



The Role and Importance of Self-Awareness and Assessment in A Person's Life

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Abstract: This study examines the role of self-awareness and self-assessment in shaping an individual's personality, decision-making, and psychological well-being. The research aims to analyze the process of self-awareness development, its impact on self-evaluation, and how it influences personal growth and professional success. A qualitative methodology is employed, incorporating psychological theories, literature review, and observational studies to explore the stages of self-awareness from early childhood to adulthood. The findings highlight that self-awareness allows individuals to regulate their emotions, develop confidence, and enhance their ability to make rational decisions. The study also categorizes self-assessment into adequate, high, and low levels, demonstrating the consequences of overconfidence or self-doubt in personal and social interactions. Realistic self-assessment fosters balanced emotional health and effective decision-making, whereas extreme self-perception can lead to stress, failure, or lack of motivation. The research concludes that continuous self-reflection and self-regulation are key to personal and professional development. Encouraging realistic self-awareness from an early age can help individuals build resilience and maintain a positive self-concept, ultimately contributing to a well-balanced and successful life.

Keywords: Self-Awareness, Self-Assessment, I Concept, Real Assessment, Adequacy, Self-Assessment Processes, Appropriate Assessment and Inconsistent Assessment, Features Of Self-Awareness, Types Of Self-Assessment and Their Specific Characteristics

Introduction

A person is interested in knowing the information that belongs to him from the time he came to this world. Self-assessment begins primarily with self-awareness. This is how self-realization is associated with character, abilities, behavior, culture, morality inherent in this person.

The person is a person not only because of self - awareness, but also for the presence of such as internal extensibility, motivation, motivation in relation to self-awareness. Sociality in the same way expresses in itself the necessary demand and extensibility in relation to self - awareness in a person. Whereas, therefore, the realization by a person at the essence and level of his sociability, that is, humanity, is the process of creating from a psychological point of view the understanding of the essence of these needs, interests, aspirations, as well as his personal purpose for life, activities. As long as a person is alive,

as long as a person lives in this light world, he will not be without need, purpose, interest. Even in achieving these goals, a person steps with self-awareness. That is, achieving some intention in life requires a person to strive for strength, patience, perseverance, not to stop moving, no matter how hard it is, no matter how much you fall, to try again while finding strength again. At such a moment, a person must have a strong self-confidence that he has the ability, effort, the strength that he will continue to the end, which he has not achieved on the way to achieving his intended goals.

Methodology

A one-year-old child begins to realize the difference between his feelings in his body and those that arise from outside bodies. Then, at the age of 2-3, the child begins a process that gives him pleasure, and the result of his actions with the bodies, which he says to the carnal actions of an adult, "I myself!" begins to distinguish, with the requirement. For the first time, he begins to realize himself as the subject of his actions in a state opposite to others, while being sober from the environment. On the border of kindergarten and school, with the help of adults, parents and teachers in small classes, personal psychic qualities an opportunity arises to approach the assessment at the level of temporary achievement and awareness of the cause of its shortcomings. By adolescence, and after entering society, social life and labor activity, the image of "I" is in the main place, when a perfected, expanded system of behavior, self-assessment is formed and self-awareness comes to an end. professional self-awareness of the subject, as a self-manifestation – it is manifested through self-awareness, self-control, self-control, life experience and lifestyle, which prepare the ground for its professional formation during the course of life activities.

During the course of life, progress and professional formation will depend on the contradictions between the requirements of society and the individual's desire for self-expression, reflected in the age periods, the stages of life-activity of the individual. The subjective supposition of the existence of a person "I" is expressed, first of all, in the case of a person's understanding of his own similarity in relation to himself personally in the present, past tense and future. Self-realization, or "Menconception", is a relatively stable one or another level of awareness, forgiven as an inimitable system of perceptions of the individual himself, on the basis of which individ establishes his interaction with other people and reacts to himself. Since the "i-concept" includes only those who are perceived, it can be defined as conscious cognitive perception and self-assessment of the individual, that is, the expression of thoughts and reasoning about oneself. A person begins to interact with society and, in the course of his activities, to understand and evaluate himself, based on the opinion given to him by other people and comparing himself with the sight of other people, that is, by correcting if he has some drawback and seeing traits that are worth envying in others.

