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**Self-Concept Adequacy – empirical studies
on the field of cognitive personality psychology**

The aim of the present research program was to find empirical arguments for the use of self-other convergence (e.g. self-other agreement or meta-accuracy) as a measure of the validity of self-views. Although popular on the field of cognitive personality psychology, such strategy of measurement lacks solid theoretical foundations and is based on a common-sense assumption that our acquaintances are good sources of knowledge about who we are (just because of being our acquaintances). Hence, there were two research questions: (1) What psychological variables can explain self-other convergence? (2) What psychological variables can be predicted by self-other convergence? Sixteen hypotheses were verified in three correlational studies. Theoretical background was the author's own theory of self-concept adequacy, defined as the extent to which the contents of a person's self-concept are credible, objective and utile. It was postulated that cognitive variables responsible for generation of credible self-views can predict the objectivity of self concept (operationalized by self-other convergence). It was also postulated that the objectivity of self-concept predicts the presence of utile (i.e. adaptive) contents within the self-concept. Study 1 and 2 were conducted in the laboratory, where the dyads of acquaintances described themselves with the use of Q-sort technique. In Study 3, participants were the acquaintances in groups and each person assessed himself/herself and other people from the group on a short personality inventory. The major findings were: (1) Self-assessment and relational-interdependent self-construal predicted self-other-agreement in the case of more complex and well-thought-out personality descriptions. (2) Self-enhancement was a negative predictor of self-other agreement measured for basic

predispositions (i.e. the Big Five). (3) Self-verification was a positive predictor of meta-accuracy referring to five major traits of personality. (4) The objectivity of self-concept predicted hedonic balance and purpose in life and explained 15% of variance of resiliency (i.e. variable uniting different adaptive personality characteristics). These findings advocated the use of self-other convergence as a measure of the accuracy of self-perceptions. They also inspired new ideas of how to develop the theory of self-concept adequacy.

Keywords: self-concept, Q-sort, self-rating, resiliency, self-knowledge