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Objective Self Awareness Theory *PSCH 312: Self-Awareness Theory*

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Objective Self-Awareness Theory: Recent Progress and Enduring Problems Paul J. Silvia Department of Psychology University of Kansas T. Shelley Duval

Objective Self-Awareness Theory: Recent Progress and ...

Objective self-awareness theory: Recent progress and enduring problems. By NC DOCKS at The University of North Carolina at Greensboro and Paul Silvia. Abstract. Objective self-awareness theory has undergone fundamental changes in the 3 decades since Duval and Wicklund's (1972) original formulation. We review new evidence that bears on the basic ...

Objective self-awareness theory: Recent progress and ...

One of the earliest "self theories" was objective self-awareness (OSA) theory (Duval & Wicklund, 1972). OSA theory was concerned with the self-reflexive quality of the consciousness. Just as people can apprehend the existence of environmental stimuli, they can be aware of their own existence: "When attention is directed inward and the individual's

Objective self-awareness theory: Recent progress and ...

Objective self-awareness, according to the APA, is " a reflective state of self-focused attention." It involves assessing oneself as compared to others, and then correcting behaviors and beliefs as needed. When differences exist between our ideal and actual selves, we experience unease. To fix this, we look outside of ourselves to others.

Using Self-Awareness Theory and Skills in Psychology

The evolved theory of objective self-awareness has ramifications for three conceptual phenomena: (1) The initial reaction to self-focused attention is self-evaluation, which can be either favorable or unfavorable, depending on the nature of the salient within-self discrepancy; (2) The onset of self-focused attention generates attempts to avoid mirrors and similar stimuli, given that salient discrepancies are negative, and in experimentation, attention can be taken from the self through ...

Objective Self-Awareness - ScienceDirect

Objective self-awareness is attention focused on the self as a socially evaluable object, as defined by Shelley Duval, Robert Wicklund, and other contemporary social psychologists. Since the original debut of Duval and Wicklund's self-awareness theory in 1972, many experimental psychologists have refined theory and ideas concerning the causes and consequences of self-focused attention. Self-focused attention or self-awareness as often discussed in the context of social psychology refers to situa

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Self-awareness theory (Duval & Wicklund, 1972) distinguishes between subjective and objective self-awareness, states that could be understood as mapping onto the different experiences that first-person and third-person imagery afford (Sutin & Robins, 2008). Whereas self-awareness theory focuses on the significance of these states as they pertain to the present self, the research we have reviewed focuses on the significance of these states as they pertain to past and future selves.

Self Awareness - an overview | ScienceDirect Topics

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Self-Awareness. Self-awareness is often defined in terms of an ability to engage in reflective awareness. According to most theorists, this requires certain types of cognitive abilities. Even in its most primitive form (visual self-recognition and the ability to recognize oneself in a mirror), self-awareness appears to be restricted to a small subset of animals including humans, chimpanzees, orangutans, and dolphins.

Self-Awareness - IResearchNet - Psychology

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Fleet, D. and Mintz, R. (2013) 'Counsellors' perceptions of client progression when working with clients who intentionally self-harm and the impact such work has on the therapist', *Counselling and Psychotherapy Research*, Volume 13, (1). (p. 44-52). McLeod, J. (2009) *An Introduction to Counselling* Fourth Edition, Berkshire: Open University ...

Research methodology: a basic awareness study ...

The theory behind it was proposed by Mead (1934) and was further operationalized as the theory of objective self-awareness by Duval and Wicklund (1972). The private and public self-consciousness constructs are distinguished based on the direction of the focus of one's own attention, i.e., either inward (the inner feelings and beliefs one has toward oneself), or outward (the beliefs one has about what other people might think about them).

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Self-Awareness Theory has an answer. Self-Awareness Theory is the idea that when we pay attention to ourselves, through introspection or some other way, we judge ourselves according to our values ...

Introspection and Self-Awareness Theory in Psychology ...

As such, 'Reflective Practice' is a theory by which modern and traditional self-improvement ideas can be more clearly defined, refined, expanded, adapted, taught, adopted and applied, for the purposes of personal development, teaching and coaching, and wider organizational improvement.