



Midterms Reviewer UTS

Understanding the Self (Rizal Technological University)



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MIDTERMS REVIEWER UTS

PHYSICAL SELF - is the **concrete dimension**, the tangible aspect of the person that can be directly **observed and examined**.

BIOLOGICAL BLUEPRINT

- The biological blueprint **encompasses physical features like face, body structure, height, weight, competencies, worth valuation, and beauty perception.**
- The physical self is not only limited to what can be seen by the naked eye: underneath the skin is a dynamic system of biological and chemical processes that contribute to one's physical features.

HEREDITY - Is defined as the **transmission of traits from parents to offspring**. The traits are made up of specific information embedded within one's gene

GENOTYPE- Genes contain **specific information that determines traits**, *but not all genotypes result in observed physical characteristics.*

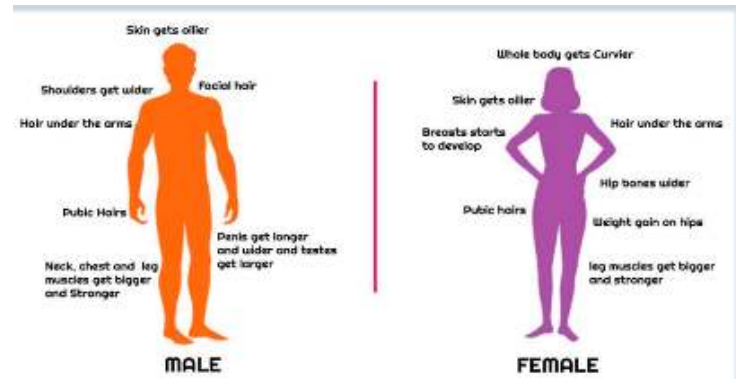
PHENOTYPE is the physical expression of a particular trait.

DNA- deoxyribonucleic acid

MATURATION refers to the completion of genetic growth within an organism or the unfolding of an individual's inherent traits or potential.

PHYSICAL DEVELOPMENT- refers to the **physical and biological changes** that occur in humans between birth and adolescence. This development is divided into two areas, growth and development.

GROWTH is the physical changes of, the increase in size, height and weight.



DEVELOPMENT is how children gain control over their physical actions to do complicated and difficult activities more skillfully and easily.

PUBERTY refers to the physical changes leading to sexual maturity in a boy or a girl.

ADOLESCENCE refers to the transition period when psychological and social changes take place in a boy or girl.

PHYSICAL DEVELOPMENT CHANGES IN PUBERTY

1. PRIMARY SEX CHARACTERISTICS

- Which are already present at birth refers to changes of the sexual organs that are directly concerned with reproduction.
- **Spermache for boys and menarche, first menstrual cycle for girls are indicators of readiness for reproduction.**

2. SECONDARY SEX CHARACTERISTICS

- Refers to visible changes and features that appear during puberty which are not directly part of the reproductive system
- The development of secondary sex characteristics are usually earlier in girls than in boys.

PHYSICAL ATTRACTIVENESS refers to a person's perceived aesthetically pleasing or beautiful features, often encompassing sexual attractiveness or desirability but can also be distinct.

BEAUTY IN NUMBERS- The golden ratio is believed to be central to various human body proportions, including the perfect face shape and the ratio of navel height to body height, linking nearly every aspect.

FEATURES OF PHYSICAL ATTRACTIVENESS ACROSS CULTURE

Physical attractiveness across cultures is influenced by various factors such as symmetry, waist-to-hip ratio, weight, height, facial features, body build, body scent, foot size, hair, and movement patterns. Men are more attracted to women with symmetrical faces, youthful appearance, low waist-to-hip ratio, normal weight, taller men, feminine facial features, broad shoulders, narrow waist, V-shaped torso, and a V-shaped torso. Women are more attracted to men with more masculine features and a natural scent.

