

How Can Interpersonal Communication Play an Important Role in the Development of a Person's Self Concept?

In this essay I will discuss the ways in which interpersonal communication can play a role in the development of a person's self concept through self-disclosure and Feedback.

Firstly people develop self concept through self esteem, this can be indirect feedback we get from others non verbal communication, whether it be positive or negative. This links to C.H. Cooley's theory 'the looking glass self' which is an idea or system ideas which socially is drawn from what others see in us to the extent of changing. An example for this is teenage sub cultures and peer groups where teens change their appearance and attitude to fit in the group this is also the ideal self were the change could be something your not but you aspire to be.

The theory 'the looking glass self' is about change were as self esteem is more of a intrapersonal form that's plays part in role because self esteem can be gained from peoples reactions through interpersonal communication which if positive will gain a high self esteem, so for example the cool kid at school says your trainers are cool you will feel good about yourself and your esteem will be greater but if we take the same example and your Mother or Nan say your trainers are cool you might feel embarrassed which lowers your self esteem. The respect received from others plays an important role in creating a persons own self concept.

The Johari window is a theory where interpersonal and intrapersonal communication can play an important role in the same idea. There are four different windows the public self, the blind self, the private self and the undisclosed self. Firstly the public self can change from people's reactions e.g. funny looks, or negative comments could be made or positive comments could be made but someone might be lying. This means the public self like the blind self are not known exactly something could be said but not really meant. The private self or hidden self chooses not to display emotions or communication because it might be too personal to give out, it can also be a feeling they chose not to show, for example someone says the look silly there clothes are rubbish they could act like they don't care but they could really feel upset and lose of esteem which changes their self concept. The unknown self remains the same because you don't know what's in there, you could chose to look a certain way but you don't really feel comfortable, or you don't know who others really feel.

Interpersonal communication is very important to your identity and self concept we try to fit in groups and make our self's feel good. Respect from others and feedback from others also can develop our self concept and personalities. As we grow up we are in a hegemonic society were we are supposed to get a good job work our way to the top and settle down, and get married and have children and then retire, thus being our life and this perception as well as the ideal self we aspire to pursue is a ideology of self concept most of us want.