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## Self disclosure definition psychology

Self-disclosure refers to the process of disclosing personal and intimate information about one's self to others. Through self-disclosure, two individuals get to know each other. Self-disclosure is considered a key aspect of developing closeness and intimacy with others, including friends, romantic partners, and family members. However, self-disclosure also serves as a way for people to express their feelings about a situation, to give others their thoughts and opinions on a topic, to bring up certainty about their feelings, or to get advice. The Context and Importance of Self-Disclosure of Self-Disclosure varies according to the degree of intimacy. For example, information can range from being relatively superficial, such as revealing where you come from and what your favorite ice cream flavor is, to being more personal, such as revealing that your parents are going through a divorce or that you've ever cheated on your boyfriend or girlfriend. Self-disclosure also varies in how many different topics are disclosed. When individuals disclose personal information, their disclosures are profound. When individuals reveal a variety of topics about themselves, their disclosures are extensive. Most relationships begin with a superficial exchange of information, which gradually turns into a more meaningful disclosure when the superficial conversation is useful. That is, people tend to move the conversation to a deeper level by increasing the breadth and depth of the conversation as they enjoy the conversation they are having. When a relationship is new, the initial conversation tends to involve reciprocal self-disclosure. In other words, new acquaintances tend to match each other's disclosures; when one partner opens and reveals, the other finally reveals as well. When the disclosure of one partner increases in intimacy, so does the disclosure of another partner. Because self-disclosure is reciprocated, both affect and are influenced by the level of intimacy between two people. So, if you want to get to know someone, one of the strategies is to disclose personal information about yourself to people you want to know. Most likely, this person will be open to you in turn. Over time and during a number of conversations, relationships become increasingly intimate. Three important factors determine whether the interaction will be intimate. The first is the content of individual disclosures. For example, the disclosure of personal desires, fantasies, anxieties, and emotions is more important for the development of intimacy than the disclosure of facts. This is because emotional disclosure provides an opportunity for a spouse to validate and demonstrate that he/she cares, supports, and accepts the individual. The second is the partner's response disclosure. When a partner partner feelings of closeness increased and communication further facilitated. When the couple is unresponsive, she shows a lack of interest in further conversation and decreased intimacy. The third is the interpretation and reaction of the individual to the behavior of the partner. If an individual regards a partner as supportive and understanding, the conversation tends to become more intimate because the individual tends to reveal again or encourage the partner to reveal. If an individual regards a partner as unresponsive or disruptive, the conversation is unlikely to become intimate. Thus, when disclosure is high, responsive partners and individuals regard partners as caring, conversations will most likely become more intimate over time. Pioneering research by Sidney Jourard reveals that self-disclosure and desire for others are related. Then research has shown that people (a) like those who disclose, (b) reveal to them they like, and (c) after revealing, like the person they reveal even more. It feels good to express your inner feelings to others, and it's gratifying to be matched for the disclosure of others because it's a signal they like and trust you. In addition, it is useful to know that someone has the same beliefs and values as you. However, social norms govern proper self-disclosure. When people only know each other, someone who expresses at a moderate level of intimacy is preferred over the person expressing it at a level that is too low or too high. People like them are expressing at the same rate as they do and are hindered by those who are too reserved or too revealing. In addition, a person who reciprocates intimate self-disclosure is favored more than a person who reciprocates intimate disclosure with a superficial one. When someone replies to intimate disclosure with superficial disclosure, it is a signal that they do not want to get to know others and that conversation is not helpful. However, usually, superficial information is disclosed to strangers and more intimate information is disclosed to cover others. Disclosing highly personal information to strangers is considered inappropriate. For example, it is not appropriate for someone you barely know to come to you and reveal intimate details of their sex life. But in close relationships, such revelations can strengthen relationships and make two people closer. Someone who reveals too much information early on is perceived by others as unbalanced. Self-disclosure fosters love as well as liking. Couples involved in wider and intimate self-disclosure with each other have a longer and more fulfilling relationship. This is because disclosing personal information about yourself is one way to obtain the needs are met, and meeting your needs increases feelings of love and affection, friendship, and sense of having. Partners believe that their relationships contain a high level of intimacy when they can express their thoughts, opinions, and feelings to their partner, and feel their partner can also express themselves. This is why many researchers believe that experiencing intimacy through self-disclosure may be the most important factor determining the health of a relationship. Gender and Individual Differences in Self-Disclosure We expect women to be more expressive than men. When a woman is not expressive, others regard her as maladjusted. Likewise, a man is expected to be expressionless, and when a man is expressive, he is considered unstable. And, in fact, women tend to reveal more than men in general. However, although women reveal more to their female friends and to their romantic partners than men, they do not reveal more to their male friends more than men. In addition, women tend to elicit self-disclosure from others, even from those who usually do not reveal very much about themselves. One reason for this is that women tend to be responsive listeners, which in turn promotes further disclosure by the speaker. However, traditional gender roles change, and men become more expressive in the context of their close romantic relationships and see disclosure as an important part of relationships. Therefore, couples are currently showing off a pattern of full and equal self-disclosure, which has resulted in relationships that foster mutual respect and trust. Relationships that contain high levels of self-disclosure have been found to be more intimate and more satisfying for both partners. Some people are better able to express themselves than others. This is because self-disclosure can be threatening. Self-disclosure can make you vulnerable to rejection, manipulation, and betrayal. Some individuals are so worried about the dangers of this self-disclosure that they have trouble opening up and revealing intimate details about themselves, even in an appropriate context. They worry about the impression they make on others and easily feel rejection in other people's intentions. As a result, these people often feel lonely and isolated from others and tend to have closer and satisfying relationships with others. References: Altman, I., & Taylor, D. A. (1973). Social penetration: Development of interpersonal relationships. New York: Holt, Rinehart & Winston. Collins, N. L., & Shaver, P. (1988). Intimacy as an interpersonal process. In S. Duck (Ed.), Handbook of personal relationships: Theory, research, and intervention (pp. 239-256). New York: Wiley. Self-disclosure is a communication process in which one person discloses information about themselves to another person. This information can be descriptive or evaluative, and can include one's thoughts, feelings, aspirations, goals, failures, successes, fears, and dreams, as well as one's likes, dislikes, and favorites. [1] The theory of social penetration suggests that there are two dimensions to self-disclosure: breadth and depth. Both are very important in developing a fully intimate relationship. A variety of topics discussed by two individuals is the breadth of disclosure. The degree to which the information disclosed is personal or personal is the depth of that disclosure. It is easier to expand widely first in a relationship due to its more accessible features; it consists of the outer layers of personality and daily life, such as work and preferences. Depth is harder to reach, and includes painful memories and more unusual traits that we may find difficult to share with others. One reveals himself most thoroughly and discusses a variety of topics with his spouse and loved ones. [2] Self-disclosure is an important building block for intimacy and cannot be achieved without it. Reciprocal and proper self-disclosure is expected. Self-disclosure can be assessed by an analysis of costs and rewards that can be further explained by the theory of social exchange. Most self-disclosure occurs early in relational development, but more intimate self-disclosure occurs later. In intimate relationships The theory of social penetration states that the development of relationships is closely related to systematic changes in communication. Relationships generally begin with superficial information exchange and gradually move on to more meaningful conversations. To develop more intimate relationships, partners must increase the breadth and depth of their conversations. Covering a wide range of topics covered and at the depths of two people is the personal significance of these topics. [3] Altman and Taylor used slices to explain this theory. In this example, the beginning of the relationship is represented by narrow and shallow slices because only a few topics are discussed. However, as the relationship progresses, the slice should become broader and deeper, including more topics of personal significance. Wedge must pass through three layers for intimacy to develop. The first is a small, shallow talk with little personal information about the speakers. next intimate, by increasing the area and depth and more personal details. Private. third is a very intimate level, where very personal information is shared. [3] Intimacy in these relationships can only develop if the people involved retaliate for disclosure. Intimacy will not