



Colegio de San Juan de Letran
Dominican Avenue, Abucay, Bataan
Library and Media Services

RESEARCH GUIDE: UNDERSTANDING THE SELF

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RESEARCH GUIDES

UNDERSTANDING THE SELF

I. SCOPE NOTE

Understanding the self-deals with the nature of identity, as well as the factors and forces that affect the development and maintenance of personal identity. ched.gov

II. SEARCH AIDS (BT: Broader Term, RT: Related Term, NT: Narrow Term)

BT:

- Identity

RT:

- Self
- Person
- Self-understanding
- Self-Concept
- Self-Image
- Self-Identity
- Self-Knowledge
- Self-Esteem
- Self-Awareness
- Self Confidence
- Philosophy
- Sociology
- Anthropology
- Psychology

NT:

- Self-Help
- Self-Care
- Individualistic
- Collective Self
- Physical Self
- Body Image
- Sexual Self
- Material/Economic Self
- Spiritual Self
- Political Self
- Digital Self
- Health
- Goals
- Social Identity

- Personal Identity
- Filipino Identity

III. INFORMATION RESOURCES

A. LIBRARY RESOURCES

Note: For the appropriate access credentials, please contact the Letran Bataan Library

➤ E-BOOKS

- Feldman, Jeff, Mulle, Karl (2007). Emotional Self-awareness. Put Emotional Intelligence to Work: Equip Yourself for Success, p.13-24. Alexandria: Association for Talent Development.
<https://search.proquest.com/docview/894060221/fulltextPDF/1EF3D826A6E04340PQ/4?accountid=190548>

➤ E-JOURNALS

- European Journal of Social Psychology.
https://www.proquest.com/publication/publications_47820
- Social Behavior and Personality.
https://www.proquest.com/publication/publications_47863
- Pastoral Psychology. https://www.proquest.com/publication/publications_54029
- Political Psychology. https://www.proquest.com/publication/publications_48572
- International Journal of Environmental Research and Public Health.
https://www.proquest.com/publication/publications_54923
- Human Studies. https://www.proquest.com/publication/publications_54139
- Journal of Philosophy.
https://search.proquest.com/publication/publications_15374?accountid=190548
- European Journal of Philosophy.
https://search.proquest.com/publication/publications_31172?accountid=190548
- Journal of College Student Development.
https://search.proquest.com/publication/publications_34426?accountid=190548
- Human Architecture: Journal of the Sociology of Self-Knowledge.
https://search.proquest.com/publication/publications_40294?accountid=190548
- British Journal of Developmental Psychology.
https://search.proquest.com/publication/publications_36006?accountid=190548

➤ E-THESES

- Formal, A. (2019). Differentiation of self: The impact of upbringing on motivation. self-discrepancy, self-concept, and risky behaviors (Order No. 27771517). Available from ProQuest Central. (2353018398). Retrieved from <https://www.proquest.com/dissertations-theses/differentiation-self-impact-upbringing-on/docview/2353018398/se-2?accountid=190548>

