

## Objective Self Awareness Theory Recent Progress And

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### Objective Self Awareness Theory Recent

Objective self-awareness theory has undergone fundamental changes in the 3 decades since Duval and Wicklund's (1972) original formulation. We review new evidence that bears on the basic tenets of...

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1934), experimental research on the self has emerged only within the last 40 years. One of the earliest "self theories" was objective self-awareness (OSA) theory (Duval & Wicklund, 1972). OSA theory was concerned with the self-reflexive quality of the consciousness. Just as people can apprehend the existence of environmental

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Objective Self-Awareness Theory: Recent Progress and Enduring Problems Paul J. Silvia Department of Psychology University of Kansas T. Shelley Duval

## **Objective Self-Awareness Theory: Recent Progress and ...**

(May, 1967, p. 8) Although psychological perspectives on the self have a long history (e.g., Cooley, 1902; James, 1890; Mead, 1934), experimental research on the self has emerged only within the last 40 years. One of the earliest "self theories " was objective self-awareness (OSA) theory (Duval & Wicklund, 1972).

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## **Objective self-awareness theory: Recent progress and ...**

Objective self-awareness, according to the APA, is " a reflective state of self-focused attention." It involves assessing oneself as compared to others, and then correcting behaviors and beliefs as needed. When differences exist between our ideal and actual selves, we experience unease. To fix this, we look outside of ourselves to others.

## **Using Self-Awareness Theory and Skills in Psychology**

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## **Objective Self Awareness Theory Recent Progress And**

Objective self-awareness is attention focused on the self as a socially evaluable object, as defined by Shelley Duval, Robert Wicklund, and other contemporary social psychologists. Since the original debut of Duval and Wicklund's self-awareness theory in 1972, many experimental psychologists have refined theory and ideas concerning the causes and consequences of self-focused attention. Self-focused attention or self-awareness as often discussed in the context of social psychology ...

## **Objective self-awareness - Wikipedia**

Self-Awareness Theory is based on the idea that you are not your thoughts, but the entity observing your thoughts; you are the thinker, separate and apart from your thoughts (Duval & Wicklund, 1972).

## **What is Self-Awareness and Why is it Important? [+5 Ways ...**

Objective self-awareness theory: Recent progress and ... Objective Self-awareness (OSA) theory described a self-system in which the locus of conscious attention automatically influenced one's levels of self-evaluation.

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Abstract. Objective self-awareness theory has undergone fundamental changes in the 3 decades since Duval and Wicklund's (1972) original formulation. We review new evidence that bears on the basic tenets of the theory. Many of the assumptions of self-awareness theory require revision, particularly how expectancies influence approach and avoid-ance ...

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