develop if only one partner reveals and the other continues to reveal only superficial information. Reciprocity should be gradual and in accordance with the intimacy of the disclosure of others. Too quickly, overly personal disclosure creates an imbalance in relationships that can be uncomfortable. This gradual process varies from relationship to relationship and can depend on the particular partner with whom a person communicates. [3] Reciprocity and Reciprocal intimacy are positive responses from people who share information, where the person receiving the disclosure reveals themselves in person in real terms. Self-disclosure usually affects whether two people will want to interact again. Research has shown that when one person reveals themselves, others are more likely to reveal themselves. Initially, this process was initiated by the disclosure of one spouse's personal information to another partner. In return, others will reveal something and behave in such a way that it is responsive to the content of the initial disclosure, while also conveying a level of understanding and validation of what is revealed. [4] Research has found that people who consider themselves high in disclosure tend to be good at bringing up more disclosures than those they interact with. [5] Three theories describe reciprocity: The belief hypothesis of social attraction, the theory of social exchange and reciprocal norms. The social attraction belief hypothesis says that people express each other because they trust people who express to them their likes and trusts them. Social exchange theory explains that people seek to maintain equality in self-disclosure because the imbalance in this makes them uncomfortable. The third explanation, the reciprocal norm, argues that reciprocating disclosure is a social norm and breaking it makes a person uncomfortable. There are two types of reciprocity: reciprocal turn-taking and extended reciprocity. A turn-taking is when a partner immediately reveals themselves to each other and extended is when the disclosure occurs over a certain period of time, where one partner may be the only one to reveal while the other is just listening. Those involved in the turn taking reciprocity proved to favor their interaction partners more than those involved in extended reciprocity. Turn taking partners are also shown to feel closer and similar to each other and to enjoy other companies more than couples Extended. This can be explained by the social attraction trust hypothesis because partners regard expressing as liking and trusting them as they disclose personal information. Those involved in extended reciprocity are affected by reciprocal theories and norms that can take into account lower levels of desire. Because reciprocal extensions limit reciprocal disclosure it creates an imbalance in disclosure that violates both of these theories. [6] That said, people usually report that they themselves reveal more than other couples. This is called perceived partner reciprocity, and is essential to the process of self-disclosure in developing relationships. [5] The two main components for intimacy are the disclosure and responsiveness of partners. It is important that when speakers disclose personal information, their partners also disclose something personally relevant. It is also important that the listener understands, validates, and cares about what the speaker expresses. If the speaker does not feel accepted by the listener then they may not reveal something to them in the future, which stops the development of intimacy. Emotional disclosure is also shown to foster intimacy over factual disclosure. Factual disclosure reveals facts and information about myself (for example, I am divorced from my husband.) While emotional disclosure reveals a person's feelings, thoughts, and judgments (for example, my very painful divorce has made it difficult for me to trust a romantic partner again). Emotional disclosures can increase intimacy because they allow the listener to confirm and support the self-view of disclosure. [9] The transition from impersonal sharing to personal facts is essential to building intimate relationships. One must feel welcome in order to feel comfortable enough to express one's self. Without acceptance, one partner will withdraw and fail to disclose personal facts in the relationship. Sharing ourselves also takes us out of our imaginary world and allows us to see the reality of the world in which we live. [8] We are most comfortable sharing with those we like and feel like us. There is also evidence that someone who introduces themselves to more intimacy is more likely to facilitate self-disclosure and intimacy with the recipient. Thus, self-disclosure breeds intimacy. [9] This is why we reveal ourselves the most and discuss a variety of topics with our spouses and loved ones. [2] We often consider our self-disclosure to be higher than our partner's, which can cause feelings of pain. It is difficult for humans to accurately assess how fully others express to them. [5] Individual differences in reciprocal self-monitoring According to Snyder (1974) self-monitoring are personality differences in the level of individual preferences for self-expression and self-presentation. [10] Self-monitoring is impression management where a person checks the situation and behaves accordingly. Although self-monitoring is measured on an ongoing scale, researchers often group individuals into two types: high and low self-monitoring. Low, which is a high self-sufficient monitor tends to examine the situation more closely and adjust their behavior to fit in with others in the scenario. High self-monitors tend to behave more kindly and extroverted to be liked by peers. Low self-monitors do not do this and tend to follow their own emotions and thoughts when behaving in public. [11] Because they are more in line with social cues, high self-monitoring is generally better at assessing the level of intimacy a partner expresses. By paying attention to these cues, high self-monitors tend to reciprocate evenly in their self-disclosure. [12] This can be explained by reciprocal norms because high self-monitoring can take these cues easily and know that they need to respond with their own disclosures. It can also be explained by the theory of social exchange. Research shows that high self-sufficient monitors are more uncomfortable when paired with low self-contained monitors because low self-monitoring does not tend to reveal intimate details so that the balance in the conversation is uneven. High self-monitoring is also proven to be a conversation pace-setter and generally initiates and maintains the flow of conversation. [12] Their moods in a positive mood have been found to reveal more intimate than those in negative moods. This may be due to the effect of information in which happy people tend to access more positive information which causes them to behave more optimistically and confidently. Unhappy people tend to access more negative information which increases the likelihood of careful, pessimistic, and controlled communication. [13] This may also be due to processing effects, in particular the effects of assimilation and accommodation. The effect of assimilation relies on a person's prior knowledge to guide their behavior in situations and the effects of accommodation depend on careful monitoring of the situation and greater attention to concrete information. Assimilation processing is ideal for safe and routine situations while accommodating processing is for problematic situations. Happy people tend to use assimilation processing, which leads to bolder and direct disclosures, while unhappy people use accommodating processing, which causes them to be more careful in their disclosures. This accommodating effect for unhappy people tends to increase reciprocity because these people will match the level of disclosure of their partner but will not go beyond that. [13] However, it can also be said that being depressed, anxious, or scared (which would be classified as a negative mood state) can be disclosure as well. The exception to this is loneliness, for lonely individuals have shown a decrease in the rate of self-disclosure. [1] Gender Whether one gender is easier or not is a fierce debate in social psychology, but the identity of sex roles plays a large role in the number of people chosen for to another. Androgynous people express more intimate cross-context than people who are not masculine and feminine. [1] Research findings on gender differences in self-disclosure are mixed. Women reveal themselves to improve relationships, while men reveal themselves relative to their controls and vulnerabilities. Men initially reveal more in heterosexual relationships. Women tend to put more emphasis on intimate communication with same-sex friends than men. [14] In relationships, there are still other factors that contribute to the possibility of disclosure. While people with high self-esteem tend to reveal themselves more, the opposite is also true, where self-esteem is enhanced by the disclosure of a partner. [15] In men, self-disclosure and the level of disclosure they perceive from their wives correlate positively with their self-esteem. For both sexes, the state of the relationship and the feelings associated with it are major contributors to how much each partner expresses themselves. Husbands and wives in relationships characterized by satisfaction, love, and commitment assess their own level of disclosure as well as their perception of their partner's disclosure. [5] Additional individual differences Being shy reduces self-disclosure. Among men, those who are or appear to be tougher are less likely to express and express themselves. [1] Motivation for disclosure is also important: do individuals need to show themselves in a certain way to gain certain benefits, and does self-disclosure match a person's ideal sense of self? We want to present ourselves in ways that we feel are in line with our own concepts, and what we tell others about ourselves is often how we really are. [1] Sexual disclosure is the act of expressing one's sexual preference to another, usually to a person's sexual partner. This allows a deeper level of understanding between two people and fosters more intimacy as a result of disclosure. Likewise, relationship satisfaction was found to correlate with sexual disclosure. For men, a high rate of sexual self-disclosure predicts higher relationship satisfaction, although this is not found to apply to women. However, sexual satisfaction is associated with higher rates of sexual self-disclosure for both men and women. Further, those who revealed more sexually had been found to have less sexual dysfunction. [16] In marriage Self-disclosure is a method of maintaining relationships, which aims to keep couples satisfied with their relationship. Partners learn communication systems and disclosure is a big part of building that system, which has been found to be very beneficial