

**SELF-PERCEPTION OF AN INDIVIDUAL ON THE REALIZATION OF HUMAN
POTENTIAL**

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Abstract: The purpose of this article is to review the literature on the influence of self-perception of an individual on the realization of human potential, including the factors that contribute to self-esteem and its impact on personal growth and development.

Key words: Self-perception, psychology, self-esteem, self-efficacy, personal perception.

Self-perception is an individual's sense of his or her abilities, strengths, and weaknesses, which influences a person's assessment of his or her own value. It is an important aspect of human psychology associated with personal growth, development, and the realization of human potential, which refers to innate internal capabilities. However, self-esteem can be both an auxiliary resource and a strong barrier to self-realization of an individual.

Self-concept is influenced by several factors, including childhood experiences, parental and social influences, and personality traits. People who receive love, care, and support in childhood are more likely to have high self-esteem, while those who experience neglect or abuse are at greater risk of having low self-esteem. Social and cultural factors such as peer pressure and media influence can also influence a person's self-perception.

Healthy self-esteem can be compared to the fullness of internal resources that will lead to increased productivity and, ultimately, successful self-realization of the individual. People with a full perception of themselves are more likely to set and achieve goals, take risks, and follow their passions.

They are also more resilient in the face of failure as their self-perception has a stronger foundation, which impacts their sense of self-worth and self-efficacy. In contrast, people with low self-esteem may struggle with fear of failure and lack of confidence in their abilities, which can hinder their personal development and, as a result, their ability to realize their inner potential.

Low self-esteem is associated with several problems, including anxiety, depression, and poor social functioning. People with this level of emotional instability may also engage in self-destructive behaviors, such as substance abuse, to cope with their negative feelings. Low self-esteem can also lead to a negative cycle of self-criticism, as people with an inferiority complex may view themselves as unworthy or incompetent, which leads to a lack of motivation to pursue their goals and passions.

There are several ways to improve self-esteem and promote personal growth and development. These include seeking therapy or counseling, practicing self-care and self-compassion, setting achievable goals, and overcoming negative self-talk. Participating in activities that bring a sense of accomplishment and satisfaction, such as exercise or volunteering, can also improve your internal

self-image. It's important to remember that self-esteem is not fixed and can be improved with effort and time.

Conclusion: A person's self-perception is a critical factor in realizing their potential. People with high self-esteem are more likely to pursue their passions, achieve their goals, and lead fulfilling lives. In contrast, low self-esteem can lead to a negative cycle of self-criticism and hinder personal growth and development. By understanding the impact of self-perception on realizing one's potential, people can take steps to improve their self-esteem and reach their full potential.

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