Self-assessment is the assessment by an individual of oneself, one's own capabilities, qualities, and place among people. This is the more substantive and most studied aspect of self-awareness in psychology.

Self-assessment in relation to the basis of the personality serves as an important administrator of the hulk-intelligence. The relationship of a person with those around him, his self-criticism, exactingness, attitude to achievements and shortcomings depend on self-

assessment. How does self-assessment make up? As you learn the qualities of another person, the individual will have the necessary information that makes it possible to develop a private assessment. A person must be able to assess himself correctly. He should criticize himself when he has qualities that he does not like in self-assessment, or when he is not satisfied with some feature, because of which he gradually corrects his shortcomings, forms positive emotions, directs himself on the right path and gives a correct assessment of himself. A structured assessment of a personal "I" is the result of a person regularly comparing what they see in other people and the observations they have. A person, knowing some things in himself, compares himself with him, assumes that the other is also not indifferent to his personal qualities, actions, expressions; all this applies to the self-assessment of a person, which determines his mental mood. In other words, the individual always has a reference group (real or ideal), the person counts with this group because he has mastered his values in it, his ideals and interests, etc. It is also considered to be ideals and interests of the individual as well.

The process of self-assessment can be divided into two types, According and inconsistent. In accordance with the real assessment of oneself on the basis of one's own capabilities and boundaries, abilities and abilities.

Result and Discussion

The discrepancy is implied to evaluate in extreme high, mid-high, or low. In an inconsistent assessment, a state is also observed in which the individual becomes overly confident in himself, the opportunity he has and his perception of himself at a high level. In fact, such an assessment is also a mistake because such a high assessment of oneself can lead to the fact that if a person cannot achieve the result that he thinks strongly, he is angry, shooting with those around him, suspiciousness can even fall into the state of his person by colliding with interpersonal communication. Low self-esteem, on the other hand, can lead to a state of insecurity, reluctance, indecision, inability to independently deliver one's opinion. In the process of self-realization, a person often begins with realism, analyzes the state of the present and the extraordinary, compares it with his personal opportunity, chooses a certain criterion or pattern, pattern and seeks to equate it. Later, he is intrigued by future prospect plans, meditates on what he is capable of, and achieves a certain decision in this regard, but doubts his awareness or reasonableness. By analyzing it several times, comparing it, making changes to it, updating it, it makes it clear to the future "I" and becomes a mechanism of activity. The more a person realizes himself—that is, what he wants, what he wants to achieve, what his goal is fully conscious—this is a promising step towards the future. A person will have a comparison with the past with a different situation in life can therefore make mistakes together. After these mistakes it is necessary to be able to make a result of course what is wrong if he can understand it is enough not to do it for the second time he must be able to understand himself and the situation correctly and clearly, even for this.

A realistic assessment is a product of the reasonable and reasonable assessments of parents, close relatives, educators and mentors, close relatives, realistic, sincere relationships, and the individual will be trained from an early age to receive this relationship impartially, to correct it if necessary in time. In this, the role of a reference group

- a group of people who are considered a benchmark, instructive for an individual will be great. Because we do not listen to everyone's opinion and assessment in everyday life, for us there are such people that even, simply, their reproaches, advice, even their reproaches without praise are of great importance. Life will be the person in the ideal of all human beings-that is, he tries to look like that, to speak like that person in the general sense that he imitates a person. Such actions will also definitely take a step towards maturity, perfection, forming the characteristics of a person who, realizing and evaluating himself, has filled himself with his shortcomings with the people around him and made him an Ideal. When a reference group is not just an ideal person there will also be parents, sisters, friends, close relatives, mentor and other people.

Self-assessment methodology (Dembo Rubenstein). This methodology is based on the direct assessment (expression on scales) of a number of personal qualities of schoolchildren, such as health, character, intelligence, etc. Examiners are asked to indicate to what extent these qualities are developed in them (an indicator of self-boholation) and how much they want these qualities to be developed, satisfying them (level of responsiveness) with certain marks on vertical lines. Each tester is given a letterhead with a methodology instruction and a task written on it.