- Maglian, R. A. (2019). A culturally responsive conceptualization of F/Pilipino-Americans: Integrating sikoloyihang Pilipino (Filipino psychology), family therapy, and spirituality/religiosity with colonial mentality (Order No. 13897157). Available from ProQuest Central. (2272298427). Retrieved from <https://www.proquest.com/dissertations-theses/culturally-responsive-conceptualization-f/docview/2272298427/se-2?accountid=190548>
- Zhao, C. J. (2019). Exploring the moderation mechanisms of the association between acculturative stress and social self-efficacy among Asian international students (Order No. 13895932). Available from ProQuest Central. (2307396864). Retrieved from <https://www.proquest.com/dissertations-theses/exploring-moderation-mechanisms-association/docview/2307396864/se-2?accountid=190548>
- Carrillo, D. M. (2018). Media body images and males' body dissatisfaction, muscularity, disordered eating, and depression (Order No. 10982577). Available from ProQuest Central. (2191145607). Retrieved from <https://www.proquest.com/dissertations-theses/media-body-images-males-dissatisfaction/docview/2191145607/se-2?accountid=190548>
- Green, A. (2018). Body image and participant characteristics in emerging adults (Order No. 10845777). Available from ProQuest Central. (2108556597). Retrieved from <https://www.proquest.com/dissertations-theses/body-image-participant-characteristics-emerging/docview/2108556597/se-2?accountid=190548>
- Seto, E. (2017). The interplay of true self-knowledge on belief in free will and moral outcomes (Order No. 10662601). Available from ProQuest Central. (1964383174). Retrieved from <https://www.proquest.com/dissertations-theses/interplay-true-self-knowledge-on-belief-free-will/docview/1964383174/se-2?accountid=190548>
- Daves, S. M. (2017). Creative role identity: Implications for self-concept, depression, and anxiety (Order No. 10289088). Available from ProQuest Central. (1925045822). Retrieved from <https://www.proquest.com/dissertations-theses/creative-role-identity-implications-self-concept/docview/1925045822/se-2?accountid=190548>
- McNish, R. W. L. (2017). Virtue ethics and the politics of individualism (Order No. 10285690). Available from ProQuest Central. (1948881427). Retrieved from <https://www.proquest.com/dissertations-theses/virtue-ethics-politics-individualism/docview/1948881427/se-2?accountid=190548>
- Shibata, C. L. (2017). Building positive body image in adolescent girls: An evaluation of a body image prevention program (Order No. 10254341). Available from ProQuest Central. (1879823955). Retrieved from <https://www.proquest.com/dissertations-theses/building-positive-body-image-adolescent-girls/docview/1879823955/se-2?accountid=190548>
- Harrell, Alyssa. (2018). Self-Actualization Wellness: A Developmental Approach to Predicting and Reducing College Student Stress Related to Person and Environment Variables. (Order No. 10824249). Available from ProQuest Central. (2054504695). Retrieved from <https://search.proquest.com/docview/2054504695/640ABE93B4104178PQ/36?accountid=190548>
- Brown, Paul Gordon (2016). College students, social media, digital identities, and the digitized self. (Order No. 10053377). Available from ProQuest Central. (1776598125). Retrieved from

<https://search.proquest.com/docview/1776598125/87C111B1F6954D2DPQ/16?accountid=190548>

- Kim, Amy (2014). The construct of self within a multicultural context: A critical analysis. (Order No. 3636908). Available from ProQuest Central. (913498122). Retrieved from <https://search.proquest.com/docview/1616648283/640ABE93B4104178PQ/70?accountid=190548>
- Lucido, Richard James (2011). Can goal specific self-efficacy measures predict goal choice: Understanding the 2x2 achievement goal framework through self-efficacy theory. (Order No. 3487372). Available from ProQuest Central. (913498122). Retrieved from <https://search.proquest.com/docview/913498122/640ABE93B4104178PQ/26?accountid=190548>
- O'Rourke, Susan J. (2009). Understanding self-awareness: A heuristic study of the relationship with self and other. (Order No. 3330526). Available from ProQuest Central. (304880986). Retrieved from <https://search.proquest.com/docview/304880986/640ABE93B4104178PQ/4?accountid=190548>

B. OPEN ACCESS

➤ FREE E-BOOKS

- Green, Mitchell (2018). Know Thyself: The Value and Limits of Self-Knowledge. New York: Routledge. <https://www.pdfdrive.com/know-thyself-the-value-and-limits-of-self-knowledge-d187517646.html>
- Rosner, Brian S. (2017). Known By God: A Biblical Theology of Personal Identity. Michigan: Zondervan. <https://www.pdfdrive.com/known-by-god-a-biblical-theology-of-personal-identity-e199786350.html>
- Aronson, Elliot, Wilson, Timothy D., Akert, Robi M., Sommers, Samuel R. (2016). Social Psychology (9th ed.). Boston: Pearson. <https://www.pdfdrive.com/social-psychology-d167749891.html>
- Taylor, Julia V. (2014). Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World. Oakland, CA: New Harbinger Publications. <https://www.pdfdrive.com/body-image-workbook-for-teens-activities-to-help-girls-develop-a-healthy-body-image-in-an-image-obsessed-world-e158648456.html>
- Chamorro-Premuzic, Tomas (2013). Confidence: Overcoming Low Self-Esteem, Insecurity and Self-Doubt. New York: Penguin Group. <https://www.pdfdrive.com/confidence-overcoming-low-self-esteem-insecurity-and-self-doubt-e195026672.html>
- Hood, Bruce (2012). The Self-Illusion: How the Social Brain Creates Identity. Oxford: Oxford University Press. <https://www.pdfdrive.com/the-self-illusion-how-the-social-brain-creates-identity-e175232100.html>
- Fox, Marci G., Sokol, Leslie (2011). Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem. Oakland, CA: New Harbinger Publications.

