

CUNOAȘTEREA DE SINE. CONCEPTELE DE SINE ȘI EU

Iulia Dumitriu *

Universitatea din Bacău, România

Abstract

The present study represents a theoretical approach of self-knowing and of its major concepts: Self and I. The process of self-knowing represents an essential dimension in personal development and depends on exploring and structuring information about ourselves. The result of self-knowing is the self-determination of the individual, expressed by his or her psycho-social maturation.

Keywords: *personal development, self-knowing, self-determination*

* Asistent universitar doctorand, D.P.P.P.D., Universitatea din Bacău, Bacău, România