
RESEARCH THOUGHTS (IJCRT)**

An International Open Access, Peer-reviewed, Refereed Journal

Role Of Self Perception On Psychological Well-Being Of Minority Groups



Semester-6

Submitted as Master's Project Work

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Abstract

This research paper is all about **The Role of Self Perception On Psychology well being of Minority groups (Adults)**. Self-perception is the process of observing and interpreting one's own behaviors, thoughts, and feelings, and using those observations and interpretations to define oneself.. Self-perception is especially important if we choose to use it as a way to understand mental health challenges. Through this paper we aim to find how self perception relates with the

psychological well being of minority groups. The method used here to check the relationship between self Perception and psychological well being is **Correlation method** because this method helps in measuring two variables and assessing the relationship between them, with no manipulation of an independent variable. At the end, the results suggest the relationship between Self perception and psychological well being that minority groups (adults) undergo. I hope you have enjoyed this opportunity to reflect on how you perceive yourself. There is nothing that we necessarily need to change in our self-perceptions. Just becoming more aware of our patterns – so that we might be able to question them at key moments – can unlock self-growth. Please be gentle with yourself if you notice that you have patterns of unrealistic or unduly negative self-perceptions – these are things all humans do, and simply noticing them may help you naturally change your self-perception over time.

Introduction

Self perception in simple words is the self way of looking oneself. The definition will be a process of seeing through and understanding how that human being interacts and works with his or her ideas and emotions and afterwards the process of making the person's identity known. This occurrence is called self - perception. As for acts of the self, undoubtedly, they reflect what we think and the way we value this or that thing definitely. We just cannot make ourselves out with certainty what we feel. Such as, most people have a problem with this notion of feeling and understanding their specific emotions in any particular occasion. They may also try to see in their behavior all of their emotions, if they don't have the self-awareness. In accordance with that the American Psychological Association Self perception is a psychological concept that refers to how people view themselves, such as their mental or physical features, Alpha etc. Whom do you consider as your best friend? How do you represent yourself? Do your considerations have to do with the image that you project, your core values and beliefs? So the latter is functional self that takes into account your feeling although you may not be liking at yourself very well. The more one is acutely aware of themselves, the greater is their personality's grasp of themselves. Our concept of self and our personality to a very great extend comes from the reflection of our own body image.

This is more understood as it is clear that a lot of people fail to hear their own words and internal emotions. On the other hand, that manifestations of behaviors are manifestations of concrete things, we may use them to presume what really happens in inner world. That famous gathing "action matters most" comes to its mind. We seem to have elementary understanding that our actions that identify our personality, neither our emotions nor our ideas. That is not to say, however, that self perception is always true or that we will always operate under the grey we see ourselves in. Add to it, I viewed

myself as a "person who just doesn't" get angry as very rarely would I show any outward appearing of being angry. I took some time to come to terms that my passive aggression and cynicism are reflections of the staggering rage I repress albeit unintentionally. I have always been miserable and I just withheld myself to release my anger, even if the conventional ways allowed it. That prevented my being conscious of my emotions as anger, making it "not angry" thoughts. Mostly important, self-concept is something we are concerned if we decide to evaluate our perception through this filter. One view of psychological diseases can be that not all types of self-thoughts are of good use or may have harmful effect on others (Y. & T. B., 2007). For example, my feelings about a mistake like my forgetting to call my friend when we needed to talk at the moment will differently evolve based on the way I choose to see it as a trait. I can treat these things as a continuous trait ("I'm a forgetful person who lets people down") or as a developing characteristic ("I should set myself a reminder, then usually I don't miss the appointment").

Theory of Self Perception

Self-perception theory was created by the psychologist Daryl Bem (1967) and describes the pattern we have already been discussing: whether it is eavesdropping interaction or seeking explanations, we confirm our thoughts and moods by only looking at our own behaviors.

Bem (1972) identified a phenomenon of self-perception which is dynamic and fluent, changing from one experience or circumstance to another. When it comes to this unobvious illustration, I immediately think of how some people go to visit their parents or other family members. For example, anytime when you take control of your family and even your team at work to be a more effective leader but on the other hand that changes become a controlling action to you when you the younger sibling that always complained that you always bossed them around when .

Self-concept is equally a reminding component of the past. We may calibrate our characters with the perception that has been existing since the youthful stage (Taylor & Brown,

1988). This kind of biased self-perception takes three forms (Taylor & Brown, 1988): This kind of biased self-perception takes three forms (Taylor & Brown, 1988):

1) Unrealistically positive self-regard. Seeing or thinking ourselves through the glass with the rose tint fits for not only saving the feeling that we are good people ("I called my bothersome great-aunt because I love her and not because felt guilty for avoiding the call."), but also could be a very struggling experience when our actions are looking bad, so you then most likely should try very hard to perceive them through a pleasant lens ("Why in the world, he People such as themselves (the ones that aren't "honest like me"). It is amply evidenced that we always have a tendency to see ourselves more kindly than we see others' for this reason, as a matter of fact (John and Robins, 1994).

2) Illusions of control. One way in which we distort reality is to later explain our actions by rationalizing or excusing a clear and good purpose for doing them (e.g., "I did not go to the party because I was worried about an accident in the snowstorm."). We can sometimes also take credit for the outcomes that may be attributed to causes that were beyond our control.

3) Unrealistic optimism. Subconsciously, we may tend to be expressing optimism about ourselves as it is disturbing to realize the fact that we are in a tight corner. For example, when I review my resume against those of other highly qualified candidates for a research grant, I may prefer to focus on my strengths rather than on the "needs improvement" elements of my amazing back ground.

