

Importance of Self-Awareness in Adolescence – A Thematic Research Paper

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Abstract: Adolescence is a period of bio-psycho-social transition between childhood and adulthood. The Psychologist and social scientist pointed out that there is significant growth and developments occurring both internal organs and external parts in this transition period of adolescence such as bodily changes, Brain strength, mental maturity and social responsible behavior etc. On another side the adolescence are facing plenty of problems such as self-Identity, academic pressures and peers group problems. Jaishree S. Metha (2011) stated that there are three chief problems faced by the adolescence in his/her quest for identity are the changed body image, the social role, particularly with respect to occupation and the sex role^[3]. Stanly Hell (1844-1924) defined adolescent as “a period of great strain and stress, storm and strife”. Likewise, Elizabeth B Hurlock (1981) in her book highlighted that adolescence period is a time of dreaded age, a time of unrealism and the threshold to adulthood^[2]. Thus, when we deeply look into these problems among adolescence. The major reason is that they do not realize who they are? And they did not understand their own authentic self and their self-awareness. Jaishree S. Metha (2011- P-213) has also pointed out in her book that on the psychological side rapidly grows that acute self-consciousness, rebelliousness and idealism among adolescence^[3]. Therefore, adolescence must understand his/her own authentic self and realize, watch their level of self-awareness at every minutes of his/her life. This thematic research paper provides that significant information regarding importance of understanding his/her one’s own authentic self and self-awareness -a perspective of five W’s, one H method. This method significantly useful to academicians, child and adolescence welfare agencies both in governmental and Non-governmental organizations and those who are all deal with bio-psycho-social problem of adolescence.

Key words : Self-Awareness, Adolescence, Bio-psycho-social, 5 W’s 1 H Method.

I. Introduction

Every individual wants to live a healthy and peaceful life, for that each and every one (Individual) S(he) must need to realize and observe his/her awareness level on own self in terms of their strength, weakness, feeling, perceptions, thoughts, behavior, initiation, motivations and actions at each and every minute of his/her life. Because without self-awareness’s (he) cannot perform any work in effective manner even though there daily activities such as household work, educational activities, sports, and so on. Especially adolescent must observe and wants to realize his/her own self and self-awareness because a human productivity life starts from pre-adolescent period. Jaishree S. Metha (2011) said that adolescent as a stage in individual development^[3]. Adolescent is a journey from the world of the child to the world of the adult. So they must need to have more life values, healthy personality and life competence capacities such as moral and ethical behavior, socially responsible attitude, intellectually well and dynamic personality for self-growth and leading their better life. This thematic paper provides the key information on importance of self-awareness in the period of adolescence and an application of 5 W’s, 1H method in self-awareness of adolescence.

II. What Is Self? And Why Adolescence must Understand His/Her One’s Own Self?

Parameswaran E.G and C. Beena (2002) the term ‘self’ originated in psychology stream. Some leading psychologist like Allport Snygg and Combs; Sherief and Cantril they Use the term self and ego synonymously. In the ancient period the Upanishads and Bhagavad-Gita deal extensively with the concept of self. These literatures stated that the concept of self was mostly employed in a metaphysical sense and in the context of understanding the essential nature of man and his relationship with the ‘cosmic self’ or the ‘ultimate self’ particularly in the Upanishad literature viewed at the self from a functional point of view of human beings^[4].

Sociologist Mead pointed out that two types of perception arise in the individual about himself/herself. The first is what S(he) calls the “I” perceptions and the second is what S(he)calls the “Me” perception. It means an individual learns to look at itself from two angles, One from his/her own angle, as S(he) perceived, i.e. himself/herself as subject(inner self). It is known as “I” perception. One from his/her

