

Childhood Self-Concept Development

Chapter 14

PED 201
Dr. Jeff Walkuski

Self Concept

- One's awareness of personal characteristics.
- One's attributes and limitations.

Self-Esteem



- The value one attaches to her/his unique characteristics, attributes or limitations.

Having a Good Self Concept Leading to One's Self-Esteem

- Belonging
- Worthiness
- Acceptance of self
- Uniqueness
- Virtue

Self-Confidence

- One's belief in his/her ability to carry out a physical, emotional or mental task.

Self Concept

- Competence in movement plays an important role.
- Games, sports, & play activities.

Developmental Aspects

- Does the expectant mother have a role?
- Affirmation of others.
- The accepting adult.

Developmental Aspects

- Autonomy
- Imitation
- Decision-making
- Peer relationships

Movement Competence and Self-Esteem

- The development of competence is directly relate to the quality of the experiences a person has.
- A child's continued interest in an activity is directly related to his/her perceived competence.

How does this link up with what we do?

- Youth Sport
- Peer Acceptance
- Gymnasiums
- Play Environments

Poor Self-Concept

- The “strategy of deliberate failure”.
- The role of teacher’s “feelings”.

Poor Self-Concept



- What are the influences of a poor self-concept on a learning environment?

How can we impact self-esteem?

- Success
- Developmentally appropriate activities
- Sequencing of tasks
- Reasonable expectations
- Curriculum
- Encouragement

Success

- The need for balance...
- Initially, when learning new skills, success is important.
- Problem solving and guided discovery approaches...
- Individualize instruction by...

Developmentally Appropriate Activities

- Are children miniature adults?
- Develop fundamental abilities first!
- Keep competition in perspective.

Sequencing of tasks

- From simple to complex.
- What is the logical sequence of “parts” that make up a task?

Reasonable expectations

- Offer challenging goals that relate to their present level of skill.
- Examples...

Curriculum

- The role of “adventure” activities.
- Other considerations.

Encouragement

- Essential for the development of self-concept.
- The need to be “real”.
- How you say it...
