

A COMPARATIVE STUDY OF HOW OTHERS PERCEIVE YOU AND HOW OTHERS PERCEIVE YOURSELF

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Abstract

The reason for this study is that it has been found that through various studies how we perceive our self and how others perceive yourself self can give positive and negative impact accordingly and we should know the level of its effectiveness on daily life.

Keywords : Perception, Comparison, Self perception, Perceive.

Introduction:

The cause of this thesis is to look how you as someone perceive yourself in comparison to how others perceive you. In the thesis an evaluation has been made with humans that stay collectively with a person, to look in the event that they perceive themselves as others perceive them.

Since the beginning of time mankind has constantly been intrigued with different types of Relationship's and organisation dynamics. Human nature is once in a while hard to understand however nonetheless fascinating and splendid. It makes it worthwhile investigating and there may be a lot but to find out because the social codes of human nature are nevertheless no longer absolutely understood.

Individuals would possibly perceive themselves in one manner but others would possibly perceive them in a very special mild. These differences of notion are methodical and simple (Pronin, 2008). For some individuals, their self-perception is nicely developed for others it may not be as nicely developed.

In life it can be useful to recognise other's belief of oneself in one of the kind conditions, as this would also tell us how our influence affects others and how close their perception of us is to how we perceive ourselves (Saleeby, 2009).

In a few cases our perceptions of others trade as we get to recognise the man or woman higher. According to Saleeby(2009), the idea of self-perception refers to every particular factor of human persona.

In positive social settings we generally tend to emerge as more aware about ourselves and on the equal time we strive to cover our emotions. Some of them are properly hidden and nobody can read them whereas others can truly be understood by using others notwithstanding our attempts to hide them (Saleebey, 2009).

There were three studies conducted in the 1970s with 85 married couples to examine how people perceive themselves versus how they perceive others (Taylor, Shelley, Koivumaki , & Judith, 2001).

They were given questionnaires that had 3 socially desirable and 3 undesirable behaviours paired with each of 4 stimulus persons and asked to rate the extent to which the behaviour was caused by situational or dispositional factors. The main finding was that people had positive behavior when circumstantial reasons were used. When the circumstantial factors were present, negative behavior was apparent (Taylor, Shelley, Koivumaki , & Judith, 2001). This behaviour was most strongly for perceptions of people close to the individual, such as a spouse and friends, and less strongly for strangers and liked and disliked acquaintances. There was little evidence for the actor-observer difference, that people view their own behaviour more based on specific circumstances than they view others behaviour (Taylor, Shelley, Koivumaki, & Judith, 2001). It was concluded that both cognitive and motivational factors must be taken into consideration in predicting how people perceive and describe others.

The most well-known form of bias in perception involves people's tendency to perceive themselves in a positive light, although the truth might be just the opposite. The same people also tend to see their futures as very bright and that every good thing that has ever happened to them is all because of how wonderful they are as individuals. Anything that points towards the opposite are ignored (Pronin, 2006).

According to Pronin (2006), despite the well documented role of self-enhancement bias in human judgment, people rarely recognise their susceptibility to it. People generally are not aware of the bias others have of them. They presume that people around them will perceive them in an extremely positive manner.

When the concept of bias is brought to the public there is a common notion that human behavior is directed by others inclination to see how beneficial another person's action and judgment is for them (Pronin, 2006).

Individuals presume that they are more selfless and altruistic when compared to others and their motives are always directed from an inner feeling of wellness and goodness. This presumption in the long run is not beneficial or positive in any situation (Pronin, 2006).

All people in general have some sorts of prejudice, some that are more visible than others.

Due to these prejudices their behaviour towards others will be different depending

on the prejudices that they have. This behaviour can also be manifested when meeting people in larger and small gatherings (Pronin, 2006). Individuals commonly feel that they are not susceptible to prejudice. Even

in situations where these signs of prejudice are shown they still tend to deny that they are prejudiced. If another person has another opinion we tend to perceive this individual as prejudiced. The more their opinions differ from our own the more prejudiced we perceive them to be (Pronoun, 2006).

As mentioned in the previous paragraph, individuals that have a different view from us are considered more prejudiced and this is because of "ideology and personal experience" according to Pronin (2006). On the other hand when people with the same views as us also have these two factors, they are considered knowledgeable and not prejudiced. Recently it has been proven that when people see others as prejudiced they also become more competitive and more conflicted according to Pronin (2006).

Social psychologists Richard Nisbett and Edward Jones developed a theory in 1972 about the basic mechanisms behind how you see yourself and how others see you (Pronin, 2008). This theory is also known as the "actor-observer" bias/systematic divergence theory (Kugler & Pronin, 2010).

Their theory was based on the fact that most people see their own actions as bound by situations whereas one thinks that other people's actions are based on their internal and stable inner self. An example mentioned in Pronin's article is that of a person arriving late for a job interview and informs the interviewer that the lateness was due to bad traffic while the interviewer blames it on the individual's irresponsibility. Although this difference might appear self-serving, Jones and Nisbett pointed out that the fact that because it is not the same, it does not always promote a positive aspect for oneself and suggested that in part reflects basic and non-motivational qualities of perception (Pronin, 2008).