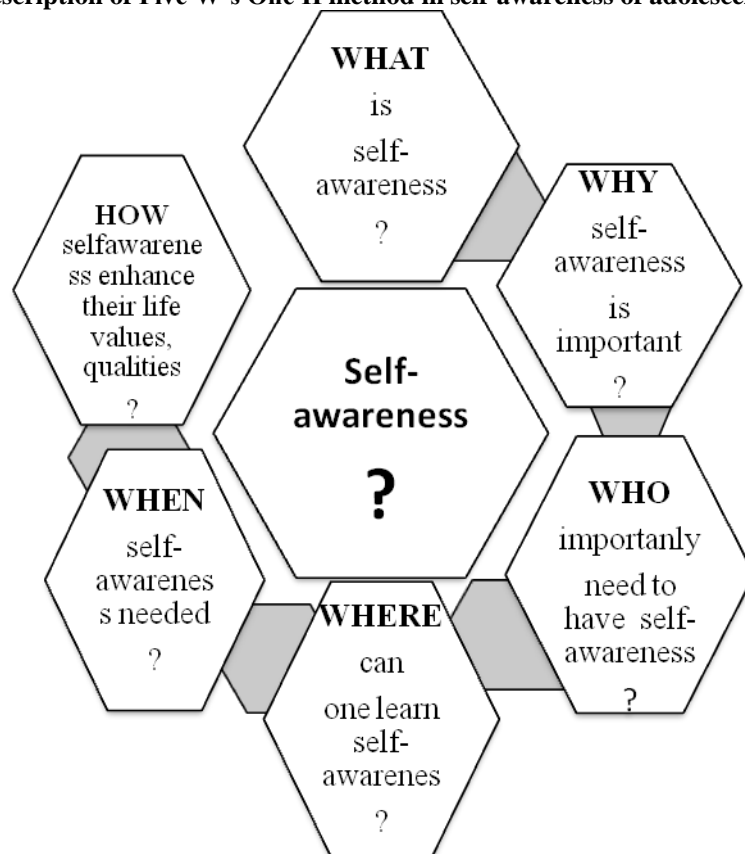
environmental/circumstance angle. i.e. the individual learn to look at himself/herself as S(he) believes others are looking at him(outward self). It is known as “ME” perception so each and every one s(he) must understand his/her one’s own self on two angle both internal(inward self) and external(outward self).

Devendra Agochiya (2010) in his book stated that the primary element of ‘self’ considering two angle. One is ‘Actual ‘self’ which means self-images that developing by self-perception in relation to their psycho-social environment as well as one’s own performance. Another one is ‘Ideal self’ which means every individual need to have certain ideal qualities in life. S (he) wants to live and act in accordance with ideals. Thus the ideal self signifies and individual’s wishes and desire that shaped through demands and expectation manifest through do’s and don’ts with respect to one’s actions and behavior or by categorizing these as good and bad. The each and every individual self grows as a result of learning, as part of the process of socialization and becomes a structural part of personality^[1]. So here ‘self’ play a significant role in individual at each work importantly adolescence people must realize and observe his/her own self at every minutes of life. When they are realized his/her own ‘self’ that would be helpful to adolescents to understand their characteristics of own self and impact on others like totality, meaningfulness, stability, continuity, individuality.

What Is 5 W’s, 1 H Method? - Significance Of Adopting This Method In Self-Awareness Of Adolescence.

5W, s 1H (Who, What, Where, When, Why, How) is a method of asking questions about process or a problem taken up for improvement. Mostly this method have been using by the department of journalism, manufacturing unite in industries and academic fields etc. Here this method is used for importance of understanding the self-awareness in adolescence- a perspectives of five W’s, one H method.

The Description of Five W’s One H method in self-awareness of adolescence.



What Is Self-Awareness And Adolescence?

Self-awareness is aware of his/her one’s own authentic ‘self’ it is the capacity for self-examination, ability to recognize oneself as an individual separate from the environment and other individual. Daniel Goleman (1995) define as self-awareness is the knowing one’s strengths, weakness, drives, values and impact on others. Whereas, here the term self-realization and self-consciousness play a significant role in self-awareness so adolescence must realize and be conscious on one’s his/her own self in different ways such as psychological consciousness which means that adolescence must be conscious of their present height, weight. Etc...and they must be conscious on developmental sides of own bodily change and mental status of mind

including perception, thoughts, behavior, feelings, action and interaction with others. Next they must be conscious on sociological perspectives of self-awareness which means that they must be aware of society standards and norms then they must know and aware of how to live collaborate with society harmonies and they must realize Self-awareness in cognitive perspective which means adolescence must focus attention on outward (observe his/her self on environment) towards the environment (consciousness) and they must focus attention on inwards (observe their self-awareness within himself/herself) towards the self (self-awareness). Neissor (1997) has stated that five kind of abilities working together creating higher degree of self-awareness like ecological, interpersonal self, extended self-awareness, private self, conceptual self-knowledge and self-concept. So adolescence must do realize and conscious on one's own inward and outward self and they must do observe present level of their awareness on own self at each and every minutes of his/her life.