in very satisfying relationships. [5] Significant positive relationships have been found between several measures of relationship satisfaction and the level of couple disclosure on Social Scale. [17] Furthermore, compassion and support are given to most in the most important way through marriage. Surveys conducted by various researchers have found that people list marriage as a major form of intimacy. Couples feel responsible, because they need to be responsive to their partner's self-disclosure, more than they feel obligated to respond to the disclosure of people in their other relationships. [4] In a study by Laurenceau and colleagues, some differences were found in couples' satisfaction based on their daily record of self-disclosure in their daily interactions. The results suggest that actual disclosure in the self-disclosure process may not be the only factor facilitating intimacy in relationships. Husband intimacy is most strongly predicted by self-disclosure, while being considered responsive to disclosure is a stronger predictor for a wife's feelings of intimacy with their husband. [4] A different study found evidence of a wife's perception of their husband's self-disclosure as a strong predictor of how long a couple would stay together. Those who think their husbands don't share enough are likely to break up sooner. These findings are related to the idea of positive illusions in relationship studies. [5] For husbands, the actual act of self-disclosure shows more of their feelings of intimacy with their wives. On the other hand, wives are considered to appreciate feelings more understood and validated by their husband's response to their disclosure, and this is a more important factor in their feelings of intimacy in their marriage. [17] In relation to these findings, husbands who reported the highest ratings of global marital satisfaction showed the highest



rankings in daily intimacy. Similarly, wives who rated their global satisfaction highest also had higher levels of daily intimacy. Greater marital satisfaction was found among those with higher intimacy ratings. Further, couples with high levels of demand withdrawal communication rated their average daily intimacy much lower. This indicates a relationship between a person's overall marital satisfaction and the amount of intimacy in a relationship, although there is no cause-and-effect that can be proven by current research. [4] Self-esteem has also been found to be a predictor of satisfaction, with couples showing high self-esteem and high levels of self-disclosure being the most satisfied in their relationships. [17] More disclosure of unpleasant feelings led to a lack of marital satisfaction in recent research, and disclosure was influenced so emphasized, because the feeling of lack of attachment with the partner promotes a decrease in self-disclosure. Likewise, less intimacy leads to more negative disclosures between couples. [18] However, findings by Tolsted and Stokes (1984) showed that the depth of actually increases when the intimacy of a relationship decreases. The extent of disclosure decreases with intimacy declining as originally predicted, but couples actually reveal more. It is speculated that these results arise because strained relationships cause couples to limit their communication topics (broadly), but they are also more willing to discuss a very intimate subject: the negative one. Thus, while they share more deep, most are in a negative light. The researchers then speculated that people might actually avoid revealing very personal facts in the most satisfying relationships because they feared that their positive relationships would be negatively affected. [2] Over time, disclosures in marriage have been found to decrease, often around the time a couple reaches their 40s. It is recommended that at this stage the partners know each other quite well and are very satisfied with what they have communicated. [17] Process People first reveals facts then emotions and reveals most of the positive information in the early stages of the relationship. Some speculate that the disclosure and response of each partner leads to intimacy between couples, and these exchanges accumulate into a global and positive evaluation of the relationship by the spouse. In support, research shows that couples who report greater levels of intimacy in self-reporting from their daily interactions are also those who report an increase in a functioning global relationship in their marriage. [4] Furthermore, the importance of disclosure in a relationship may change over time as it relates to various relationship factors, such as responsiveness and love, especially at the beginning of a relationship. [5] The effect of group size disclosure also changes with the increase in group size. As a group gets bigger, people become less willing to disclose. Research has shown that individuals are more willing to disclose in group two than in larger groups and more willing to disclose in groups of three rather than four. Actual disclosure mimics a willingness to disclose as individuals reveal more partners than they do in larger groups. There are also gender differences in disclosure depending on the size of the group. Men feel more inhibited in dyad, match the intimacy of disclosure from their partners, and offer no further information. Women, on the other hand, feel more inhibited in larger groups and reveal more personal information in dyads. [19] Environmental effects are a factor in self-disclosure. Environments have the potential to guide a person's decisions personal information in a deeper level. According to Altman, a quiet, dimly lit sitting restaurant might make someone more willing to open up to others than an uncomfortable seat in a hard eater. Emphasis on lighting indicates that dim conditions are considered more intimate. Environments can also be manipulated to meet privacy and personal disclosure purposes. In therapy Almost every school of thought agrees that self-disclosure is a necessary element of therapeutic techniques. Self-disclosure by therapists is often thought to facilitate increased disclosure by clients, which should result in increased understanding of the problems at hand. This helps to recognize therapeutic relationships as a fundamental source of healing.[20] as an alliance between clients and therapists founded on the self-disclosure of both parties. In some ways it is similar to modeling appropriate social behavior. Building a common interest between therapists and clients is useful for maintaining a level of reality. [21] Building such interests is particularly beneficial in therapist relationships with children, especially adolescents, who need to understand that therapists are not the authority to fully benefit from therapy. [22] In self-disclosure studies in therapy, two types have been identified: immediate and indirect. The disclosure immediately shows a positive view of the therapist's process in which the two are involved and communicates feelings and information involving themselves about the therapist's professional background. Many see the benefits of this type of disclosure. Non-immediate disclosure, however, is revealing more about therapists than their professional background and includes personal insights. This type is somewhat controversial for psychologists in the present; many feel it may be more detrimental than beneficial in the long run, but there are significant findings that contradict this claim as well. [23] Furthermore, there are two methods that therapists use to express: direct and indirect. Direct disclosure gives clients information about personal feelings, background, and professional issues. Indirect disclosures are those that are not explicitly given, such as pictures on therapists' tables and walls or wearing their wedding ribbons. [24] The therapist's reason for sharing the study's information has been to ask therapists to report their reasons for disclosing it to clients. The most common reasons are: to answer questions directly from the client, to help calm the client's feelings of loneliness, to express understanding, to lower the client's level of anxiety and to make their feelings seem more normal, and to build relationships. [24] Topics discussed by therapists who reveal themselves in their sessions may vary. The preferred therapeutic approach and effectiveness of the treatment are two of the most common. Many also express their views on raising children, methods of coping with stress, items that respect to the client, and emotions that will validate those that the client has expressed. Anecdotes about sexual attraction, dreams, and personal problems seem to stem disclosed to the subject with the least frequency by the therapist. [23] The history of the therapist's disclosure history has been a journey largely based on the therapist's perspective. Early psychodynamic theories strongly disagree with the incorporation of self-disclosure therapists in client-therapist relationships. Ferenczi especially maintains his belief that self-disclosure is most important in children's therapy for trauma in that a neutral flat therapist will only cause the child to relive the trauma. [25] Object relationship theory wants clients to be able to see how they are viewed by others and how what they share is seen by others, and the best way to operationalize these factors is through a trusting relationship with a therapist who also reveals. The theory of self-confidence is the same as the theory of object relationships. The school of intersubjective and relational thinking encourages disclosure because of its ability to bring subjectivity into therapy, which they consider to be a necessary element for real healing. They maintain that therapeutic relationships cannot be initiated and changed without deliberate disclosure from therapists and clients. [23] In contemporary view, most agree with the inevitability of self-disclosure in therapy. Humanistic theory wants to trigger personal growth in clients and feels that a strong relationship with a therapist is such a good facilitator, during the disclosure of the original therapist. Seeing that weakness and struggle is common among all people, even therapists, is useful for clients in the setting of humanistic therapies. In order for existential psychologists to be able to help clients, they try to reveal their own coping methods to serve as a source of inspiration to find their own answers to life's questions. For therapists who value feminism, it is important to express personal feelings so that their clients have total freedom to choose the right therapist and to eliminate power fights in therapeutic settings. The always popular approach to cognitive behavior also encourages disclosure in therapy so that clients can normalize their own thoughts with others, have their minds challenged, and reinforce expectations and positive behaviors. [23] Humanistic theory has become the highest in self-disclosure rankings as part of their normal therapeutic methods. Obviously, today's therapists largely support disclosure in therapy, since such early psychoanalytic taboos are slowly overridden through the recognition of many schools of thought. Most identify the benefits of self-disclosure in facilitating beneficial relationships and helping achieve therapeutic goals. [23] Its benefits are useful for discussing personal issues in for a variety of reasons. Certain types of disclosure are almost universally recognized as required in the early stages of therapy, such as therapeutic approach to use and special characteristics of therapists. [22] Disclosure with other individuals facilitates closeness in that relationship and is strongly believed to lead to a deeper understanding of the self. [23] A person will often see their disclosure in a more