<https://www.pdfdrive.com/think-confident-be-confident-for-teens-a-cognitive-therapy-guide-to-overcoming-self-doubt-and-creating-unshakable-self-esteem-e183629930.html>

- Mruk, Christopher J. (2013). Self-esteem and Positive Psychology: Research, Theory and Practice. New York: Springer Publishing Co. <https://www.pdfdrive.com/self-esteem-and-positive-psychology-research-theory-and-practice-e183970998.html>
- Schiraldi, Glenn R. (2007). 10 Simple Solutions for Building Self-esteem. Oakland, CA: New Harbinger Publications. <https://www.pdfdrive.com/10-simple-solutions-for-building-self-esteem-how-to-end-self-doubt-gain-confidence-create-a-positive-self-image-e184998633.html>
- Ashmore, Richard D., Jussim, Lee (Eds.) (1997). Self and Identity: Fundamental Issues. New York: Oxford University Press. <https://www.pdfdrive.com/self-and-identity-fundamental-issues-rutgers-series-on-self-and-social-identity-e156775305.html>

➤ FREE E-JOURNALS

- Journal of Research in Personality. <https://www.sciencedirect.com/journal/journal-of-research-in-personality>
- Journal of Experimental Social Psychology. <https://www.journals.elsevier.com/journal-of-experimental-social-psychology/open-access-articles>
- Studies in Self-Access Learning. <https://sisaljournal.org/>
- Journal of Social Studies Research. <https://www.sciencedirect.com/journal/the-journal-of-social-studies-research>

➤ FREE E-THESES

- Coe, K. (2021). "Who am I today?": Dress to express. (Thesis). University of Detroit Mercy. Retrieved from <http://hdl.handle.net/10429/2169>
- Olwage, C. (2020). Integrating psychology and spirituality to open up discussion on spiritual identity and its effects on the whole person in a counselling context. (Masters Thesis). University of South Africa. Retrieved from <http://hdl.handle.net/10500/26963>
- Cheng, H. (. (2019). Sense, space, and self. (Doctoral Dissertation). University College London (University of London). Retrieved from <https://ethos.bl.uk/OrderDetails.do?uin=uk.bl.ethos.771880>
- Kapitan, M. K. (2019). The impact of self-compassion and the mediating effects of social media on relational intimacy. (Thesis). Purdue University. Retrieved from <http://hdl.handle.net/10.25394/pgs.8061752.v1>
- Huggins, A. (2018). Does the positivity movement in psychology produce oppression?. (Thesis). City University of Seattle. Retrieved from <http://hdl.handle.net/20.500.11803/770>
- Khoshabk, N. (2018). Digital identities: Presentation of self through social media. (Thesis). Monash University. Retrieved from <http://hdl.handle.net/10.4225/03/5af3c264d88a2>
- Li, R. (2017). Self-awareness and ethical behavior in face and dignity cultures: implications for reducing dishonesty across cultures. (Thesis). University of Maryland.

- Retrieved from <http://hdl.handle.net/1903/20280>
- Kealy-Morris, E. (2016). The artist's book: making as embodied knowledge of practice and the self. (Doctoral Dissertation). University of Chester. Retrieved from <http://hdl.handle.net/10034/620375>
 - Rowe, Matthew S. (2018). Crafting the Institutional Self Identity and Trajectory in Artistic Training and Creative Careers. (Dissertation). University of California. Retrieved from <https://www.proquest.com/dissertations-theses/crafting-institutional-self-identity-trajectory/docview/2100731020/se-2?accountid=190548>
 - Cavasinni, Christine (2017). A Study of Art Therapy in Identity Exploration and Self-Efficacy. (Dissertation). Notre Dame de Namur University. Retrieved from <https://www.proquest.com/dissertations-theses/study-art-therapy-identity-exploration-self/docview/2019187680/se-2?accountid=190548>
 - Riordan, Kevin M. (2015). "Self matters": Self-concept and higher education: An exploration of student self-concept and motivations within a community college. (Dissertation). University of Pennsylvania. Retrieved from <https://www.proquest.com/dissertations-theses/self-matters-concept-higher-education-exploration/docview/1727125376/se-2?accountid=190548>
 - Behjoo, Bahram Mohammadi (2013). The Relationship Among Self-Efficacy, Academic Self-Efficacy, Problem Solving Skills and Foreign Language Achievement. (Dissertation). Hacettep University. Retrieved from <https://www.pdfdrive.com/the-relationship-among-self-efficacy-academic-self- efficacy-problem-solving-skills-and-foreign-e53629367.html>
 - Brady-Amoon, Margaret (2009). The association between self-efficacy and self-rated abilities and college students' adjustment and academic performance. (Dissertation). Fordham University. Retrieved from <https://www.proquest.com/dissertations-theses/association-between-self-efficacy-rated-abilities/docview/304879379/se-2?accountid=190548>
 - Leighton, Trent James (2008). Parables of a recovering self: Exploring the assimilation and psychological consequences of self. (Dissertation). Pacifica Graduate Institute. Retrieved from <https://www.proquest.com/dissertations-theses/parables-recovering-self-exploring-assimilation/docview/304808642/se-2?accountid=190548>

