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[\[PDF \(825K\)\]](#) [\[References\]](#)**Self-development of college students in terms of ideal self**[Tsuyoshi Yamada](#)¹⁾

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The purpose of this study was to understand self-development of present-day college undergraduates in terms of ideal self. We used both rating scales and open-ended questionnaires in the study, and combined responses to them for the purpose. Orientation to self-development in the study was defined as the sum of eagerness to realize ideal self and actual movement toward it. Self-esteem score was used as an index of subjective adaptation, and along with the two orientation subscores, eight groups of students in different patterns of self-development were formed. Also, six categories of reasons for selecting the person's own ideal self were identified. We then examined their relationships with specific strategies used and level of motivation toward ideal-self realization. Results indicated that whether the reasons for ideal self selection involved self or others, the person knew specific strategies or not, and degree of their implementation, influenced the level of self-development orientation.

Keywords: [college students](#), [self-development](#), [orientation toward ideal self](#), [reasons for ideal self selection](#), [specific strategy](#)

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