

LOOKING-GLASS SELF

The looking-glass self is a concept in social psychology that suggests people develop their sense of self based on how they believe others perceive and evaluate them.

DEFINITION

The looking-glass self is a concept developed by American sociologist Charles Horton Cooley which states that individuals form their view of themselves based on how they believe they appear to others.

Essentially, it suggests that to understand ourselves, we must first attempt to understand how other people see us and use this knowledge to shape our own identities

EXAMPLE

Appearing more confident in an interview due to the approving looks from the panel of interviewers:

In this example, an individual may think they performed poorly during the job interview, but upon receiving approving looks from their interviewers, they may gain a better opinion of their own performance.

Looking On Glass

Jin-Ying Zhang



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