Traits that men find attractive in women- including figure, smile, facial symmetry, lips, eyes, eyebrows, posture, color, and complexity.

Features of men that are attractive for women- including thick eyebrows, bristles, full lips, high cheekbones, veins, toned stomach, scent, and smile.

BODY IMAGE, SELF-ESTEEM, & THE INFLUENCE OF SOCIETY

BODY IMAGE- Is the perception that a person has of their physical self and the thoughts and feelings that result from that perception. (National Eating Disorders Collaboration)

4 ASPECTS OF BODY IMAGE

- **Perceptual body image:** how you see your body
- **Affective body image:** how you feel about your body
- **Cognitive body image:** how you think about your body
- **Behavioral body image:** the way you behave as a result of your perceptual, affective, and cognitive body image

SELF-ESTEEM

Self-esteem is the self-worth and respect one feels towards themselves, impacting emotional, physical, and spiritual well-being, mental health, and behavior.

TIPS ON IMPROVING BODY IMAGE & SELF-ESTEEM

1. **Accept your body** as it is, being less of a critic and more of a friend. Avoid body-shaming yourself, as it hurts self-esteem. Be kind and respect yourself, even if you have work to do. Build a better habit of valuing your body by focusing on what you like and continue to practice.
2. **Like your body.** To enjoy your body, focus on your looks, such as hair, face, hands, shape, and eyes. Accept what your friends like about your appearance

and let yourself feel good. Focus on what your body can do, such as sports, walking, running, dancing, and swimming. Be aware of your body, learn to breathe slowly, and enjoy the feeling it gives you when you move and stretch.

3. Take care of your body .To maintain a healthy body, eat healthy foods, get good sleep, be active daily, and maintain a healthy weight. Eat slowly, taste your food, and enjoy it. Get enough sleep for your age and turn off screens before bedtime. Engage in activities like running, walking, yoga, swimming, or dancing. Maintain a healthy weight by consulting with a doctor or parent for personalized advice.

SEXUAL SELF –CONCEPT

SEXUAL SELF-CONCEPT refers to an individual's assessment of their sexual feelings and actions.

SEX in about the biological dimensions of chromosomes, gonads, and hormones.

GENDER is a social and cultural construct that defines a person as a 'man' or 'woman', based on societal perceptions of masculinity or femininity.

INTERSEX OR HERMAPHRODITE

People born with reproductive organs, genitalia and /or sex chromosomes that are **not exclusively male nor female**, or is considered (by the medical establishment and heterosexist society) to be biologically "ambiguous".



LGBT GLOSSARY OF TERMS

- ✚ **LESBIAN**- women attracted to women
- ✚ **GAY**- men attracted to men
- ✚ **PANSEXUAL**- attracted to all
- ✚ **CIS GENDER**- identify by their bio. Sex
- ✚ **HETERO**- attracted with opposite sex
- ✚ **BISEXUAL**- attracted to men and women
- ✚ **TRANS**- don't identify by their bio. Sex

SEXUAL TERMS RELATED TO SEXUAL AND GENDER DIVERSITY

Trans-man: A person who was assigned a female sex at birth but **identifies as a man.**

Trans-woman: A person who was assigned a male sex at birth but **identifies as a woman.**

Transvestite: Someone who **adopts** the dress, and sometimes behavior, typical of the 'opposite' gender for a variety of reasons including emotional and/or sexual pleasure. **Transvestism** is often a **fetish for heterosexual men.**

Asexual: A person who is **not sexually attracted** to people of any gender/sex.

ASPECTS OF SEXUALITY

There are several researches today that focus on the aspects of sexuality.

Sexual Pleasure

It is a **emotional satisfaction** that arises from the movement of those organs and sections that aid the act of procreation.

Sexual Satisfaction

It is a feeling fulfilled and satisfied with one's sexual life.

Sexual Desire

A motivational state that generates increased attention to sexual life.