The contribution of self-image to psychological well being remains an involved and intricate process, that involves the being on the state of the inner worlds of people. An very advantageous aspect of this link is that if seen from certain perspective, it may help to realize the ultimately tremendous effect of self-concept on overall mental health. Thus, these two phenomena work independently but also manage to intertwine with deeper aspects of self- understanding by showing its virtuous and vicious consequences at the same time.

This circular interlinking starts with the psychological process of self-esteem, which is a decisive part of self-perception. Self-esteem becomes a springboard that determines the quality of your psychological well-being, asserting power over worries when faced with challenges and creating a strong mental base. However, an extreme lack of self-esteem may emerge as a sign of psychological issues as this could be a driving factor behind other mental problems like anxiety and depression. Thus, seeing the intricate junction between self-worth and well-being at all level hell pay for college begins with understanding the wide picture of mental health.

One other aspect of self-perception that is significant is self-efficacy, which plays a huge role in determining the psychological well-being of individuals. It is that strength, which allows a person to take control of the situation and believed that whether it is goal or day-to-day tasks that they would succeed. The process of self-efficacy development can be a significant factor are around you were kids in cultivating individuals' mental resilience trajectory. They embark on emotional challenges with confidence and without fear of defeat. By the same token the weakened feeling of being in control may lead to such a negative state of mind as the one of hopelessness and fragileness, which are both the major obstacles for psychological health.

The dimension of society then hues this idea of self-perception, therefore, adds more importance into their psychological well-being. Under social comparison theory, one's self- evaluation rests on the basis of the relating to other persons. In this case, the process of social comparison could elevate or undermine one's psychological health. Social peers may exert

positive influence in formatting the self-concept and inspiring a feeling of achievement which in turn lead to healthy mental well-being. While, on the one hand, one sided social comparisons are discouraging, and, on the other hand, successive adverse social comparisons may trigger a downward spiral of negative self-perceptions, some psychological issues could pull along.

Stretching further, the role of self-perception is covered in physique entanglement, the central element on which people build their sense of self. The more it is that the societies that imprint their images on the perfect appearance, coupled with universal beauty criteria, the more one's perception of oneself is affected, resulting in worsened psychological state. An irrational attitude to beauty standards within the society and the association with an unrealistic ideal is the beginning of many psychological disorders related to eating and mental health.

The cognitive processes, which involve self-reflection and self-awareness as well, have a complex interaction with self-view through psychological health perspective. The people who engage with healthy self-reflection about their own strong sides and a development field, they have all necessary abilities to cope with different life issues. On the contrary side, the undesirable self-perceptions that exist due to the negative thinking patterns can hinder psychological state and, in turn, with the continued self-criticism and the emotional distress, the individuals can be trapped in a circle of mental anxiety.

Lastly, the process in which self-perception changes continuously during the whole lifespan aligns its unique influence on people's psychologic functioning. The junction years, often y point of maturation and great occasions, are part of the way self-image happens in individuals. Childhood environmental conditions, family relationships and social factors jointly lead to the fact that the basis of the self-perception of the child is created, which later results in the psychological well-being.

Some methods that can make us see ourselves s better than we are.

1. Don't Compare Yourself to Others: Donna, be glad for the person that you've become, the things that you have already accomplished, and all that you'll achieve in the future.

2. Focus on the Positive: Find a method to feel satisfied over what you accomplish so far. Homing in on the positive moment by moment accumulates. * Submitter: Nguyễn Ngọc Trương With time all this self-confidence will result in better self-esteem.

3. Make Time to Do What Makes You Happy: First and foremost, you must make sure that happiness and your mental wellness are your topmost priorities. Schedules and earlier planning are good for your free time. Time will come for you to understand and you will feel good as well.

4. Don't Beat Yourself Up

Occasionally one finds oneself undertaking anything that is no actual fun and which you are not good at doing. It is OK. Just because you are not good at everything doesn't mean that you should quit. Just as a business entrepreneur will learn from their mistakes, so do not suppress yourself, if something turned out not right. Do your very best, avoid giving up and stay on board believing that the best still lies ahead. One possibility is for you to give it a try again tomorrow.

5. Surround Yourself with Positive People: Find a positive crowd of people who care about you and you care about them, being who you are and not for whom you may be known. Give time to build wide and deep relationships with the people you care about. Those individuals who, when you feel down or unappreciated, build you up to feel good about yourself. Toxic friendships or relationships have to go. Besides, do your best to spread some positive energy around the people you are twined with.

6. Take Care of Yourself: Spend the time and make some time for yourself! Take a nap, have a salad, and couple of minutes of meditation a day can do a lot of good. You won't believe that one day after you start, you will be floored by the difference in the way you reflect on life.

7. Be Grateful: Conversely, optimism can come even from the seemingly insignificant things we can find to be thankful for. And let's try to do it or seek help from mental health professionals that offer support.

Thankfulness results into the shaping of the inner calmness and contentment. As your self-image will also be enriched with this process.

8. Don't Take Things Personally: It's not always about you, it can be about someone else and what they are going through. Often people will be annoyed or mistreat you. While that stings, you just have to remind yourself not to take it as a personal disappointment.

9. Practice Daily Affirmations

Affirmations are of phrases that you remind yourself. Daily affirmations are a practice that cannot be considered an easy task but it is substantial when said over time and it will help boosting self-esteem.