positive perspective if shared with others. It is thought that revealing details of traumatic experiences can be helpful with related thought organizations, and the process of retelling itself is a healing method. Understanding between therapists and clients is achieved when clients can share their perceptions without feeling threatened by unwanted judgments or advice. Further, expressing emotions reduces the toll of the autonomic nervous system and has been shown in several studies to improve overall physical health in this way. [1] A revealing therapist invites their clients to compare cognitive perceptions and may be aware of their own distortions. [22] This disclosure does not need to be verbally beneficial, as writing about trauma and positive experiences has been seen to generate less psychological and physiological distress. The Pennebaker Writing Disclosure Paradigm is a method commonly used in therapeutic settings to facilitate writing about a person's experience. Exposure theory also offers support in reviving and talking about negative events should help negative influences to be more accepted by overtime individuals through extinction. [1] A study by Watkins (1990) formulated four hypothesis models for the use of self-disclosure in therapy sessions. Heavily supported is the idea of togetherness: disclosure by one leads to disclosure by the other. The modeling hypothesis suggests that the client will model the therapist's disclosure, thus learning expression and gaining skills in communication. Some argue for a strengthening model, saying that the use of self-disclosure by therapists is purely to reinforce self-disclosure in their clients. Lastly, the social exchange hypothesis sees the relationship between clients and therapists as interactions that require guidance: self-disclosure. [26] An increase in self-reported clients when therapists have used disclosure in high therapy. [22] Regardless, the benefits of validating a client's thinking through self-disclosure have proven to be largely beneficial in the therapeutic scope. Research also shows the detrimental effects of keeping secrets, as they serve as stress over time. Hiding a person's thoughts, actions, or illnesses does not allow the therapist to examine and work through the client's problems. Unwanted thoughts, feelings of anxiety and depression, sleep problems, and many other physiological, psychological, and physical problems have been seen as the result of cutting important information from others. [1] [1] Clients with adjustment disorders, anxiety disorders, mood disorders, and post-traumatic stress disorders have been considered to use the most self-disclosure techniques. Therapy sessions for personality disorders, behavioral disorders, impulse control disorders, and psychotic disorders seem to use self-disclosure therapists much less frequently. [23] The effect on the client's view of the therapist's self-revealing therapists, especially information that validates or reflects the information disclosed by the client, has been assessed in studies consistently as showing more warmth and becoming friendlier. [22] A study using participants who imagined themselves in hypothetical counseling situations found that the therapist was responding What would you do if you were me? when asked by clients, it is seen as more socially attractive, more expert, and more trustworthy. Their fondness is enhanced by their willingness to disclose to their clients. The three dimensions mentioned have been said to be very important when determining one's liking. [24] However, these therapists can also be viewed as less professional for this disclosure. In addition, a therapist who reveals too often risks losing focus in sessions, talking too much about themselves and not allowing clients to actually harvest the benefits of disclosure in sessions through client-focused reflection. [23] Many studies have found that successful therapeutic treatments are improved when the client has a very favorable view of the therapist. [24] The environmental contribution to client disclosure of the Atmosphere in which therapy takes place is also very important. Research shows that architecture and soft décor in a room promote disclosure from clients. This is achieved with carpets, framed photos and soft lighting. It is thought that this environment more closely mimics the arrangements in which friends will share feelings, and a similar effect is facilitated between counselors and clients. Further, a room should not be too small to foster good disclosure from clients.[1] The effectiveness of the efficacy of self-disclosure is widely debated by researchers, and the findings have yielded a variety of results, both positive and negative. A typical method for researching such ideas involves self-reports from therapists and clients. Evaluation of the therapists on the positive effects of their self-disclosure is much more positive than the clients' self-report. Clients are very likely to assert that the disclosure of their therapist helps in their recovery if the disclosure is considered more intimate in the content. [24] Clients report that disclosure is helpful when they encourage relationships with therapists, building trust in the abilities of therapists and their general people, creating the feeling of being and make the therapist seem more human. Most of these results, however, are related to how skilled therapists are at disclosing. [24] Any risk of revealing information that can reverse the therapeutic effects or switch the role of therapists and clients is considered the most detrimental. Therapists should choose wisely in what they express and when. Clients who suffer greatly or face dire crises are unlikely to benefit much from the therapist's self-disclosure. If the client at any point feels he is, should act as a source of support to the therapist, disclosure only impedes the healing process. Further, clients may become overwhelmed if their initial therapeutic ideas do not include the level of self-disclosure of their counselors, and this will not lead to successful therapy sessions either. It's also risky to reveal too much about therapists because clients may start to see healers as flawed and untrustworthy. Clients should not feel like they are in competition for time to talk and express themselves during therapy sessions. [22] Despite contradictory findings, self-disclosure is still often used in therapies and is often recommended. The American Psychological Association supports the technique, calling it promising and possibly effective. [23] However, therapists are advised to use light-frequency self-disclosure, to disclose more immediate disclosure information, to maintain minimal intimacy, and to keep focus on the client immediately after disclosure to ensure optimal effectiveness in therapy sessions. [23] Therapists disclose themselves in ethical counseling settings as long as the client is not harmed or exploited. [22] Statements involving self-involving therapists who use self-involving statements tend to facilitate valuable self-disclosure from their clients. Using my statement, a therapist exudes a certain level of care that many clients do not feel, and they tend to benefit from this feeling of being treated. In the case of therapists who need to provide feedback, self-involving statements are almost inevitable, since they must express the correct opinion of what the client has expressed. My statements of this kind, when used correctly and professionally, are usually viewed as validation especially by clients. For the most part, the use of self-involved statements by therapists is seen as a way to make interactions more authentic to clients, and such exchanges can have a major impact on the success of the treatments faced. [22] Marriage therapy Couples therapy often centers on creating more intimacy in a relationship. Couples are encouraged, or even required, to emotions and feelings that are not expressed to their partner. Partner responses are practiced to be nonjudgmental and accepting. Therapists use techniques such as exercise and teaching listening skills. Some Some that this is a bit of a long-term help to the partner because in their real life, there is no mediator or guiding the hand of the therapist when one reveals to the other. [27] Given that self-disclosure is related to the husband's marital satisfaction rating, teaching the couple the right way to reveal each other may be a highly beneficial skill therapist that can be used both for prevention and treatment in therapy sessions. [17] During childhood While trying to become more like adults, seeking greater independence, and learning to be more independent, children also seek to facilitate equality relationships with their parents. Such goals, as universally reported by young people, can affect how they disclose to their parents to a large degree. [28] The disclosure of children with their parents has been studied by many, especially recently, following the discovery of a positive relationship of disclosure with the degree of adjustment of children and psychological and physical health. Some go so far as to use the level of self-disclosure between parents and children as the dominant measure of the strength of their relationship and its health. [29] The purpose of disclosure In adolescent relationships with their parents, self-disclosure is considered to serve three main functions: Intimacy is promoted. When information is withheld, distance is created and proximity is almost impossible to facilitate. [30] Autonomy is regulated. Teenagers choose what to say to their parents, thus limiting their control over the daily activities of adolescents. [30] Individualization increases. The unique preferences and interests of adolescents are expressed. If this varies from their parents, they establish their own identity. [30] Children are still trying to maintain some control over their parents'
