

TRABAJO FIN DE GRADO EN PSICOLOGÍA
EXTENDED SUMMARY



AUTOCONCEPTO Y ADOLESCENCIA

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Self-concept and adolescence

It is believed that self-concept can play an important role in adolescence, so that it can be an internal tool for the adolescent in the adaptative resolution of conflicts that characterize this stage of life. Self-concept may be the key for the adolescent to develop a correct psychosocial adjustment.

The purpose of this study is to carry out a review of existing bibliography to find out what is the **relationship between self-concept and adolescence**.

To investigate about this relationship between these two constructs, it is necessary to define what we mean when we talk about self-concept and adolescence.

On the one hand, **adolescence** is a stage in people life cycle characterized by important physical, biological, psychological and social changes that adolescents experience. It is a critical point for personality construction. An identity crisis is experienced during a state of vulnerability for mental health.

On the other hand, **self-concept** defined as one's perception of self abilities, aspirations and limitations; these perceptions derive from interactions with significant others, self-attributions, and the overall experiential aspects of the social environment. It is contemplated from a multidimensional and hierarchical point. Global self-concept includes the academic and non-academic areas and this one, includes personal, social and physical self-concept.

METHOD

Databases used for bibliometric review were **Web of Science** and **Scholar Google**.

The **inclusion criteria** that applied to the selection of articles are:

- Articles must have been published within the last 10 years, between 2008 and 2018 both included.
- Articles must contain the following keywords: “self-concept” and “adolescence” or “adolescencia” and “autoconcepto” and/or “ajuste psicosocial”.

To start with, "self-concept" and "adolescence" terms are used in the search. Afterwards, it is refined including the spanish terms "adolescencia", "autoconcepto" and/or "ajuste psicosocial". The results are narrowed to those articles published in the range of 2008 and 2018.

This makes a total of 37 publications taken into account in this research. Finally the base of the results are based in 11 relevant publications.

- From this search, 37 publications are chosen after reading the title and taken into account its relevance.
- After an overview of the abstract, 22 articles are selected for thorough reading.
- After this task the base is narrowed to 16 articles for a more in-depth reading.
- Finally, the results come from 11 articles, those which have been considered as more relevant to the subject.

One single article is added out of the date range specified in the "criterios de inclusión". This decision is based in the importance of this article, as it states de self-concept definition which serves basis for the rest of articles considered in the research.

RESULTS

Results of the bibliometric review suggest the existence of a **bidirectional relationship between self-concept and adolescence**. On the one hand, global self-concept and its areas influence adolescence. On the other hand, adolescence with all the variables that characterize it, affects the formation of self-concept.

The review suggest that a high self-concept is important for the evolution of some adolescence characteristics involved in getting a good psychosocial adjusment.

This occurs mainly because of the following aspects:

- **Achademic:** school adjusment, achademic engagement and achademic performance.
- **Physical:** practice of sport activities, satisfaction with self body image and eating disorders.
- **Social:** nature of interpersonal relationships or antisocial and disruptive behaviours.
- **Personal:** emotional balance, responsibility, personal competences and satisfaction with life.

The interaction between self-concept and adolescence determines the process of psychosocial adjusment and the construction of the adolescent personality.

CONCLUSIONS

The results support the idea that self-concept is a basic theoretical construct closely related to the psychosocial adjustment in adolescence. However, no intervention program related to this aspect was found during the investigation.

This lack leads to the conclusion that future research is necessary on how to develop the aspects that influence the construction of a good self-concept.

Future research should provide the design of an **educational program** which will encourage the construction of a good self-concept from an early age. It would be carried out from direct intervention on all areas that form the self-concept and that have been shown to influence adolescence.