10. Challenge Yourself: Tag your new goals with achievement to push your boundaries. Don't be surprised at how good you would feel when the completion of it puts you in a state of pride. That you have determination, your chance in the future of victory is 100%. On the lane, the feeling which you unlocked after we achieved what is not expected from you, is not an easy thing.

Being psychologically healthy denotes a person's overall condition of the mental sphere which consists of such elements as emotional stability, intellectual well-being and social functions. This concept is not only a multi-dimensional construct but it also represents the quality of a person's inner life and their ability to face and overcome the challenges of life, as

he/she is able to feel happy and enjoy himself/herself in a lasting relationship with others. Psychological wellness, the state of being well mentally, is not simply finding one's self without any ailments but is a state that is beyond the normal. It refers to well-being through the performance of optimal functioning and flourishing.

A psychological well-being has linkages with emotional well-being, that entails positive affects like happiness, joy, and ease, as well as being able to cope with negative emotions such as sadness, anger, and anxiety. Individuals emotionally well have a degree of resistance to adverse circumstances and they can bounce back easier when failures come, remaining optimistic and positive about them.

Cognitive health illustrates as a capability for delegation, completing decisions, and effectively resolving problems. Here, it describes such a thing as having sense of meanings and goals in life, and also some achievements in supposing the given goals/ meanings. Cognitive health is closely linked to and being all about higher self-esteem and self-perceived competence, as people who assert themselves, recognize their victories and performance will be more likely to experience a state of fulfilment and satisfaction. Social well-being is a sphere that includes the background of relationships and an individual's feeling of connectedness to other people. Surely, this involves having a supportive social network, experiencing a feeling of being part of the group and being accepted. And it is very important to realize that it includes meaningful social intercourse, too. Good social individuals regard themselves as having values, needed and recognized by others in the community, and they actively contribute to the community with their kind acts, understanding and cooperation. The spiritual welfare deals with the significance and purpose of life in terms of the relationship with the greater world full of meaning for an individual. It deals with the investigation of various life-changing moments, which might lead towards the theme of 'quest for life's meaning' and 'my feeling of belonging to the universe'.

Those spiritually well engaged individuals might derive gratification either through religious or philosophical beliefs, their individual values, or even by looking at the mysteries of the universe in a manner that amazing and captured their souls.

Physical health may not be a core element of psychological welfare, but there is evidently a nature of relationship between self-health and mental clarity resulting in positive overall well-

being. Performing physical activities regularly, keeping a diet with right balance, providing sufficient sleep and avoiding dangerous habits are four primary means of ensuring good health as well as preserving both mind and body.

Psychological well-being depends on a number or different factors, such as the family and social environment, life experiences as well as stressors being factors that determine the mental health. Such events as very traumatic experience, rather chronic stress, social isolation, as well as discrimination have bad effect on the psychological health and thus increase the level of mental health problems like depression, disorders of anxiety and substance abuse.

On the contrary; however, the presence of protective factors such as strong social support, good coping mechanisms, access to mental health facilities and chances of personal growth and expression can aid in building of resilience and refusal to the possible effects of adverse situations. Having positive feelings, building worthwhile connections, being mindful, showing self-compassion, and performing actions that improve one's personal growth and awareness are all methods that can increase the well-being of their mind.

Consequently, the psychological well-being is not merely about being in a good state of mind, but rather embracing the holistic mental health inclusive of emotional, cognitive, social and spiritual dimensions. It is a sign of the individual's capacity to enjoy good feelings, develop and fortify relationships that give the individual inner joy and the ability to face the challenges that life bring. The quest to enhance psychosocial wellness is a total effort that immediately detects the links of mind, body and spirit as well as the diversity elements which might influence mental health and the ability to overcome challenges.

The way people define themselves is summarized to a large extent on the identity of their psychological health because it both affects and determines their thoughts, emotions, and behaviors. Healthier self-concept, that involves an individual's positive (high) self-esteem and competence, is strongly linked to better psychological health, such a reduced severity of depression and anxiety. Also, although good self-evaluation, manifesting in confidence and high self-esteem, can reduce stress and the emotional ability to endure mental disorders, negative self-image, expressed in repeated self-doubts and low confidence, can be a cause of increased stress levels and mental vulnerability. Things like outlier of society, experience of discriminations, and cultures' publicly accepted doctrines can also have indirect effect on the dynamics of one self-concept. Interventions that seek to encourage more positive self-identity, and includes therapy, community support networks, and education initiatives, have a positive impact on mental health because individuals are able to make themselves more resilient and challenge what they think of as their identity. Acknowledging the intersection between self-image and psychological stability is fundamental in the context of developing ultimate policies to assist people in developing healthy self-images and improving the general condition of the mental health.

Review Of Literature

Portillo .et. al., (2020)in Self-perception of the Digital Competence of Educators during the COVID-19 Pandemic that This study is designed to comment on teachers' perception of their work as the result of the COVID-19 lockdown with the evidence of Emergency Remote Teaching.

Ballester et al. (2021) in the article" Secondary school teachers self-perception of their digital teaching competence in Spain in the post-confinement COVID-9 period." The main purpose of this essay is to stimulate awareness on educators' self-perceptions about their digital teaching competencies. According to Ferrando.et.al. (2024). The study of the self-efficacy of undergraduates regarding their power to deal with the SDGs. High self-efficacy is found, with a certain gap based on the course level. " One of the primary goals that students think they can have an impact on is to provide gender equality, good health as well as sustain peace and justice. On the positive side, matching of some the particular sectors of the private sector to the SDGs has been observed, whereas for others the similarity is lacking.