Sexual Agency

Agency- is the ability to act in a way that accomplishes your goals. So when we say Sexual Agency it is composed of complex group of skills, rights and abilities.

Sexual self-concept refers to the totality of one self as a sexual being, including positive and negative concepts and feelings.

- Self-concept is distinguishable from self-awareness
- There are three (3) aspects of sexual self-concept

Sexual self-esteem refers to one's emotional and physical self-perception and confidence in intimate relationships, influencing every sexual choice and impacting emotional and physical expression.

Sexual anxiety affects men and women of all ages, affecting interest, arousedness, and orgasm. Women may experience difficulty with intercourse. increases due to normative development of sexual identity, but **premarital sex**, **early pregnancy**, and **sexual transmitted infections** also contribute to this growth.

Adolescent **sexual exploration**

Erotic self-exploration is providing a pleasurable experience to a partner is much more likely if one has **first- hand experience with** providing sexual pleasure to oneself

Sexual Self Efficacy- Is one's belief is his/her ability to handle sexual context well (Rostosky et al., 2008).

How to build sexual self-efficacy

- ✚ Call things as it should be, don't be afraid to call the body parts as what it name is, because nothing is wrong about it.
- ✚ Begin to talk about "private parts" that are their own. Nobody but them or a trusted adult should touch them.
#NoMeansNo
- ✚ Talk about good touch and bad touch and how to respond if anyone touches them in a way that they are not comfortable.

SEX AND RELATIONSHIP

- ❖ **Partner Swapping- Non-monogamous behavior** in which both singles and partner in a committed relationship engage in sexual activities with others.
- ❖ **Orgies-** These are parties where people engage in unrestrained intimacy with each other.

THE ONLINE SPACE

- ❖ **Pornography-** Is the portrayal of sexual subject matter for the purpose of sexual arousal.
- ❖ **Cybersex-** Is encounter in which two or more people connected remotely through sending each other messages describing a sexual experience.

SEXUALLY TRANSMITTED DISEASE

And how to avoid it

- ❖ **Sexually Transmitted Disease-Disease** that are spread by having sex with someone who has STD.
 - *How to avoid it- Don't engage in sexual relations.*
 - *Safer Sex Practices (USE CONDOMS!)*

COMMON TYPES OF STD's and their TREATMENT

❖ PARASITIC

1. **Pubic Lice (Crabs)-** These are small insects that live in the kind of coarse hair you might have on your body except head hair.(HealthyIreland 2018)
2. **Scabies** STI's caused by invasion of mite in the surface of the skin which they burrow to reproduce and place the egg there.(usually nasa bayag lol)
3. **Trichomoniasis or Trich-** This usually affects women more than men. That can be spread through contact between penis and vagina (HealthyIreland 2018).

❖ BACTERIAL

1. **Chlamydia-** One of the most common STI which don't usually shows any symptoms that infect the penis, vagina, cervix, anus, urethra, eyes and throat.
2. **Genital Warts-** These are warts that show up on the skin around the genitals and anus caused by a virus called **Human Papilloma Virus.**
3. **Gonorrhea The Clap/Drip"(tulo)** Very common STI's for teens that infect the penis, vagina, cervix, anus, throat and eyes.
4. **Syphilis** It is caused by a bacteria called **Treponema Pallidum** that can enter the your body with cuts on your skin/through mucous membrane.(HealthyIreland 2018)

❖ VIRAL

1. **Hepatitis B**- A liver infection caused by a virus called Hepatitis B Virus.
2. **Human Immunodeficiency Virus**- A virus that breaks down certain cells in immune system that makes easier to get really sick.
3. **Herpes Simplex Virus**- it is an infection that causes herpes.
HSV-1: Oral Herpes and HSV-2: Genital Herpes. Once a persons' get infected it will be carry for life time.
(HealthyIreland 2018)
4. **Human Papilloma Virus**- A type of infection that are usually harmless and goes away itself, but some types can lead to cancer or genital warts.