They also noticed that people tend to take in different information when it comes to the perception of themselves and how they see others. Considering the structure of the human visual system, people can use far less visual aid to themselves and their actions than to others and others' actions. They have the information concerning their own feelings and intentions, which has to do with their own actions and it is precise and accurate information. As a result, people know when these actions are not able to correspond to their inner thoughts and wishes because of specific situations. When it comes to another individual, the knowledge of their intentions is not as precise and many times it can be wrong (Nisbett & Jones, 1972)

Recent research has built upon Nisbett's and Jones theory as mentioned earlier, and that builds on the fact that that we generally have access to internal feelings when perceiving ourselves and our own behaviour. When it comes to the perception of others, one main sense is used and that is our vision. We only have the ability to see their external behaviour and we have no clue what feelings or inner needs that motivate people to act or think the way they do (Pronin, 2008).

As a result, we tend to perceive ourselves via something known as "introspection", which means looking inwards to our inner feelings and thoughts. On the other hand while perceiving others we use something known as "extrospection", looking outwards to observable and external behavior. It also seems that people may value those sources of information in a different manner when considering themselves versus others according to Pronin (2009). To sum it up, we judge others based on what we see, but ourselves based on our thoughts and feelings (Pronin, 2009).

This difference in information that people possess when perceiving themselves versus perceiving others affects how people evaluate their own and others' behaviour.

For example during a job interview, people think others can only get a glimpse of them from such encounters. In general, people feel they know others better than others know them (Pronin, 2008).

During social gatherings, people are aware that most of their own internal thoughts and feelings and others observable behaviour and this is known as interpersonal knowledge.

Another point of view that is worth mentioning is the one where people often misconstrue the thoughts and motives of others. In these cases, also known as pluralistic ignorance the misconstrues occur even though others share one's own

Motives and beliefs and act in the same way as oneself (Pronin, 2008).

The last two standpoints that will be mentioned in this context will be about miscommunications and conformity. When it comes to miscommunication, people often fail badly in their efforts to communicate. These communication failings often reflect the fact that people know what they intend or mean to communicate while others focus on what they actually say (Pronin, 2009).

Experiments in neuroscience had been made to see how the brain reacts while perceiving oneself and when perceiving others. These experiments have recognised neural activity mainly worried while individuals perceive both themselves and others. Areas of the medial prefrontal cortex in the brain have been proven to prompt while human beings make judgments approximately both their very own internal feelings and intentions. This is applicable even for other people's emotions and intentions (Pronin, 2008).

This research factors to common mind techniques uniquely involved in the perception of self and others. They advocate while gazing others, people automatically imitate the mental procedures behind others' movements in keeping with Pronin (2008).

On a very basic degree, human beings may additionally quench their hobby in knowing others' thoughts and feelings by using considering what they themselves would suppose or sense were they that other individual, rather counting on that other's inward emotions.

This concept is in line with behavioral experiments indicating that people form and get a photo of others mental states via first understanding their personal intellectual nation. Then some tweaking and adjusting is achieved on their own mental country. Due to the absence of contrary statistics, humans mission their personal developments and attitudes onto others in keeping with Robbins & Kreuger (2005).

Objectives of the study : The objectives of the study were as follows :

- To investigate the significant difference between how the one living with you sees you and how you see yourself.
- To investigate the significant difference between how others see you in a more negative light.
- To investigate the significant difference between how others see you in a more positive light.
- To study the relationship between how Others see you in the same light you see yourself

Methods :

Sample: A total of 40 participants (24 females and 16 males) were selected through random sampling. The participants were in the age group of early adulthood (18 - 60 years).

Tools used:

BIG 5A- And BIG 5B-940s, Raymond Cattell developed a 16-item inventory of personality traits and created the Sixteen Personality Factor Questionnaire (16PF) instrument to measure these traits. Robert McCrae and Paul Costa later developed the Five-Factor Model, or FFM, which describes personality in terms of five broad factors.

MARLOWE SCLAE-

Marlowe-Crowne Social Desirability Scale (MC) (Crowne & Marlowe, 1960) scores were collected on 1096 individuals involved in forensic evaluations. No prior publication of forensic norms was found for this instrument, which provides a measure of biased self-presentation (dissimulation). MC mean score was 19.42 for the sample.

Result and Interpretation:

The purpose of the study was to find out how you as a person perceive yourself in comparison to how others perceive you. The main purpose was to see if this comparison had a significant difference. There were three sub hypotheses that were also used in this thesis:

Hypothesis 1: There will be a significant difference between how the one living with you sees you and how you see yourself.

Hypothesis 2: The significant difference will be that others see you more in a more negative light.

Hypothesis 3: The significant difference will be that others see you in a more positive light.

Hypothesis 4: Others see you in the same light you see yourself.