knowledge of their lives by monitoring how and when to disclose to them. Thus, they moderate the potential reactions of their parents. Therefore, it is important for parents to be aware of how they react to the disclosure of their children, since this reaction will be used as a judgment call to share children in the future. [30] The reason for Often, the reason for the reveal given by the children in the study was based on the expectations of parents: I had learned that [Mom or Dad] wanted to have this information. It is adaptive, because the child has learned what their parents want to know. Other times the reason is that children don't want their parents to worry about them, and this is called parent-centered disclosure. Revealing to make yourself feel better or to be sure from parents is considered another reason for teenagers to disclose, and it is called self-oriented disclosure. On a more manipulative level, some teens report saying their parents' things are based solely on benefiting of some kind, whether this is the right to disclose less or the fact that being more open tends to result in more teen privilege. Sometimes children qualify their disclosure by simply stating that they are simply revealing what they feel they want to their parents. Thus, some information is kept secret. This is dubbed selective self-disclosure. In short, teens feel a different pull that makes them reveal themselves to their parents that can be based on the needs of parents and the needs of children. No different patterns have yet been found to predict which reasons will be used to explain disclosures by different children. For this reason, it is widely believed that the reason for the disclosure depends largely on the situation and context. [29] The benefits of children's self-disclosure to their parents are the dominant source of information for parents to gain knowledge about their children and their daily lives. Parents' knowledge of their children's whereabouts and daily life has been linked to some positive results. The more parents know about their children, the lower the level of behavioral problems among children, and the higher the welfare of children. Teens who revealed had been found to have lower rates of substance abuse, lower levels of risky sexual behavior, lower levels of anxiety, and lower levels of depression. [28] In addition, they are well tailored, which means they show the qualities discussed above, generally want and enjoy parental engagement and tend to reveal more. [30] Conversely, keeping secrets from one's parents has been linked to more physical illness, bad behavior, and depression in all cultural groups. [29] Many theorize that in at least one significant relationship one must feel able to express almost completely in order for a healthy personality to develop. [30] Although parental behavioral control was once considered to provide the greatest benefit to children in limiting their activities and serving as a source of forced protection, more recent research has strongly shown that disclosure to parents who provide parents with information about daily activities actually shows the greatest promise in fostering positive development through childhood and adolescence. [28] Reciprocal development in children's self-disclosure is often examined in children's friendships. It has been shown that children's understanding of friendship involves sharing secrets with others. This secret sharing exchange can become a reciprocal norm, where individuals disclose therefore social norms. This reciprocal norm is proving to be starting to happen for children in sixth grade. Sixth grade is able to understand reciprocal norms because they realize that relationships require both partners to work together and exchange secrets. They are aware of this because they have the cognitive ability to take other people's perspectives into and be able to understand third-person views that allow them to see friendship as an ongoing systematic relationship. [31] Children in sixth grade were also shown to understand equal reciprocity. Equivalent reciprocity requires matching the level of intimacy that a partner expresses, therefore, the disclosure of high intimacy will be matched by equally revealing disclosure while the disclosure of low intimacy will be matched with the little information revealed. Another type of reciprocity is covariance reciprocity, where disclosure is more intimate if the partner communicates the disclosure of high intimacy rather than the disclosure of low intimacy. This differs from equivalent reciprocity, which matches the level of intimacy, while covariance reciprocity focuses only on whether a person reveals something personal or not. Covariance reciprocity proved to start in the fourth grade. [31] It has also been shown that girls of all ages disclose more intimate information than boys, and that the number of disclosures a child reveals increases with age. [31] Influencing early study factors noted two different factors that contributed to how much the child revealed themselves to their parents. The first is the intraindividual factor, which is what is on the child's mind and causes them to need social input. Biological development, cultural and social pressures, and individual maturity determine these problems, and, as such, a child's age, personality, and background also contribute to their level and the need to express themselves in relationships with parents. [30] A second set of factors is called contextual factors, which include opportunities and situations that individuals must express as created by the sociocultural environment. This is the most directly related, then, to the target disclosure. [31] This target is an old man. [30] Also, gender contributes: girls are known for usually expressing their problems, mostly to their mothers, while boys reveal more about bad grades, behavioral conflicts, and other problems to both parents. [30] Certain people are more likely to make others express it. It's called a high opener. Even people known to reveal very few are likely to reveal more to a high opener. So, if parents are characterized as good listeners, trustworthy, accepting, relaxed, and sympathetic, as is the case with high openers, then they will likely bring up more disclosure from their children. Teenagers who look at their parents like this are also said to see them as lacking and less likely to react negatively to their disclosures. Parental responsiveness has been said to be the dominant factor of influence on adolescent self-disclosure rates; warmth and compassion facilitate more disclosure. [30] Parental psychological control has also been associated with increased self-disclosure of personal problems and peer problems among adolescents. While this kind of thing not often thought through in a positive light, some hypothesize that these children may simply feel compelled to express subtly and without being harmed. Much of what children choose to disclose to their parents is based on previous disclosures and their parents' reactions to them. [29] Feelings about parent-child relationships during a person's upbringing were also found to correlate with the disclosure of the child to parents. A child with a positive memory of their relationship with a parent over the past few years is a predictor of a higher level of self-disclosure. In fact, the view of parent-child relationships in the past is a stronger predictor than the child's view of the current parent-child relationship. Relationships with mothers, in particular, greatly predict disclosures from adolescents. Such findings suggest parents that fostering a safe attachment early in their children would be better off setting the stage for disclosure in later years, and their children could then reap the benefits of such relationships. [28] Adolescents can determine the amount of authority of their own parents over a particular issue by how much or how little they choose to disclose to their parents. [30] The survey revealed that they were least likely to share information involving their feelings and personal activities. They actively refuse to disclose this to their parents because they don't see the problem as dangerous, or they feel their parents won't listen to them, or because the issue is very personal to them. [29] The way teenagers regard their parents' authority as legitimate has largely impacted on how much they feel obligated to disclose to them. The more authority children believe their parents rightly have, the more obligations they assume to share their lives accordingly. [29] Parents who attempt large levels of psychological control over their children are unlikely to be expressed as often as possible, which only makes sense logically given the fact that most children seek a sense of autonomy. [28] Teenagers have been found to feel the most obligation to inform their parents about activities such as drinking and smoking but are less likely to disclose information about personal issues. Not surprisingly, less obligations are felt with age. [30] Contrary to popular belief, most teens in the U.S. do not consider themselves adults between the ages of 18 and 27, and their parents feel the same way. The age at which children feel they are no longer obliged to disclose to their parents has over time, and similar trends are predicted over the next few decades. [28] Often, the motivation to express negative behavior is purely because children are afraid that they will not get away with it or feel obligated to share. Teenagers also want to reveal more if they feel that outside their own jurisdiction. Jurisdiction is measured, in the minds of teenagers, as how short and closed the activity is. Short-term, close activities are rated as activities that should be addressed without disclosure to parents, while activities that will take longer or require teenagers to be further away from home are considered a matter for discussion