Huo.et.al., (2024), on both members' profiles of couples' self-perceptions of aging (SPAs) over a duration of time and the inter-connection between certain profiles and each partner's mental health.

Siqueira.et.al.,(2024) has conducted research on Home office workers vocal self-perception during the COVID-19 pandemic to find out how musculoskeletal pain and vocal fatigue they experienced before covid-19 in relation to their overall life-span condition.

Bunker.et.al.,(2024) on the Correlation between the perceived Identity on Social Media and offline and it's connection with the Mental Health in middle and older adulthood which in between believing that the Onlline and Offline persona exactly match whether or not that correlation is positive or negative and if positioning these beliefs into different generations has any effects, with a main focus on Baby Bo

Irawan et al. in (2023) about The Social Media Influence on Student's Social Perception and Interaction, the media has an extensive effect on the student's thinking patterns and

interaction which may downgrade the level of quality of students' learning. The psychologists rend that it made not only an evolutionary influence at the level of communication but the new means of contacts at the distance. A social media content overexposure makes the conventional norms and self-conceptions change people psychologically and cause some peer pressure.Consequently, knowing the correct ways to use social media, psychological support, and parental involvement in education are essential solutions as well.

Cousins, et.al. (2000) ,Culture and self perception in Japan and the USA: the role of cultural meaning systems in sense of self for Japanese and the American (US) college students. And it is found that the answer to the question of who has greater appropriation of the identity lies much more in different notions of the person that nations have.

Bem.D.(2000) on Self-perception: "Beliefs" and "attitudes" analyzed as self-defining propositions turn out to be the dependent variables in the relationships, and the behaviors prior to them play an overt role in the control of the variables.

Kaleta et al. (2009) evaluated the perceptions of adults in Łódź on their subjective state of health and used the identified dimensions of this factor to evaluate their self-perception of health. Individuals with higher academic self-concept score are proven to be open minded in choosing their prospective education plans despite observable measures such as aptitudes and personal characteristics.

Heath. et. al, on Academic self-perception and its associativity with academic performance that there is a complexity of the relationship with academic performance that can't be simplified to cause-and-effect relationship between academic achievement and academic self-perception.

Ryff.et.al.,1995, on Psychological well-being in adult life) that Knowledge of psychological well-being again and again lags behind Knowledge of psychological dys-function.

Humfrey et al. (2022) on psychological wellbeing in Europe after the outbreak of the Russo- Ukrainian war stated that psychological problems should not be forgotten during the consideration of the humanitarian, economic, and ecological outcomes of the war.

Hancock.et.al. (2024) finds that 'Social media mindsets' or the beliefs which people have regarding the expectations, actions, desires, and attributions they have for social media in their lives are formed on how people's focus their attention, in their interactions with others, react to certain things on social media, and form opinions about its users. A further hypothesis is, that social media impact on an individual's welfare is different which has been evident with the result of research.

Priya.et.al. (2023) Article on the Effects of working target and pressure on the mental wellness of the workers the way these factors affect an employee's performance as well as his/her well being is crucial to be properly assessed

Singhal.et.al.,(2024) finds that Commodity price volatility and farmer's mental well-being are positively related and governments should pay more attention to their psychological implication. Moreover, the results demonstrate the negative psychological outcomes of farmers whose experienced regular wage fluctuation more likely to support the concept of social security net that would mitigate the harm of the price swing.

Known the researches that Lopez.et.al, (2020) showed psychological well-being among older adults during the COVID-19 occurred that sociodemographic and health-associated factors have an effect on well-being of senior persons. Thus, remarkable associations were detected between personal development and inner growth and the health, emotional connection with the family, resilience, gratitude, and acceptance. Psychological health for the elderly should be a high priority, with such people's innate resources being the focus of attention.

Scharmer and his colleagues (2020) in their work that God attachment is a unique contributor to psychological health, considering that religiosity is a variable which is well known and identified, to find out whether God attachment specifically makes a mark in emotional wellbeing. The results, therefore, contemplate the theory of resilience, which purport that keeping a stable connection through God guarantees an emotional hardness that helps one to cope with adversities of life.

Theoretical Framework

Scope and Limitations

This research will revolve around Self Perception and Psychological well being of minority groups. In this research I will describe how self perception and psychological well being are related to each other.

This research is take among minority groups (adults) by minority groups I mean to say that groups that are lower w.r.t their socioeconomic status. Only adults are included in this research.

Rationale and Significance

We know that, Self-perception is important because, as noted above, many people have a hard time identifying their feelings and thoughts, but behaviors are concrete and obvious manifestations of something within us – therefore, we can use them to make judgments about what's really going on insides. It is also important Self-perception is especially important if we choose to use it as a way to understand mental health challenges.

Statement of the Problem

Looking forward to find the answer that is there any significant relationship between self perception and psychological well being.

Hypotheses

Is there a Role of Self perception on psychological well being of minority groups (adults).

Methodology

Purpose of the Study (Aim)

My purpose for conducting this research is to find that is self perception plays a role in the psychological well being of minority groups.

