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self concept refers to the image we have of ourselves and our behaviors learn more about how self concept develops and how it impacts various areas of our lives

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self concept in psychology refers to an individual s self perceived knowledge beliefs and feelings about themselves encompassing elements like self worth self image and self esteem it s formed through experiences interactions and reflections and plays a pivotal role in influencing behavior emotions and interpersonal relationships

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over the next several decades deci and ryan developed the self determination theory sdt of motivation which toppled the dominant belief that the best way to get human beings to perform tasks is to reinforce their behavior with rewards sdt has been a major development in psychology says shigehiro oishi a professor of psychology at the

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we then show how the self theories and goals together create a system of meaning that shapes interpretations of self relevant stimuli and events influencing how people understand their own experience and guiding their affect cognition and behavior

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