with parents. [29] Event inhibitions and certain characteristics of parent-child relationships make disclosure impossible:[30] Mood: Nervous, angry, or unhappy parents make children less likely to disclose[30] Preoccupied: Parents who seem inaccessible to their children do not receive good disclosure[30] Reluctance: When parents seem unwilling to talk about problems or consistently avoid certain topics of conversation : Teenagers are disturbed by the constant questions their parents ask about them[30] Respect: Children do not express as much if they feel their parents do not take them seriously[30] Ranting: When parents seem to hog on ins important things, children become frustrated[30] Previous disagreements: Adolescents are unlikely to disclose whether their parents previously expressed disapproval of the issues they wanted to discuss[30] Factors that prevent future disclosure events and characteristics of parent-child relationships make the child less willing to disclose to that parent in the future: Distraction: If the parent appears unconsiderate, the child is unlikely to try to express in the future[30] Respect: Parents who make jokes about the disclosure or teasing of their children prevent future discussions[30] Lack of trust: Children are unlikely to disclose again when parents have expressed doubts about their previous disclosures or examined information that has been disclosed : Parents who interfere with their children do not encourage future disclosure[30] Lack of linkages: Children will no longer disclose if they feel their parents are not trying to understand their position in previous disclosures[30] Lack of reeps: Parents who do not seem to care about the child's thoughts on matters and who will not listen to arguments preventing future disclosure[30] Confidentiality : Children feel less inclined to disclose in the future if their parents do not keep their disclosures secret[30] Emotions: Parents who have an angry outburst do not encourage further disclosure of their children[30] Consequences: Disclosures that result in punishment serve as a desperation for future disclosure. In addition, long lectures from parents are not viewed favorably[30] Disappointment: When disclosure has made parents disappointed or sad in their child, the child feels less inclined to disclose again[30] Silence: Parents who respond to disclosure with silent care are unlikely to facilitate later disclosure[30] Cutting Cuts If prior disclosure results in parents withholding permission for children to participate in activities they want, children often do not disclose such information again later[30] Event Facilitators and certain characteristics of parent-child relationships make disclosure possible: Mood: A positive (happy and relaxed) mood in parents makes teens more likely to start expressing[30] Accessibility: When parents seem ready and able to chat without doing anything else, children want to reveal to them[30] Opportunities: Parents who make time for the child, start conversations, and quick disclosure (perhaps with humor) usually facilitate disclosure from their children[30] Reciprocal disclosure: Children are encouraged if their parents choose to express things about themselves[30] Question: Open questions give teenagers the motivation to express[30] Attention to the child's mood : When a parent recognizes a child's affective state, children feel cared for and tend to be open to discussing the causes of that mood[30] Unconditional disclosure: Children feel encouraged to disclose when parents make a point of telling the child to reveal themselves no matter what[30] Speed: Letting children choose how and how quickly they express makes them more likely to reveal things to their parents[30] Speed: Letting children choose how and how quickly they express makes them more likely to reveal things to their parents[30] 30] Factors that drive future disclosure of Events and certain characteristics of parent-child relationships make the child more likely to disclose to that parent in the future: Support: Previous disclosures that have made the child feel emotionally supported positively affect whether they will disclose to parents again[30] Humor : Parents who can appreciate humor in disclosure , if appropriate, encourage the child to disclose again[30] Reciprocity: Parental disclosure makes the child more likely to disclose to that parent again[30] Understanding/empathy: Parents who make a clear effort to understand the position of the child make the child more likely to share in the future. [30] Caution: Children are likely to reveal again when they believe their parents will give them full attention without interruption[30] Appreciation: Parents expressing to their teens that they appreciate their disclosures encourage them to reveal again if they feel their parents take them seriously[30] Child confidence: Parents who express their confidence in the child's ability to deal with their problems are likely to be revealed in the future[30] Belief: Adolescents will want to disclose to their parents again if they believe that disclosure will be confidential[30] Advice: If parents offer good advice and help with adolescent problems, they are asked to discuss things with parents later on[30] Reaction: Parents will often be informed of their children's again if they are them their reaction to the quiet disclosure[30] Discussion: Children prefer to talk about their problems, so if adults are willing, children will likely often open up to them[30] Reactivity: Adults who consider the arguments of children and hear them encourage these children to express their thoughts again[30] Results: If permission for adolescent desire has been granted after disclosing in the past, the child is more likely to disclose in the future[30] On the Internet There are four main differences between online communication and face-to-face communication Advance. The first is that internet users can remain anonymous. Users can choose what personal information (if any) they share with other users. Even if users decide to use their own name, if communicating with people in another city or country they are still relatively anonymous. The second is that physical distance does not limit interactions on the Internet as happens in real life. The Internet provides the ability to interact with people around the world and the opportunity to meet people who have similar interests that someone may not have encountered in their offline life. Visual cues, including those related to physical attraction, are also not always on the Internet. These factors have been shown to influence early attractiveness and relationship formation. Finally, internet users have time to formulate conversations that are not allocated in face-to-face conversations. This gives users more control in the conversation because they don't have to give a direct response. [32] Online interaction features that influence anonymity disclosure can allow individuals to take greater risks and discuss how they actually feel with others. Someone may take this risk because they are more aware of their personal self. Personal self-awareness is when a person becomes more aware of personal features of one's self. This is in contrast to public self-awareness where a person realizes that they can be judged by others. This type of awareness can cause evaluation concerns, where a person is afraid of receiving negative evaluations from their peers. Public self-awareness is also associated with conforming to group norms even if they defy personal beliefs. [33] Thus, the absence of visual cues from partners in Internet discussions can activate one's personal self which encourages self-disclosure. This is because the exes are not worried about being judged by the public and able to express their own personal thoughts. [34] Anonymity also helps in the construction of identities. A person can change their gender and the way they relate to people anonymously. This can increase life satisfaction because those who can identify with multiple roles are shown to be more satisfied. Since the Internet can allow a person to adopt these roles, that a close person may not accept can increase their self-worth and acceptance. [32] The anonymity that comes with Internet communication also makes it easier to reveal one's true self. True self, as described by McKenna and his colleagues includes traits that a person has but cannot freely share with others. What they share is an actual self that includes the traits they have and can be displayed in social settings. The real self can be more easily presented in face-to-face conversations because the actual self of a person may not conform to social norms. Revealing one's true self has been shown to create empathic bonds and help in forming close relationships. [35] Anonymity can also help stigmatizing groups reveal their true affairs and allow them to come together to discuss aspects of one's self that cannot be discussed in one's social circle. It can help them in life because it allows them to form the same group of others and the opportunity to receive emotional support. It has also been found that those who join these groups and reveal their identities are more likely to share this aspect of themselves with their close family and friends. Sharing these old secrets has also been shown to significantly reduce health symptoms over a long period of time. [32] There are some negative consequences for being anonymous on the Internet. Deindividuation, in which self-awareness is hindered by environmental conditions, can occur and is problematic. Some of the consequences of deindividuation include reduced ability to control one's behavior and engage in rational, long-term planning, and a tendency to react immediately and emotionally. Someone who lacks this self-awareness also tends not to care about what others think of their behavior. This can all lead to increased hostility towards others and
the formation of anonymous hate groups. [32] There are also some negative consequences for forming some self. If this identity is not integrated it can lead to an incomplete sense of self. They can also be brought into the real world and lead to delusional and unrealistic behavior. [32] One drawback of all connections that can be formed online is the effect of so-called large amount illusions. This effect means that people overreact to how many people have the same opinions as them. This can be very dangerous if a person holds a negative view of a particular group because they may not realize that their views are very different from the mainstream. [32] Lack of visual cues and physical attractiveness Physical attraction plays an important role in whether the two will start a relationship. In face-to-face conversations, if the initial attraction does not exist, the relationship is less likely to form. This, however, plays no role in Internet communication. Online relationships should be formed based on things like similarities, values, values, or interesting conversational style. Since these relationships are formed at a deeper level they may be more durable and more important for individuals. Invisible also helps in presenting the ideal quality (attributes that someone would ideally like to have) to other users because there is no information that contradicts what they say, the way it exists in face-to-face conversations. This can help a person make this ideal quality a social reality because when a person confirms these traits, individuals can make them part of their concept. [32] A person is also preferred on the Internet than in face-to-face conversations. Even if partners think they are communicating with two different people they still like people from the Internet more than face-to-face interactions, even though they are the same person. This greater fondness also continued after initial interactions on the Internet when couples met in person. This greater fondness can occur due to a lack of physical information. Physical attraction plays an important role in the formation of impressions and once these views are formed they are unlikely to be altered even when presented with new information. Because people who communicate online cannot rely on the appeal of these factors may not play a role when they end up face to face. Increased disclosure can also foster this fondness because