The age interval between the participants was a wide range one from 18-60 years. (M= 32.65, SD = 10.38). A wide interval of amount of years of knowing a person was also included from 1- 37 years (M= 10.57, SD =9.876).

A multiple regression for Big Five was run to see if there were any statistically significant changes. The variables included were age, gender and amount of years known. $F(3,95) = 0.820, p < .0005, R^2 = 0.069$. The variables included were age, gender and amount of years known. All four variables added statistically significant to the prediction, $p < .05$

A multiple regression was run for Marlowe Crowne with the same three variables as the previous analysis. $F(2,37) = 1,019, , p < .0005, R^2 = 0.052$. All four variables added statistically significant to the prediction, $p < .05$

The reliability given was 0.6 in Cronbach alpha for Marlowe Crowne. A co relational test was also run by using Pearson's two tailed and the r value was 0.145. This showed a weak correlation between Marlowe Crowne and Big Five.

THE TABLE SHOWS BASIS INFORMATION

Table 1 Reliability-

	AMOUNT	PERCENTAGE
CASE VAILD	38	94
CASE EXCLUDED	2	6

	AMOUNT	PERCENTAGE
TOTAL	40	100

NOTE - Two cases are excluded due to low value of survey

Table 2 - GENDER: Amount of participants in survey

GENDER	PARTICIPANTS
MALE	26
FEMALE	14
TOTAL	40

	MINIMUM AGE	maximum age	Mean	S.D
Age	18	59	32.65	10.4
Big five -a	20	52	22.77	5.2
Big five -b	18	55	25.87	8.7

	MINIMUM AGE	maximum age	Mean	S.D
Marlowe Crowne	34	52	42.08	4.8
Amount of years unknown	1	37	10.57	9.9

Discussion :

The facts that is accumulated from how humans see themselves and how others understand them is very different and considering that human beings have a tendency to see themselves in a greater positive mild than others see them, there have to have been widespread outcomes inside the given observe.

There had been now not any enormous consequences in any of the statistically analyses executed and not one of the hypotheses have been validated or disproven because of few contributors and due to the situation we all are going thru now due to Covid-19 and the lockdown by using which the contributors had been not capable of recognise the questionnaire nicely. There was communique trouble and in expertise the commands which were given to them. The questionnaires were sent out to almost double the amount of individuals that participated within the take a look at. As questionnaires were despatched out, several human beings felt that the questions were too personal or that it'd endanger the relationship with the other individual. Another motive become that once in a while handiest one character participated within the cohabitating situations after which that pair had to be eliminated from the examine altogether.

The other element regarding the individuals that had to be taken into consideration is the way to know that each participant answered objectively or how they want to be perceived. The Marlowe-Crowne scale was used for this kind of reasons so that the questionnaire might be greater goal and honest however though there isn't a hundred percent guarantee of this.

If greater participants have been used from several elements of the world, a larger statistical significance could have been made as well led to two further questions for destiny studies. Whether there may be a extra or lesser percent of notion of oneself and others around the arena and how big this percent of statistical importance might be.

For similarly research, one should examine men and women's perception of others and spot if there is a sizeable distinction among the genders. As stated in the preceding paragraph, if a take a look at became made with contributors from all over the global, a bigger statistical importance might be measured and this would have given an ordinary view of the population. One should divide this future study in international locations or maybe continents and make comparisons amongst them, checking if perceptions of others and one-self is cultural and a gender based concept.

As long as humans are in role to perceive themselves and to understand others, discrepancies in those perceptions will exist and it will entail conflicts in opinions. When humans judge themselves based on their true intentions but others primarily based on simply the other they are in all likelihood sense sad and dismayed over others failure to meet them midway.

When humans view their own perceptions and ideals as goal reflections of the truth however others as distorted by means of prejudice, they are probable to feel aggravated and enraged over others unfair remedy.

Individuals can take into account that it isn't best their personal conduct that is sensitive to the restriction of the situation but others behaviour as nicely. This might encourage them to be extra charitable and generous while others fail to meet their expectations. Those individuals can also apprehend that others mistakes won't be because of a conscious reason to misbehave or to be suggest, but rather due to unintentional influences that those others themselves would make.

Individuals have to remind themselves that there frequently is a extensive gap among purpose and motion, and that its miles best truthful to use the identical trendy of judgment to others as to oneself.

Conclusion :

Perception is the method by using which people organise and acquire meaning from the sensory stimuli they acquire from the surroundings. It might not be the truth but it's far the handiest which means that a person gives to the surroundings. A individual's perception depends on his attitudes, experience, motives, interests and expectancies. In order to paintings with humans it is vital to have knowledge on belief. Perception becomes very a good deal critical within the place of business in which character paintings to obtain a commonplace purpose. Employee wants to see the managers making the social weather of the place of job cozy to them and motivates them towards attaining the not unusual intention or goal.

So you know yourself exceptional and although you will be perceived differently by way of a person else, you're real to yourself while you are the one that you have been intended to be without any pretences.

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