1.Research Design

The research design may be characterised as a system of research procedures or strategies that is suggested in such a way that it combines all of the study's aspects in a logical and coherent manner in order to handle the research issue. The study design serves as a roadmap for gathering, measuring, and interpreting information. In this study, the hypotheses were determined utilising an empirical research design. An extensive literature review was undertaken to understand the research gaps in the previous and current literature. Purposive sampling was utilised to collect data from 100 people who where from minority groups i.e., people who are from low socioeconomic backgrounds(M=64, F=36) and were between the ages of 30 and above for this study. Two tools were offered in the Google form. In this study, the Scale measuring Self Perception (SMSP) and the Psychological Well Being scale were employed. Quantitative tools of measurement from Descriptive Statistics were used to examine the relationship between variables under research, and statistical processes from SPSS (ver.28) were used for scoring and analysis.

2.Description of Samples

A sample of N=100 was taken which included the working population aged between 30 and above (M=64, F=36). Individuals age of 30 and above who can read and comprehend English as well as text on a phone or other device met the inclusion criteria. Individuals under the age of 30 were excluded, as were those who could not read or comprehend basic English. The sampling method is purposive sampling. It's a type of non-probability sampling in which researchers select participants from the general population to take part in surveys based on their own judgement. It's also known as judgmental sampling since the investigator makes a decision based on his impressions of the instances in question, which are assumed to be representative of the population. It is, on the whole, less expensive and more accessible to professionals. It is also a practical method. Only those who are relevant are included in the sample. There's no way to know if the sample is truly random or representative of the entire population. When the investigator is put in too much of a spotlight, the odds of making a mistake skyrocket.

3. Ethical Considerations

3.1. Informed Consent: Ensuring that participants are fully informed about the nature, purpose, risks, and benefits of the research before they agree to participate.

3.2. Privacy and Confidentiality: Safeguarding the confidentiality of participants' personal information and ensuring that their privacy is protected throughout the research process.

3.3. Respect for Participants: Treating participants with dignity, respect, and sensitivity, and acknowledging their autonomy and rights as research subjects.

3.4. Avoiding Harm: Minimizing the risk of physical, psychological, or emotional harm to participants, and taking appropriate measures to mitigate any potential adverse effects of the research.

3.5. Fairness and Equity: Ensuring that research participants are recruited and treated fairly, without discrimination based on factors such as race, ethnicity, gender, age, disability, or socioeconomic status.

3.6. Transparency and Honesty: Providing accurate and truthful information about the research methods, procedures, and findings, and avoiding deception unless absolutely necessary and justified.

3.7. Conflict of Interest: Disclosing any potential conflicts of interest that may arise from the researcher's affiliations, funding sources, or personal relationships, and taking steps to minimize bias or undue influence.

3.8. Research Integrity: Conducting research with honesty, integrity, and adherence to professional standards, including the proper handling of data, reporting of results, and acknowledgment of contributions.

3.9. Compliance with Regulations: Adhering to relevant laws, regulations, and ethical guidelines governing research involving human participants, including obtaining approval from institutional review boards or ethics committees.

3.10. Accountability and Responsibility: Accepting responsibility for the ethical conduct of research and being accountable for any consequences or implications of the study, both positive and negative.

4. Procedure

For data gathering, the following actions were taken:

4.1. The respondents were given an overview of the study's topic and any questions they had were answered.

4.2. After being informed of the study's ethical guidelines and considerations, as well as the

study's confidentiality, the respondents gave their informed consent.

4.3. The questionnaire was sent to the responders via email to complete.

5. Statistical Analysis

The strength of the association between Self Perception and Psychological Well-Being was measured using Spearman's Correlation. The data was analysed with SPSS 28. In addition, Means and Standard Deviation were used.

6. Scoring

6.1 Scoring for Scale measuring self perception

There are 40 questions each has 2 options to choose namely (a) and (b). You have to choose any one option. All questions should be answered.

6.2 Scoring for Psychological Well Being scale

1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree.

The Autonomy subscale items are Q15, Q17, Q18. The Environmental Mastery subscale items are Q4, Q8, Q9. The Personal Growth subscale items are Q11, Q12, Q14. The Positive Relations with Others subscale items are Q6, Q13, Q16. The Purpose in Life subscale items are Q3, Q7, Q10. The Self-Acceptance subscale items are Q1, Q2, and Q5. Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

$$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$$

For example, Q1 is a 7-point scale. If a respondent answered 3 on Q1, you would re-code their answer as: $(7 + 1) - 3 = 5$.

In other words, you would enter a 5 for this respondents' answer to Q1.

To calculate subscale scores for each participant, sum respondents' answers to each subscale's items. Higher scores mean higher levels of psychological well-being.

Result**1.Result tables****Table 1.1:-Statistical Result for Self Perception scale**

| No.of samples (N) | Raw Score | Mean | Standard Deviation (SD) |
|-------------------|-----------|-------|-------------------------|
| 100 | 1931 | 19.31 | 5.523 |

Table 1.2:- Level of self perception

| Average Z-score | Average Grade of self perception |
|-----------------|----------------------------------|
| -0.85 | E (Below average) |

Table 2:-Statistical Result for Psychological Well Being scale

| No.of Samples (N) | Average Score (Mean) |
|-------------------|----------------------|
| 100 | 62 |

Table 3:- Correlation between Self perception and Psychological Well Being

| Raw Score for Self Perception | Raw Score for Psychological Well Being | Level of Correlation |
|-------------------------------|--|----------------------|
| 1931 | 6177 | +0.8591 |

2. Discussion of Result

So, with the help of above tables it is well understand that Self Perception plays a role in psychological well being among minority groups. Through Table no.1 and Table no1.2 it is understood that the level of self perception among minority groups in E (below average) it means that they have a lower than typical evaluation of themselves across various domains such as competence, worthiness, attractiveness, or overall self-esteem. This could manifest as feelings of inadequacy, self-doubt, or low confidence in their abilities or self-worth. Individuals with below-average self-perception may struggle with negative self-talk, comparing themselves unfavorably to others, or experiencing difficulty in accepting positive feedback or accomplishments. Through Table no.2 , we can see that psychological well-being is D (average) which is not good because of low level of self perception. Table no.3 tells that relationships between self perception and psychological well being i.e., +0.83 which symbolizes that there is positive correlation between them. In other words, as one variable increases, the other variable also tends to increase, and vice versa.