intimate disclosure is associated with increased intimacy. [32] Online disclosure is generally viewed as more intimate than face-to-face disclosure. Because there is a lack of nonverbal cues in Internet communication, many people form biased perceptions about their communication partners. The minimal cues available in computer-based communication are often more interpreted and the person will attach greater value to them. For example, if there seems to be a similarity between the two communicating, a person can intensify this perception and appeal their partner. This all then increases the perceived intimacy of the reveal. [36] People's physical distance and familiarity are more likely to form relationships with those within close physical distance of them. Individuals are also more likely to initiate interactions with someone seen regularly, suggesting that familiarity also affects interactions. Communicating on the Internet can allow individuals to become familiar with those who frequently visit the pages they confide in by recognizing usernames and pages. Regardless of how far these people might go from each other, they are all in one confined space on the Internet that can give you the feeling of being in the same place. The Internet also brings together people who may not have because of physical distance. They can also go to specific websites where people share the same interests so they enter conversations knowing they are having something in common. This may contribute to why Internet relationships are formed so quickly. These online users do not have to go through the traditional stages of required face-to-face interaction to find the same interests. These face-to-face interactions usually take longer to find common ground but online users can dive right into the conversation. [32] The speed and control of Internet communication conversations differs significantly from face-to-face conversations in time and paced conversations. For example, both users don't need to be online at the same time to have a conversation. Email, for example, allows individuals to send messages and wait for replies that may not come for hours or even days. This can allow many people to stay in touch, even if they are in a different time zone, which significantly expands the range of communication. [32] This communication also allows a person to take their time when talking to someone. They don't have to have the direct response that a face-to-face conversation requires. This allows them to select and edit their messages carefully and gives them more control over the side of their conversations that they won't have outside the Internet. There are also no interruptions in online communication that occur in face-to-face conversations. A person can hold the floor and say little or as much as they want in this communication, allowing them to fully shape their point. [32] These controls help users to take greater risks by revealing themselves online. These people also began combining their Internet lives with their non-Internet lives and engaged in an exchange of presence controls. In this exchange, internet users begin their relationship with relatively high control and gradually trade it for physical closeness as their level of comfort and knowledge of others increases. This seems to be the Internet version of the theory of social penetration, in which individuals have an exchange of mutual self-disclosure. As relationships develop in face-to-face communication, individual disclosures gradually become more revealing and cover a variety of topics. This equivalent on the Internet includes partners exchanging conversation controls for physical closeness. These stages of happening can include moving from online messaging, to phone conversations and eventually face-to-face communication. [32] Individual differences In self-esteem The use of social media for self-disclosure has proven to be very helpful for those with low self-esteem. People with low self-esteem are more anxious and socially shy which can make it difficult to form close relationships with Other. This can harm their physical and mental health because feeling connected to others is considered a basic human motivation. Individuals with low self-esteem have reveal to others because they are very focused on not expressing their shortcomings and fear criticism and disapproval of others. Revealing fear, therefore, protects them from the possibility of rejection or neglect. Given these fears, social media can provide a safe environment for people with low self-esteem to disclose personal information because they cannot see their partner's reactions which can help them to express themselves more freely. [37] Although many with low self-esteem view social media as a safe outlet for disclosure, many do not receive positive feedback for their disclosures. People with low self-esteem tend to post more negative thoughts on social media that have been shown to make them less liked by readers. Negative posts are also more likely to be ignored by readers in the hope that the reveal will stop and start posting more positively. When someone who often shares negative thoughts posts something positive, they receive more positive feedback from readers. Conversely, someone with high self-esteem is preferred by readers and tends to post more positively. If they post something negative, they tend to get more responses than those with low self-esteem do. [37] Loneliness Social media can also help those who are lonely. Many social networking sites provide access to profiles, pictures, and the ability to comment and send messages to others that help people feel less lonely. It also helps them in obtaining social capital such as emotional satisfaction and access to information. These sites can facilitate disclosure because they make it easier for others who can provide social support for someone to disclose personal information. Social support is essential in disclosure because it makes disclosure feel validated and cared for. Social support is also positively related to well-being. [38] It has also been shown that having this social support and forming close relationships online reduces overtime loneliness. [39] Some studies have shown that spending too much time on the Internet and forming these close relationships can take time out from existing non-Internet relationships. Ignoring these relationships can make a person lonely in the long run because they can lose this face-to-face relationship. [32] However, other studies have shown that there are certain personality traits that lead to increased loneliness which subsequently leads to increased Internet use. In particular, extroversion and neuroticism have been associated with loneliness, is someone who comes out, enjoys the company of others, needs stimulation, and is spontaneous, while an introvert prefers their own company, calm, and prefers quiet, small meetings. Introverts can often be seen as distant and inhospitable because of this behavior that may explain some of their loneliness. Neurotic people are very anxious, anxious, and react in a disproportionate way to many situations. A person who is high in neuroticism generally has a negative attitude that can push people away and prevent them from forming close relationships that can lead to their loneliness. Both of these groups (introverts and neurotics) have been shown to have increased Internet usage and in particular increased use of social service sites (i.e. chat rooms, newsrooms, etc.). This may
indicate that those who are already lonely are more attracted to the Internet as a means of social networking and not that the Internet increases loneliness. [40] Introverts and neurotic individuals have also been shown to feel more comfortable expressing their true psyche online than in face-to-face conversations and revealing you have been shown to help express to form close relationships. [41] Social anxiety can be very difficult for those with social anxiety to engage in face-to-face communication. These people can become anxious when meeting someone for the first time, talking to someone of interest, or participating in group activities. This can limit their direct interaction and deny them the basic needs of their intimacy and ownership. In the absence of many of these concerns in Internet communication, many with social anxiety use it to form social connections. It has been shown that individuals with social anxiety are more likely to use the Internet to form close relationships. This relationship also proved to be a stronger online relationship compared to weaker relationships (i.e. acquaintances). [32] Forming these relationships can also help socially anxious people express their identity and shape their social identity. This identity often involves the group a person is a part of because belonging to the group is often part of one's self-concept. Someone with social anxiety will be denied this because of their fear of face-to-face interaction. Therefore, expressing with others online gives socially anxious people access to a variety of people with which they can form relationships and belong to groups. [39] People who are socially anxious are also shown to become less anxious over time if they have formed a close online relationship. They have also been shown to expand their social circle in the real world when they have had this time to form online relationships. [39] One possibility for this may be that these online relationships can give anxious individuals confidence in forming relationships outside the Internet. Being able to practice communication online can show them that they are capable of communicating can reduce their anxiety in the face of communication. [32] They are also very likely to bring their online relationships into their offline lives to make them a social reality by sharing these relationships with family and friends in real time Online support groups Online support groups are another place where people from all over the world can gather to express a shared struggle. They provide an environment of mutual disclosure and support. People are more likely to use this forum to discuss personal struggles and express emotions and thoughts related to this struggle than normal discussion forums. There is also a higher level of reciprocity in online support groups than in normal discussion forums and reciprocity has been shown to help people feel valued after revealing. Men and women are also equally likely to use these forums to disclose personal information. [42] Dangers Although there are many benefits to engaging in online self-disclosure there are also some dangers. There is a link between Internet abuse, self-disclosure and problematic behavior. Internet abuse can be defined as, a pattern of Internet use that results in disruption in a person's life but does not imply certain disease processes or addictive behaviors. When a person is high for Internet abuse and high for self-disclosure can lead to dangerous behavior