You are offered 7 such lines.

1. Health
2. Intelligence, abilities
3. Character
4. Reputation among peers
5. Being able to do a lot with your own hands, skillful hands
6. Appearance
7. Self-confidence.

Indicate these qualities in yourself with a hyphen (-) on each straight line how you assess the development of your personality trait. After that, this quality, from the level of development of your feature, mark with iks (x) how much you yourself are satisfied or honored. On the blanks there will be 7 vertical lines, each with a height of 100 mm (10 cm), the upper and lower points of these lines will be marked with delimiters, and the middle of the scale-with a bilinar-unknown point. The methodology can be carried out in the whole class in a close or individual way. When the methodology is transferred to Yoppa, each student must check how the first scale is marked. It is worth paying attention to the fact that the signs (-) and (x) are used correctly. To pass this methodology, the time allocated along with reading the instruction is 10-12 minutes.

1. Adequate-75-89 points. A person realistically evaluates his capabilities.
2. High-90-100 points. A noneal attitude to one's own capabilities, not self-criticism.
3. Low-below 60 points. Low level of aspirations. A person cannot develop normally. He does not want to achieve something, because he is sure that this is a lost option.

According to the results of studies from 2nd year psychology students conducted in US, 65% of students observed a real assessment of the assessment, that is, a truthful

assessment of their capabilities and results. In contrast, 20% of students were found to have higher grades-i.e. a higher self-esteem status. 15% of students had low grades.

Conclusion

as long as a person lives alive, he will never be aimless, without need, without movement. Man is not born perfect from the moment he comes into the world. The goals they set, the dreams fall on the way to achieving them and get back up again, and the moves gradually gain experience behind them and move towards perfection. How to live this life actually depends above all on the person himself that is, the person needs to know and ask himself a question. What am I living? Man this question itself makes a person think deeply. On the basis of everything, the most important thing is the self-awareness of a person. All his actions in this world, his words spoken, for everything he has done, undoubtedly the same person himself will be responsible. That is why a person needs to fully understand what he is thinking, what he is trying and what he wants to achieve with this. It will be real living in a person if he can clearly understand these things. Everything in life can fall on a person's head and remain in various difficult situations. There is a human being who is mistaken, makes mistakes but it has been life stopped or I will not try again degen it is necessary not to go to the answer. Did the mistake mean that you received experience, skills. What or who will take a person out of such situations? Of course, this is the person himself, his self-awareness, his ability to assess correctly leads.

The more a person realizes himself, the more he begins to evaluate himself. These grades are also high, medium and low in turn. Too high self-esteem is also not right okay no matter how great, perfect a person. Because life puts a person in such situations that no matter how hard he believes in himself, he cannot get the result he thinks, he loses. It is in such cases that it becomes difficult for those who give themselves high marks to recover, because such do not recognize forgiveness, suffer, become stressed, angry with loved ones, try to fight with those around them. Middle i.e. giving a real assessment it's true. All human beings make assessments based on their capabilities and limits. Low assessment is also incorrect. Now this is also not a process that a person can get from birth. This will be primarily due to the attitude of those around him towards him, based on his thoughts. In such cases, the most important thing will be insincerity in relation to oneself, indecision, lack of independent thought or, even if there is, inability to say inconceivably, leading to rapid excitement and reluctance.

Humanity itself is interested in the opinion of such other people, it pays attention, there will be thoughts about what makes me think. In fact, a person should have a subjective assessment of himself-he must be firmly confident in himself-that he should not lower his assessment for the dir sentence of those. There are a lot of enemies around, there are many who try to blow from their feet, knock down, but the price for themselves should be so strong that everyone should get out of the situation without causing any harm to himself. It does not mean that a person becomes so from the truth by saying that he does not become bad or that you can not. A person can actually achieve a lot of very powerful discoveries that can make a lot of effort can of course live the life he wants. Self-realization, acceptance of the right conclusion and solution from mistakes, adequate self-assessment, living the life he dreams of IS in everyone's own hands, there is no place for despair as life continues.

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