

# **SELF-VERIFICATION THEORY: VICTIMISM**

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**Resumen:** El autoconcepto es el resultado de un conjunto de creencias que el propio individuo, tiene sobre sí mismo. Este concepto forma parte clave en el desarrollo de la personalidad. Debido a que el ser humano es un animal social, tiene la necesidad de mantener diferentes relaciones con el fin de conseguir sus objetivos y necesidades. Existen ciertos comportamientos empleados de forma rutinaria por ciertas personas con el fin de reafirmar su autoconcepto, esta teoría se llama: La *teoría de la autoverificación* la cual afirma que a las personas nos gusta que los demás nos vean tal como nos vemos a nosotras mismas, debido a la necesidad de coherencia psicológica. De tal forma cuando existe un pensamiento negativo, el individuo tiene la necesidad de reafirmar su autoconcepto por parte de los demás, aunque sea negativo hacia ellas misma. El objetivo de nuestro trabajo es observar cuales son las manifestaciones conductuales que estas personas pueden realizar mediante la queja. Por ello la hipótesis planteada es que las personas que muestren mayor puntuación en victimismo deberán realizar algún tipo de queja a la hora de realizar el cuestionario. Se utilizó la escala de Victimismo para evaluar los índices de victimización. Contamos con una muestra de 18 sujetos (8 hombre y 10 mujeres), todos ellos fueron expuesto a dos situaciones una de ellas de control, debían de contestar el cuestionario de forma cotidiana (con boli) y otra donde se comprobaran la conducta que tienen las personas al enfrentarse a situaciones con carga emocional negativa en la cual deberían de mostrar una conducta de queja. Para ello se forzaba esta situación realizando el mismo cuestionario pero esta vez escondiendo el boli bajo del test. Los resultados demostraron que la teoría se cumple afirmando nuestra hipótesis, ya que las personas que muestran conductas victimistas, fueron las que obtuvieron una puntuación mayor en la escala de victimismo.

**Palabras clave:** victimismo, teoría autoverificación, coherencia psicológica, queja, autoconcepto.

**Abstract:** The self-concept is the result of a set of beliefs that the individual himself has about himself. This concept is a key part in the development of personality. Because the human being is a social animal, he has the need to maintain different relationships in order to achieve his goals and needs. There are certain behaviors used routinely by certain people in order to reaffirm their self-concept, this theory is called: The self-verification theory which states that people like others to see us as we see ourselves the same, due to the need for psychological coherence. In this way, when there is a negative thought, the individual has the need to reaffirm their self-concept by others, even if it is negative towards themselves. The objective of our work is to observe what are the behavioral manifestations that these people can make through the complaint. Therefore, the hypothesis proposed is that people who show a higher score in victimhood should make some type of complaint when completing the questionnaire. The Victimism scale was extracted to evaluate the victimization rates. We have a sample of 18 subjects (8 men and 10 women), all of them were exposed to two situations, one of them a control, they refused to answer the questionnaire on a daily basis (with a pen) and another where the behavior of people was verified. when facing situations with a negative emotional charge in which they can show a complaining behavior. To do this, this situation was forced by completing the same questionnaire but this time hiding the pen under the test. The results showed that the theory is fulfilled, affirming our hypothesis, since the people who show victimizing behaviors were the ones who obtained a higher score in the victimization escalation.

**Keywords:** victimhood, self-verification theory, psychological coherence, complaint, self-concept.

# SELF-VERIFICATION THEORY: VICTIMISM

## Introduction

**Self-concept** plays a key role in personality development, a positive **self-concept** = feeling good about yourself.

The general self-concept is composed of the following **multidimensional** organization.

**Self-concept**, the set of beliefs that the individual has about himself.

**Self-verification theory** is the desire of people to present themselves to others in the same way that they see themselves. These people try to **defend** an internal identity and guide behavior in that situation.

It does not matter if this self-perception is **positive** or **negative**.

The main benefit of self-verification is that it corroborates the **psychological coherence** of the self.

**Victimism**, "the heroes are the victims", **desirable place**. Assessment of social coexistence that consists of being **vulnerable, incapable and mistreated** in the face of circumstances.

Victims tend to be narcissistic.

**Suffering = personal identity.**

**What behavior do the victimizers carry out? Complain**

## HYPOTHESIS AND OBJECTIVES

Our hypothesis confirms that a coincidence will be found between the **victim's behaviors (complaints)** and the **victim's questionnaire**.

In this way we will be confirming that the self-verification theory is fulfilled or not.

## RESULTS

**Table 1**

Results of the ANOVA for Victimhood Scale. G1 Without Complaint (N=14), G2 With Complaint (N=4)

	N	M	SD	P	F	$\eta^2$
Victimhood				<0.001	21,355	0,547
G1	14	2,9708	,67080			
G2	4	4,5568	,06818			
Total	18	3,3232	,89737			
Need to be recognized				0.003	12,274	0,487
G1	14	3,5238	1,12443			
G2	4	5,5417	,15957			
Total	18	3,9722	1,31015			
Lack of empathy				0.004	11,125	0,398
G1	14	2,5000	,74536			
G2	4	3,7917	,28464			
Total	18	2,7870	,86282			
Rumination				0.002	13,995	0,502
G1	14	2,8393	,72462			
G2	4	4,3750	,72169			
Total	18	3,1806	,96179			

This table shows the results obtained in the victimization scale and what the differences are between the groups (without complaint and with complaint).



## CONCLUSION

The present study confirms, according to the data obtained, that the people who have the highest scores on the victimization scale are the ones who tend to have victimizing behaviors (complaints).

Furthermore, the experiment shows high levels of: Need to be recognized  
Ruminations  
Lack of empathy



According to the results, neither educational level, age or gender had a clear influence on the results.

**We can confirm that the proposed hypothesis is confirmed.**



Despite this, as it is an exploratory experiment with few subjects, it could be a guide for future research with a larger number of individuals.

**Participants:** 18 people 10 women y 8 mens. Between 18 and 62 years.

**Instruments:**  
Victimhood Scales



**Process:**

Control session: The tests were performed on a daily basis.

Experimental session: A complaint situation was forced, hidden pen.

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