Discussion

Through this paper we investigate the underlying connection between self-self perception and the psychological well being of minority populations (adults). The literary review which follows will examine a number of elements that form the basis of self-perception in minority communities and also examine the psychological well being. The panel underscores the importance of diagnosing and treating self-perception interplay that is aimed at enhancing psychological health as well as developing resilience in minority based populations. Self perception is one of the most important factors that is able to determine psychological well-being of the individuals, since this is the element that can govern the thoughts, feelings, and behaviors. For adult minorities these groups of factors mostly shape their minds, including the social expectations, the cultural values they consider and the experiences with prejudice. In this research article, Moignardet.al.,(2020) discusses on How teachers perceive their work if it is necessary for them to have Emergency Remote Teaching because Covid-19 makes this situation a must.

Ballester et al., (2021) about "Post COVID-19 draws teachers attention to the self-perceived ability of digital teaching in Spain" explore teachers' profiles in respects of their perceptions of digital teaching competences following COVID-19 quarantine.

Factors Influencing Self-Perception in Minority Groups (adults):Factors Influencing Self- Perception in Minority Groups (adults):

1. Societal Stereotypes: Minority grownups are frequently exposed to pejorative stereotypes which may partially be caused by their race, ethnicity, or culture. These stereotypes can go a long way in shaping personalities, and it usually leads to feelings of low self-esteem, and negativity toward themselves, which is caused by racism and itself.

2. Cultural Values: Cultural beliefs and norms of minority communities determine how minority people perceive themselves because of the meaning of belongingness, identity, and self-worth attach to the beliefs and norms of those communities. Intergenerational conflicts are a frequent phenomenon when cultural values clash with the norms of the society on the mainstream. As a result of that, the cultural identity crisis and psychological distress are the most common outcomes.

3. Experiences of Discrimination: Minority grown up often deal with many kinds of bigotry discrimination and prejudices at the level of their daily life which may be reflected as micro aggressions or even overt racism. Such experiences thus have the ability to worsen individuals' feelings towards themselves and, consequently, overall level of self-esteem, increase their insecurities and mental distress, widening the gap within minority communities in mental health aspects.

By psychological wellness is meant the way how a person perceives himself, his emotions, thinking, feeling and everything he or she does in comparison with other people. It can be described as a multidimensional phenomenon, which subsumes fulfillment with the own life, determination of the essence of life's events, and the manifestation of positive feelings, being expressed as happiness and contentment. Generally speaking, people with good mental health show resistance in matters of extreme difficulties, they are able to have better and healthy relationships, having a sense of purpose and meaning in their lives. This concept expands the boundaries from lack of mental illness to fostering positive mental health as the target, which is actually more than the normal state of mental health. Among the determinants of the state of psychological well-being we can list the criteria such as sense of self-esteem, being autonomous, facing ones challenges, and a sense of belonging into a social group or community. Also, there are many things that people with good psychological well-being have in common: they more openly communicate with others, enjoy life and take part in the activities that give meaning to life, and apply relevant skills in order to cope in difficult situations.

While work stress's effects can be assessed better with studies similar to Patri and al (2023) on Job-related pressure and performance perfection: The effects on psychological state of corporate employees. This research brings attention to the negative effects of job stress on employee development that, in turn, makes a considerable contribution to the professional and personal growth of employees.

Implications for Psychological Well-Being:

1. Self-Esteem and Self-Worth: Positive self-regard has various faces, but in general, it is like the base of self-esteem and self-worth, that people cannot escape even in many dreadful circumstances of life. Minority adults who internalize negative stereotypes or experience chronic discrimination may struggle with low self-esteem and feelings of inadequacy, increasing their vulnerability to mental health issues such as depression and anxiety.

2. Identity Development: Self-perception is the one, which is used in the process of identity construction among majority adults and it determines, for instance, the side from which person defines his-her identity inside the context of culture and social environment. Multiple identities conflict (such as racial, cultural and ethnic) led to the character disturbance and

emotional erosion, which imply that in plural societies supportive environments that recognize various identity categories have to be created.

3. Coping Mechanisms: If a person has a good self-concept, they are better equipped to evaluate what options are available and which coping strategies are best (else they just get overwhelmed and have low resilience if exposed to adversity). For minority adults who have a high self-concept combined with a strong identity of culture can be more capable of showing resistance against the opposing barrier systems and coping with the stressors related to discrimination. On the other hand, those with a self-depreciating attitude are prone to develop harmful coping strategies like abusing of substances or social isolation which might induce a decline in their mental wellbeing.

Promoting Positive Self-Perception and Psychological Well-Being: Promoting Positive Self- Perception and Psychological Well-Being:

1. Culturally Competent Therapy: Psychotherapists and psychiatric social-workers need to take courses on cultural competence for them to be able to respond appropriately to minority clients who are different in nature. With culturally competent therapy techniques which confirm people's identities and the reality of their lives, they can begin to feel more acceptable and in the long run yields productive results.

