Exploring the effect of Disidentification on Selfconcept

SELF AND DISIDENTIFICATION

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SUMMARY

The main objective of this research is to analyze the change in self-concept of healthy adults through the "De-identification" technique. It is a pre-post experimental design, of unifactorial inter-subject typology. The sample consists of 63 subjects selected at random, comprising 32 men and 31 women. The instruments used for the evaluation were the exercise "Checklist" by Katz & Braly (1993) and the exercise "I AM".

As a result, significant values are observed corresponding to the effect generated through the intervention "disidentification", in the post-treatment exercise "Checklist of Adjectives". The research allows us to conclude that the de-identification technique generates modifications in the Self, being the effect of this technique a more positive self-definition of the individual, due to a decrease of the implicit feeling of threat to the identity, which allows a more congruent self-evaluation with its well-being, a more compassionate self-observation and a decrease of negative feelings related to its sense of identity.

RESUMEN

El objetivo principal de esta investigación es analizar el cambio del autoconcepto de adultos sanos a través de la técnica "Desidentificación". Se trata de un diseño experimental pre post, de tipología unifactorial intersujetos. La muestra consta de 63 sujetos seleccionados de forma aleatoria, formada por 32 hombres y 31 mujeres. El instrumento utilizado para la evaluación fue el Ejercicio "Lista de adjetivos (Checklist) de Katz & Braly (1993) y el ejercicio "YO SOY".

Como resultados, se observan valores significativos correspondientes al efecto generado a través de la intervención "desidentificación", en el ejercicio post-tratamiento de "Lista de Adjetivos" y en el ejercicio "YO SOY". La investigación permite concluir que la técnica desidentificación genera modificaciones en el Self, siendo el efecto de esta técnica una autodefinición más positiva del individuo, debido a un decremento del sentimiento implícito de amenaza a la identidad, que permite una autoevaluación más congruente con su bienestar, una autoobservación más compasiva y una disminución de sentimientos negativos relacionados con su sentido de identidad.

EXPLORING THE EFFECT OF DISIDENTIFICATION ON SELF-CONCEPT

UNIVERSITAT JAUME I

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INTRODUCTION

Self and self-esteem are intimately related to pathological symptoms and behavioral problems. Techniques such as "de-identification" can generate significant improvements in mental health by generating a more adaptive self-definition that is consistent with the individual's well-being. The Self are those internal dispositions in the individual that remain relatively constant over time and independent of the social environment, a construction of the definition of oneself in "close symbolic interaction with other people". It is about the capacity to see oneself as an object, the narrated construction of oneself. (Larrain, J., 2003, The concept of identity). The practice of disidentification generates a greater clarity of the features of the self-concept improving it. This implies a more positive vision and of improvement of the self of oneself, reflected when the subject is asked about who he is and how he defines himself by making the positive come out and the negative traits decrease. After practicing this technique, it has been shown that the individual is more capable of choosing behaviors congruent with his well-being, rather than deciding to act by established and automatic patterns of behavior. In this research we will try to influence the structure of self-concept through the "De-identification" technique, alter this structure and check the effect generated by comparing it with the related literature, at an individual level.
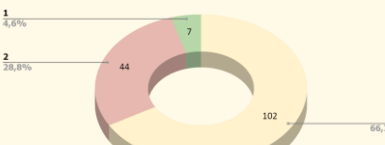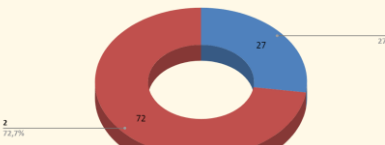
METHOD

PARTICIPANTS

Muestra

WOMEN 49,2% — 31
MEN 50,8% — 32

Nivel de estudios

1 — 4,6%
2 — 28,8% — 44
3 — 66,7% — 102
7

Experiencia en meditación

1 — 27,3% — 27
2 — 72,7% — 72

INSTRUMENTS

✓ Exercise "I AM"
✓ Exercise "Lista de adjetivos" de Katz & Braly (1993).

DESIGN

✓ Experimental design Pre Post inter-subject unifactorial

PROCEDURE

PRE	INTERVENCIÓN	POST
- Socio-demographic data - "I AM" exercise -Exercise"Lista de adjetivos (Checklist) de Katz & Braly (1993)	"Attention in breathing" "Disidentification"	- "I AM" exercise - Exercise "Lista de adjetivos (Checklist) de Katz & Braly (1993)

VARIABLES

Independent variable:

De-identification: Technique of modification of the Self that acts as a system of cognitive self-regulation.

Dependent variable:

Self-concept: operated through the description of a list of adjectives and the self-definition of oneself

RESULTS

T-Test – Palred simples of Pres-Test / Post- test

Variables	M	N	SD
RASGPOST1	3,5806	62	,98428
RASGPOST2	3,5161	62	1,18380
adjpositivo	3,0794	63	1,12596
adjpositivot2	3,3016	63	1,11637
adjnegativo	1,1270	63	,90682
adjnegativot2	1,0159	63	1,00791

Anova

Variables	F	Sig.	η^2
adjpositivot2	6,272	,015	0,141
adjnegativot2	4,783	,033	0,135
RASGPOST2	5,846	,019	0,092

DISCUSSION

Given the growing use of Mindfulness techniques, due to their implementation in various fields, the aim of this research was to check the effectiveness of this tool, specifically in the task of "Mindfulness Disidentification" and to analyze how it affects Self-Concept. The results show that the intervention "Disidentification" generates an effect on the variable "Self-concept". The results of Anova show significant values in the exercise "I AM" of the experimental group, in comparison with the control group, with a significance of ,019 reflected in the variable "Positive traits". This means that, due to the intervention, the subjects belonging to the experimental group have been defined more positively compared to the results of the control group. The means obtained are 3.5806 in control measures and 3.5161 after the intervention in terms of the same variable, giving an effect size of 0.092. This is therefore not very representative. On the other hand, we find significant values in the results of the exercise "Checklist" by Katz & Braly (1993), in the variable "Positive adjectives". This variable reflects that there has been an increase in the choice of positive adjectives due to the effect of "Disidentification" in this exercise, with a significance of ,015, compared to the control group, which was limited to performing the task of "Attention on Breathing". The averages of this variable are 3.0794 for the control measures before the intervention and 3.3016 after the intervention, giving an effect size of 0.141. Thus, this significance would also be unrepresentative. We also found significant values for the variable "Negative adjectives" in the same year, with a significance of 0.33. This means that fewer negative adjectives have been chosen after the intervention, due to the effect of the intervention. The averages of this variable are 1.1270 in control measures and 1.0159 after the intervention, with an effect size of 0.132. (There is also an unrepresentative significance for this variable). The research allows us to conclude that the disidentification technique generates modifications in the Self-concept, being the effect of this technique a more positive self-definition of the individual due to a decrease of the implicit feeling of threat to the identity, which allows a more congruent self-evaluation with its well-being, a more compassionate self-observation and a decrease of negative feelings related to its sense of identity. Due to the current emergency situation caused by COVID-19, we could not obtain a larger sample of participants, so the results obtained are biased by this variable and this is reflected in the results. Nevertheless, we can extract evidence from the research, even though it is not as representative as expected. Translated with www.DeepL.com/Translator (free version)

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