Why Self-Awareness Is Important And Adolescence?

Self-awareness is the path to high potential of adolescence for self-growth and their future development because adolescence period is the transition between childhood to adulthood so they must develop awareness on one's own self to improve their performance in academic and future productivity work, to manage their own self, to set appropriate goals and choose appropriate careers and important thing is managing his/her stress and to understand difference between own self and others with this understand why others react to you the way they do, and adapt their communication to other's needs and self-awareness is useful to develop the interpersonal skills.

Who Need To Have Significantly Self-Awareness?

Adolescence people need to have self-awareness because it is the period of bio-psycho-social transaction between childhood to adulthood and the world eminent psychologist has rightly pointed out that human productive life starts from pre-adolescence so they must become aware of their own self, for knowing their position and status within the family, the peer group and generally within the social network and they must realize their strength and weakness, level of knowledge and competencies on academic and carrier and they should know what they can do, what they cannot do, then only their present and future life would become a succeed one.

Where Can One Lean Self-Awareness And Adolescence?

Adolescence could learn their self-awareness from two angles himself/herself. Firstly, from own angle (inner-self). Secondly, from environment/ circumstance (outward self) angle. We all know that every one potentially have some moral qualities and skills so adolescence should be conscious on one's own ideas, concepts, assertive, creativity, extravert these thing helpful to become a healthy personality and they must do realize his/her own status, stability altruism, risk, leadership, weak in life balance, these things helpful to become socially valuable person. Adolescence must show conscious in sports, music and games these things helpful to become life interested person. They must do realize their analytical, communication, technical, problem-solving, motivation, decision making capacity, teamwork these thing helpful to become skilled person. On another side adolescence must observe his/her own self on environment/circumstances which means that they want to observe and notice his/her own life in his/her own circumstance/ environment like how my close friends truly think I am., how my classmate actually think I am., how my parent truly think I am., how my society responsible person actually think I am., so adolescence should become aware of more things within themselves and their own circumstance.

When Self-Awareness Is Needed And Adolescence?

Adolescence period is more significant. This is the right time to take productive initiatives in his/her life for personal-growth and life achievement. Before taking any initiative for life achievement they must realize and notice his/her own strength and weakness on that particular initiative. Here self-awareness is very much needed to adolescence because without realization and notice his /she on own self they cannot do any work successfully and whatever we start to do any action and work, on that time they must observe their present level of self-awareness then only they can put their full effort on that work and when adolescence would take teamwork for particular achievement at that time they must need to know present level of their self-awareness and when they planning to participate in sports, and games there they must realize their strength and weakness on that games and events. When adolescence is getting to prepare the examination on that time they must realize their present level of the study competency. Therefore, Adolescence must realize and must be conscious of their level of self-awareness before starting any work and doing any action.

How Self-Awareness Enhances Their Life Values And Qualities And Adolescence?

It is known to all that human beings have sixth sense so everyone wants to live with certain ethical values and moral qualities in life. Dewan M. L. (2009) in his book stressed that five aspects of human values that i) physical aspect and the value of the right action, ii) psyche aspect and the value of love, iii) mental aspect and the value of peace, iv) intellectual aspect and the value of truth and v) spiritual aspect and the value of Non-violence^[1]. When Adolescence would do concentrates and aware of above these human values in their life they would possible to become valuable person and they can alive meaningfully life in their entire life span of time When they are knowing that how to live with right human values and moral qualities by themselves, from that moment they can achieve so many targets and goals for their own life as well as society.

III. Conclusion

Thus self-awareness is much more importance in the period of adolescence for leading their successful life. Here definitely we can say self-awareness is the path to high potential for self-growth and developments of adolescence so when adolescence have a thing and do their works and actions with these question of What? Why?, Who?, Where?, When? and How? That work and actions would possible to become meaningful and valuable one so adolescence ought to know and realize present level of awareness his/her on own self in term of their strength, weakness, initiatives, self-motivations, life values and their 'self' impact on other sat each and every minutes of his/her life.

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