C. PROFESSIONAL ORGANIZATIONS

- Philosophical Association of the Philippines (PAP), Inc. <http://www.pap73.org/about.html>
- Psychological Association of the Philippines (PAP). <https://www.pap.org.ph/>
- Psychological Association of the Philippines-Junior Affiliates (PAPJA). <https://www.papjaph.com/>
- Philippine Social Science Council. <https://pssc.org.ph/>
- American Psychological Association. <https://www.apa.org/>
- International Federation of Philosophical Societies. <https://uia.org/s/or/en/1100062431>

D. OTHER RELATED WEB PORTALS

- Help Guide. <https://www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm>
- Mental Health Foundation. <https://www.mentalhealth.org.uk/publications/truth-about-self->

[harm](#)

- JMIR Publications. <https://www.jmir.org/2013/12/e285/>

E. RELATED RESEARCH GUIDES

- Binghamton University. <https://libraryguides.binghamton.edu/libraryresearch>
- Princeton University. <https://libguides.princeton.edu/c.php?g=84018&p=664971>
- Manchester Community College. <https://library.mccnh.edu/self-study/collegereadingtips>

IV. TUTORIALS

- The Self from Various Philosophical Perspectives/Philosophical Self - Understanding the Self. <https://www.youtube.com/watch?v=5lo3c5u73vw>
- Psychological Self Part 1 (The Cognitive Self) - Understanding the Self. <https://www.youtube.com/watch?v=5w4EoU7dPvY>
- Psychological Self Part 2 (The Self Concept) - Understanding the Self. <https://www.youtube.com/watch?v=LMwS88mS8yg>
- Spiritual Self - Understanding the Self. <https://www.youtube.com/watch?v=YKDWoy8ISnE>
- Political Self - Understanding the Self. <https://www.youtube.com/watch?v=lrwSVYPW5SU>
- Material Self- Understanding the Self. <https://www.youtube.com/watch?v=5OiaAMKXcxl>
- Sociological Self / The Self from the Perspective of Sociology - Understanding the Self. <https://www.youtube.com/watch?v=aMjUUUogzow>
- Sexual Self – Understanding the Self. <https://www.youtube.com/watch?v=iKdsG-3ktzM>
- Understanding the Self: Introduction. <https://www.youtube.com/watch?v=zdteaPTfq6Y>
- Understanding the Self: Module 1. <https://www.youtube.com/watch?v=a5biOPLvJ5I>
- Understanding the Self. <https://www.youtube.com/watch?v=XdJCPjngQyE>
- Self concept, Self identity and Social Identity. <https://www.khanacademy.org/test-prep/mcat/individuals-and-society/attributing-behavior-to-persons-or-situations/v/self-concept-self-identity-social-identity>
- Self esteem, Self efficacy and Locus control. <https://www.khanacademy.org/test-prep/mcat/individuals-and-society/attributing-behavior-to-persons-or-situations/v/self-esteem-self-efficacy-and-locus-of-control>
- Material/Economic Self. https://www.youtube.com/watch?v=QF3_dFo_yp8
- Spiritual Self. <https://www.youtube.com/watch?v=CHm0twGjKaY>
- Digital Self. <https://www.youtube.com/watch?v=Qf6HAZIUKts>

Prepared by:

Mr. Marvin A. Milla

Layout

mamilla@letranbataan.edu.ph



Ms. Maria Rosiel C. Ordenes

Subject Librarian

mrcordenes@letranbataan.edu.ph

Asst. Prof. Norady Mercado Pere

Chief Librarian

ndmercado@letranbataan.edu.ph

For more inquiries, kindly e-mail us at library@letranbataan.edu.ph