2. Community Support Networks: Building communities of support and places designed especially for minorities to interact with others who may have similar backgrounds will help relieve the stress and make listening and relating possible which will lead to a sense of dignity and self-determination. For minorities, peer support groups, cultural organizations which offers identity rootedness, and community advocacy efforts for resilience and collective healing are the essential elements.

3. Education and Advocacy: Enlightening people about the inequalities and stereotypes that contribute to the society, along with the injustice being systemic, is important in the pursuit of such adults who have positive self-image and psychological well-being. The inclusion of the educational campaigns into the curricula that promote the concepts of fairness, diversity and inclusion can help people to contest the negative narratives and campaign for social justice, as a result the society end up becoming solidaristic and accepting of all the people.

Self-perception plays a varying role and there are a number of factors that may affect its relationship on shaping psychological wellness in minority adults within the community which range from society, culture and the person themselves. With knowledge on self- identification among minorities gained and interventions planned around promoting healthy self-perceptions and mental wellness, we can begin to equip the individuals and communities with enough resilience and power.

Conclusion

To sum up the topic, the way in which minority adults perceive themselves is a key factor as to why they may suffer from diminished psychological well-being. Characterizing the self positively is part of the process of emotional resilience and assertiveness as an individual, and on the other hand has a negative effect it may result distress and psychological disorders. Keeping into the mind the interaction form among the self-perception, identity and the influences from the society is critical for being sure that the minority populations have good and health well being. Through the promotion of favourable self-perception, cleats of stereotypes, and aiding expression of identity, interventions can be a foundation to build resistant people that gain equal chances to success between the diverse cultural contexts.

ACKNOWLEDGEMENT

I would like to express my deepest gratitude to my teacher **Ms. Charu Jain** for providing me with the opportunity to undertake this project on **Role of self perception on psychological well being of minority groups (adults)** and their invaluable guidance and support throughout the project. The expertise and knowledge in the subject matter were critical in helping me to shape my approach to the project and to achieve my objectives. I appreciate the time and effort they have invested in me and for challenging me to go beyond my limits. They played a vital role in the success of this project and I am grateful for their handwork, dedication, and commitment to excellence.

I would like to acknowledge the support of the Department of Psychology of Amity University, Sector 125, Noida for providing me with the resources I needed to undertake this project like academic and research environment along with necessary tools and platforms to achieve my goal. I would like to express my gratitude to my dear family and friends for their unwavering support throughout the project. Their support and belief in me were a source of motivation, and I am grateful for their love and care.

Finally, I would like to thank all the individuals, and organizations who provided me with valuable feedback, suggestions, and support throughout the project. Their insight helped me to refine my approach and deliver a solution that met my project requirements.

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Appendices

Scale 1:- Self perception measuring scale Questionnaire

2 | Consumable Booklet of SPMS-A

| Sr. No. | STATEMENTS | Answer | | STATEMENTS |
|---------|---|--------------------------|--------------------------|--|
| | | a | b | |
| 1. | a. I feel I must always tell the truth. | <input type="checkbox"/> | <input type="checkbox"/> | b. I do not always tell the truth. |
| 2. | a. I feel that I must strive for perfection in everything that I undertake. | <input type="checkbox"/> | <input type="checkbox"/> | b. I do not feel that I must strive for perfection in everything that I undertake. |
| 3. | a. I am afraid to be myself. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am not afraid to be myself. |
| 4. | a. I feel guilty when I am selfish. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't feel guilty when I am selfish. |
| 5. | a. For me, anything is possible if I believe in myself. | <input type="checkbox"/> | <input type="checkbox"/> | b. I have a lot of natural limitations even though I believe in myself. |
| 6. | a. I sometimes feel embarrassed by compliments. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am not embarrassed by compliments. |
| 7. | a. I accept my weaknesses. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't accept my weaknesses. |
| 8. | a. Sometimes I am cross when I am not feeling well. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am hardly even cross. |
| 9. | a. I am afraid of making mistakes. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am not afraid of making mistakes. |
| 10. | a. My feelings of self-worth depend on how much I accomplish. | <input type="checkbox"/> | <input type="checkbox"/> | b. My feelings of self-worth do not depend on how much I accomplish. |
| 11. | a. I fear failure. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't fear failure. |
| 12. | a. It is possible to live life in terms of what I want to do. | <input type="checkbox"/> | <input type="checkbox"/> | b. It is not possible to live life in terms of what I want to do. |
| 13. | a. I can cope with the ups and downs of life. | <input type="checkbox"/> | <input type="checkbox"/> | b. I cannot cope with the ups and downs of life. |
| 14. | a. I find that I have rejected many of the moral values I was taught. | <input type="checkbox"/> | <input type="checkbox"/> | b. I have not rejected any of the moral values I was taught. |
| 15. | a. I live in terms of wants, likes, dislikes and values. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't live in terms of wants, likes, dislikes and values. |

