

SELF-IDENTITY

Meaning / Definition

Self-identity refers to the **understanding of who we are**, including our roles, beliefs, values, personality traits, and group memberships.

It answers the question: “*Who am I?*”

Components of Self-Identity

1. Personal Identity

- Individual traits
- Abilities
- Interests

2. Social Identity

- Group membership (gender, religion, nationality, etc.)

Social Identity Theory

Proposed by Henri Tajfel

Main ideas:

- People categorize themselves into groups.
- We derive part of our identity from group membership.
- In-group favoritism and out-group discrimination may occur.

Development of Self-Identity

Important contributor:

- Erik Erikson

Stage: **Identity vs Role Confusion** (Adolescence)

- Individuals explore different roles.
- Successful resolution → strong identity.
- Failure → confusion.

Factors Influencing Self-Identity

- Family
- Culture
- Peer group
- Education
- Media
- Social experiences

Difference Between Self-Esteem & Self-Identity

Self-Esteem	Self-Identity
Evaluation of self	Understanding of who we are
“How good am I?”	“Who am I?”
Based on self-worth	Based on roles & group membership
Emotional judgment	Cognitive awareness

Short Conclusion

Self-esteem reflects **how much we value ourselves**, while self-identity explains **how we define ourselves**. Both are central concepts in Social Psychology and influence behaviour, relationships, and mental health.