such as sending personal information (address, home phone number etc.) and photos to online acquaintances. High rankings for internet abuse and self-disclosure also positively affect online communication with all types of online relationships. This type of relationship includes long distance relationships, where people have met face-to-face and continued relationships by communicating online, purely virtual relationships, where people meet online and stay in touch just by using the Internet, and mixed mode migration, where relationships begin online and then proceed to face-to-face interactions. The relationship between Internet abuse, self-disclosure and malicious behavior can cause greater problems with the high number of communications this group makes with others, especially those they communicate only online. [43] Children The Internet, while providing mostly with sources of entertainment, knowledge, and the social sphere, is actually a major threat to children because of the ways they express themselves. Their privacy is more at risk than adults because of their openness to the site. Given that they are still developing, the researchers say they are the Cuckoo Processors group between the ages of eight and eleven. At this time, many children use the Internet and do themselves, without guidance and supervise adults / guardians. As such, they must use their own judgment to decide how much information to give in the different ways they [44] As used Parents, they were the only one they could logically belong to together. The idea of the disclosure online is to reveal the abstract world, which they probably won't think of their consequences in the result of their disclosure, and this is what online marketers and predators expect and exploit. Combined with behavioral profiling tracking programs, online predators can build a very detailed image of a child and what they want to do, where they live, their phone number, their school district, and other sources identifying the information they use to encourage children to disclose without them really knowing. A common strategy is the use of brand characters in online games that request information; children are very likely to provide very personal information in this kind of setting. Children's vulnerability online is a product of their cognitive limitations. [44] The theory of use and gratuity is often used to try to explain things like motivation on the Internet. Studies have found that, if applied to internet use by children and their likelihood of disclosing personal information, one can find significant correlations with different types of motivation. Children who use the Internet primarily as a source of information are less likely to provide personal information. Some theorize that these children are only made to be more aware of the dangers of Internet disclosure and more cautious because of this. However, children who cite social contacts on the Internet as their first-order use more often are people who are subject to the efforts of online marketers and predators who seek their personal contact information and behavioral preferences. These children have the goal of social acceptance in mind, and it seems to them that acceptance can be easily gained from sharing and communicating with friends and strangers. Socializing motives reduces privacy concerns, and children will reveal almost everything online for social viewing and response. It was also found that simple incentives are usually enough to bring up personal information from a child. [44] Parents' knowledge of their children's Internet use is rapidly declining. Children are withholding more and more from their parents, including how much information they share over the Internet. Parent-child self-disclosure on this topic needs to be improved if intervention is to help keep children safer online. Notably, there are many parents who have even admitted to allowing their children to lie about their age on social media sites to gain access to them. Parents, as such, are encouraged to remain open to discuss such matters with their children, to use better judgment themselves when making decisions about their children's Internet use, and to their education on how privacy on the Internet is a risky idea. [44] Currently, many regulations are proposed and implemented that will hopefully help protect children's personal information on the Internet. However, this not enough to guarantee a safe exchange of self-disclosure, so adults should still be open to discussions with their children. [44] Self-disclosure education is an important issue to consider in the realm of education. Various ways that can affect social relationships add new and important dynamics to the classroom. There are a variety of outcomes and experiences that students and teachers see from the implementation of self-disclosure in the classroom. Relationships that will be handled through the lens of self-disclosure include student-teacher relationships, student-to-student relationships and how cultural relationships impact the overall situation. The relationship of students to teachers Tone the classroom is governed by the attitudes and behaviors of those who participate in it. Teachers often have the most powerful role in leading the class and how it will interact and connect through the subject matter. The practice of self-disclosure in interactions between teachers and students has an impact on the classroom atmosphere and how the community performs in that atmosphere. The decision to practice self-disclosure as a teacher has many benefits and challenges. Benefits When a teacher engages in self-disclosure with students, it opens a new communication channel in the classroom. As teachers share more information about who they are and their personal lives, students begin to see a new side of their teacher that is more of a person standing in front of their classroom every day. Teachers are seen as real people with their own difficulties and struggles in life. This will allow teachers to appear more relateable with students who will promote better students for teacher communication. Of course, information shared with the class must be appropriate and relevant. Teachers can use concept illustrations using examples from their own lives to connect with specific audiences in the classroom. This relationship with the teacher promotes a more productive relationship. When teachers set the tone for self-disclosure,
students feel more willing to share in self-disclosure practices as well. Teachers demonstrate and help guide students in understanding what information is appropriate to share in public discourse. [45] When students feel more comfortable with the teacher and begin to share more about their own lives, the classroom environment is one of friendship and friendship. Understanding people in the classroom on a deeper level can open up opportunities to provide support to those involved. Teachers can better understand who students are, what they are struggling with, what their strengths are and what they need to succeed. Self-disclosure from student to teacher allows teachers to support students based on therefore provide a better education. Challenges By applying self-disclosure into the classroom, comes a series of negative consequences and challenges. Because teachers share more about their personal lives, students may become too comfortable with the teacher. This can lead to a lack of respect for the teacher or an inability to maintain an appropriate superior relationship. Self-disclosure can blur the role lines between students and teachers, which can interfere with the authority teachers need to maintain their role in the classroom and have an effective teaching persona. [45] It is a case that not all students will be connected to this teaching method. Some students may not choose to participate in this environment which may cause them to feel alienated. Self-disclosure from teachers needs to be considered in depth so that information sharing does not take away from transferred education. There are several risks involved in bringing self-disclosure into the classroom when students start sharing information with teachers. Because students are more open with teachers, it is possible that students can share information that will require teachers to follow reporting procedures. If a student discloses information about themselves in trust to the teacher that implies that the student's life is potentially at risk, or other matters of the same seriousness that need to be reported to the school guidance counselor. Disclosing this information despite implied confidentiality will inevitably break the trust that teachers have built with students, ultimately jeopardizing their relationship. These injured relationships can negatively affect students' ability to learn in class. In other scenarios, students may not fully understand the difference between public and private discourse. This will cause students to have self-disclosure conversations in class when the time is not right, therefore, taking away from the educational problems



faced. The culture of self-disclosure, just like anything varies and differs depending on the culture. Collectivistic culture and individualism are two kinds of ways to explain self-disclosure is culture. If a country is more on the collectivistic side then they will tend to reveal themselves more as Avatars, as in China and Germany. However, in a more individualist culture set people open up more about themselves, even personal details, as in America. There are also differences in the culture of boys vs. girls. Girls tend to open more and easier than most boys. [46] Each culture has a different idea of what and how much self-disclosure is acceptable. For example, American students tend to more in class with their peers than Chinese students. They are usually more open about themselves and interest interests most of their classmates are students in other countries. The difference is also seen on the internet. Korean students usually talk more in the form of blogs on social media pages keeping posts short and straight to the point. However, American students share more frequently and share more personal information with their followers. Cultures like Korea and China, collectivistic cultures, are more reserved whereas, American culture is more about revealing a lot of personal details. [47] See also Self-concealment Model four-sided Outline theory of social penetration of self Out Reference ^ a b c d e f g h i Ignatius, Emmi; Marja Kokkonen (2007). Factors that contribute to verbal self-disclosure. Nordic psychology. 59 (4): 362–391. doi:10.1027/1901-2276.59.4.362. S2CID 145781576. ^ a b c Tolstedt, Betsy E.; Joseph P. Stokes (1984). Self-disclosure, Intimacy, and the Depenetration Process. Journal of Personality and Social Psychology. 46 (1): 84–90. doi:10.1037/0022-3514.46.1.84. ^ a b c d Altman, I., &amp; Taylor, D. A. (1973). 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