Raw Score Page No. 2

Consumable Booklet of SPMS-A | 3

| Sr. No. | STATEMENTS | Answer | | STATEMENTS |
|---------|---|--------------------------|--------------------------|--|
| | | a | b | |
| 16. | a. I trust my ability to size up a situation. | <input type="checkbox"/> | <input type="checkbox"/> | b. I do not trust my ability to size up a situation. |
| 17. | a. I believe I have an innate capacity to cope with life. | <input type="checkbox"/> | <input type="checkbox"/> | b. I do not believe I have an innate capacity to cope with life. |
| 18. | a. I must justify my actions in the pursuit of my own interests. | <input type="checkbox"/> | <input type="checkbox"/> | b. I need not justify my actions in the pursuit of my own interests. |
| 19. | a. I am bothered by fears of being inadequate. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am not bothered by fears of being inadequate. |
| 20. | a. I often feel it necessary to defend my past actions. | <input type="checkbox"/> | <input type="checkbox"/> | b. I do not feel it necessary to defend my past actions. |
| 21. | a. Criticism threatens my self-esteem. | <input type="checkbox"/> | <input type="checkbox"/> | b. Criticism does not threaten my self-esteem. |
| 22. | a. It is important that others accept my point of view. | <input type="checkbox"/> | <input type="checkbox"/> | b. It is not necessary for others to accept my point of view. |
| 23. | a. I welcome criticism as an opportunity for growth. | <input type="checkbox"/> | <input type="checkbox"/> | b. I do not welcome criticism as an opportunity for growth. |
| 24. | a. I hardly ever gossip. | <input type="checkbox"/> | <input type="checkbox"/> | b. I gossip a little at times. |
| 25. | a. I feel free to reveal my weaknesses among friends. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't feel free to reveal my weaknesses among friends. |
| 26. | a. I feel free to be myself and bear the consequences. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't feel free to be myself and bear the consequences. |
| 27. | a. I hesitate to show my weaknesses among strangers. | <input type="checkbox"/> | <input type="checkbox"/> | b. I don't hesitate to show my weaknesses among strangers. |
| 28. | a. I will continue to grow only by setting my sights on a high-level, socially approved goal. | <input type="checkbox"/> | <input type="checkbox"/> | b. I will continue to grow best by being myself. |

Raw Score Page No. 3

4 | Consumable Booklet of SPMS-A

| Sr. No. | STATEMENTS | Answer | | STATEMENTS |
|---------|---|--------------------------|--------------------------|--|
| | | a | b | |
| 29. | a. I accept inconsistencies within myself. | <input type="checkbox"/> | <input type="checkbox"/> | b. I cannot accept inconsistencies within myself. |
| 30. | a. I try to be sincere but I sometimes fail. | <input type="checkbox"/> | <input type="checkbox"/> | b. I try to be sincere and I am sincere. |
| 31. | a. Self-interest is natural. | <input type="checkbox"/> | <input type="checkbox"/> | b. Self-interest is unnatural. |
| 32. | a. People should always repent their wrong doings. | <input type="checkbox"/> | <input type="checkbox"/> | b. People need not always repent their wrong doings. |
| 33. | a. When I really love myself, everybody will love me. | <input type="checkbox"/> | <input type="checkbox"/> | b. When I really love myself, there will still be those who won't love me. |
| 34. | a. I am assertive and affirming. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am not assertive and affirming. |
| 35. | a. It is a good idea to think about your greatest potential. | <input type="checkbox"/> | <input type="checkbox"/> | b. A person, who thinks about his greatest potential, gets conceived. |
| 36. | a. I am self-sufficient. | <input type="checkbox"/> | <input type="checkbox"/> | b. I am not self-sufficient. |
| 37. | a. I feel certain and secure in my relationship with others. | <input type="checkbox"/> | <input type="checkbox"/> | b. I feel uncertain and insecure in my relationships with others. |
| 38. | a. I can accept my mistakes. | <input type="checkbox"/> | <input type="checkbox"/> | b. I cannot accept my mistakes. |
| 39. | a. I can feel comfortable with less than a perfect performance. | <input type="checkbox"/> | <input type="checkbox"/> | b. I feel uncomfortable with anything less than a perfect performance. |
| 40. | a. I can overcome any obstacle as long as I believe in myself. | <input type="checkbox"/> | <input type="checkbox"/> | b. I cannot overcome every obstacle even if I believe in myself. |

Raw Score Page No. 4

Scale 2:- Psychological Well Being scale Questionnaire

Instructions: Circle one response below each statement to indicate how much you agree or disagree.

1. "I like most parts of my personality."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

2. "When I look at the story of my life, I am pleased with how things have turned out so far."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

3. "Some people wander aimlessly through life, but I am not one of them."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

4. "The demands of everyday life often get me down."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

5. "In many ways I feel disappointed about my achievements in life."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

6. "Maintaining close relationships has been difficult and frustrating for me."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

7. "I live life one day at a time and don't really think about the future."

| | | | | | | |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|

8. "In general, I feel I am in charge of the situation in which I live."

| | | | | | | |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|

9. "I am good at managing the responsibilities of daily life."

| | | | | | | |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|

10. "I sometimes feel as if I've done all there is to do in life."

| | | | | | | |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|

11. "For me, life has been a continuous process of learning, changing, and growth."

| | | | | | | |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|

12. "I think it is important to have new experiences that challenge how I think about myself and the world."

| | | | | | | |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|----------------|----------------|----------------|----------------------------|-------------------|-------------------|-------------------|

13. "People would describe me as a giving person, willing to share my time with others."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

14. "I gave up trying to make big improvements or changes in my life a long time ago"

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

15. "I tend to be influenced by people with strong opinions"

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

16. "I have not experienced many warm and trusting relationships with others."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

17. "I have confidence in my own opinions, even if they are different from the way most other people think."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|

18. "I judge myself by what I think is important, not by the values of what others think is important."

| | | | | | | |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|
| Strongly agree | Somewhat agree | A little agree | Neither agree nor disagree | A little disagree | Somewhat disagree | Strongly disagree |
|-------------------|-------------------|-------------------|----------------------------------|----------------------|----------------------|----------------------|