

*Lianhlupuii Hnamte*

**SAWIHAWNNA**

Mi zawng zawng hian mahni na na na chu inhre chiang viauvah kan inngai theuh awm e. Amaherawhchu mahni kan inhriat dan leh midang tena min hriat dan hi a lo inang fo lem lo; a chhan ni ber awma lang chu kan lanchhuah dan a awm a, kan inthup chin a awm bakah kan nihna, theihna kan la hriat chhuah loh a awm theih vang a ni. Mihringah hian Pathianin theihna tam tak a dah a, chu chu chi lo tiak anga thang lian ta te, chi kui lohva awm mai mai te, chi tuh lohva dah tawl thakte pawh a awm thin. Seilenna boruak te, inthlahchhawna atanga chhawm te, zirna hmanga tihpun leh chawmlen te pawhin azir chuan mi tangkai leh hmantlak takah an lo chawr chhuak thin a ni.

“Mahni kan tih hian, thil kan hmuhchhuah ang ni lovin, keimahni kan siam/indin chhoh chauh ni lovin, ni ila kan tih leh nih kan duh anga mahni kan indin chhoh hi a ni.” Kan pianpui mizia chu eng pawh ni se, nia kan inhriat dan hi a pawimawh em em a; mi tak tak, lungawi mai thei leh hma lam hun a eng zawnga thir thiam mi anga mahni kan inhriat a ngai. Kan mizia (personality) tihmasawn tur hian naupang kan nih lai atanga kawng dik zawha mahni inkhalh ngil hrâm hrâm a pawimawh. Naupan laiin chutianga tih nachang kan hre lo a nih pawhin a inzir thar reng theih a; chutianga inzir thiam thei tur chuan Pathianin mi tinte hi min duang a ni. Mahni kan inzir vâr zo lo a nih pawhin mi thiamte puihna leh zirna in atangin kan mize tha tihing turin hma kan la thei cheu a ni. Chuvangin Headmaster-te chuan kan naupangte chumi kawnga pui thei dinhmuna kan din theih nân mahni atanga bul tanin, kan inhriat chian hi tihmakmawh a ni.

## **LEARNING OBJECTIVES**

He module, ‘Mahni inhriat chianna’ tih zirtu chuan hengte hi zir chhuak tura beisei a ni –

1. Mahni inhriat chian pawimawhna hriain duhna leh tumna a nei ang.
2. Mahni inhre chiang tura tih tur t̄ul leh pawimawhte a hria ang.
3. Mahni (self) nihna chi hrang hrang a thliar hrang thiam tawh ang.
4. Mahni inhriat chian theih dan kawng hrang hrang a hriain hma a la ang.

## **MAHNI INHRIATNA**

Mahni inhriat hi thil awlai tak chu a ni lo phawt mai, mahse a pawimawh tlat bawk si a ni. Mahni thil tih dan phung hriat fuh theihna hi mahni inhriatna chu a ni a; eng ang mi nge ka nih a, eng nge ka tuina leh ka thiam zawng ni a, eng ka tih hian nge ka hlim a, eng hian nge min tilawm t̄hin tih inhriatna pawh a ni bawk. Chumi atana chahbi pawimawh tak chu kan thinlungin harsatna a tawh t̄hinte hlawhtling taka chinfel theihna hi a ni.

### **Mahni inhriat chu eng nge a t̄ulna?**

Mahni inhriat hian hl̄awkna tam tak a nei a, kan tih tur leh tih loh chite hriat thiam a pawimawhin thil lo thlengte dawnawn thiamna min neihtir avangin a t̄ul ve tlat a ni. Chubâkah chuan, mahni nia kan inhriat dan hi mite min hmuh dan a ni lo fo ve bawk t̄hin. Mahni maia cheng kan ni lo va, chhungkua, khawtlang leh hmun danga mite nena chen ho a t̄ul avangin mahni kan inhriat chian dawn chuan miten min hriat dan leh hmuh dan pawh kan hriat tel ve a t̄ul bawk. Kan thiam z̄awng tak leh tui z̄awng tak kan thawh chuan mi tin mai hi kan taima êm êm vek a, a lehlamah kan tui loh zawng leh thiam loh chi thilah chuan kan ning hma t̄heuh awm e. Naupangte kaihhruaina kawngah pawh mahni inhre chiang a, inngaihlu a, inring tâwk thei tura zirtir a t̄ul hle. Mahni inhriat chian hlawkna t̄henkhatte chu –

- Min tibwaitu tak hriat fuh hi hre lova lo tuar tlawk tlawk aiin a hlawk zawk a; hei hian dawnsawn thiamna min pein, hlimna kailawnah pen (step) khatin min pentir dawn a ni.
- Hring nunah hian ch n chang (kawppuite nena inlaichinnaah emaw, eizawna kawngah emaw) a awm fova; hetiang hun pawha engkim ch n ta vek anga i inngaih lohna chuan i hring nunah enremna leh hriatthiamna i neih phah ang a, bul  n thar leh turin a tichak dawn che a ni.
- Mahni i inhriat chian poh leh midangte hriatthiamna th k zawk i nei thei ang a;  atna lai leh  at lohna nei vek kan nih avangin midangte beisei dan t wk pawh a thiamtir thei ang che.
- Mahni inhriat chianna chuan hma thar lakna turah i tih awm t wk leh chumi atana   l, thiamna i neih belh ngai leh inbuatsaih dan tur a hriattir ang che. Midangte i mamawhna lai, puih i ngaihna tur leh midangte tana i  angkai theihna lai a hriatthiamtir chein, i kal dan tur kawng a kawhhmuh thei bawh ang che.

### **Mahni inhriat n n hengte hi lo thlur bing ta ila:**

1. **The Physical Self:** Kan taksa pianphung hi midangte tan a pawimawh  m  m a; miin min hai lohna tur leh min hriat sual lohna ber pawh a ni. Chub kah kan pianphung azir hian tih theih zawng te, chemkalna tur lam te pawh kan hre thei bawh. A bik takin hnathawhna khawvelah kan hawi lam tur min hrih thei, (entir nan mit chak lo tana thawh harsa chi hna a awm a, infiamnaah pawh pumraw san ngai chi basketball angte a awm)
2. **The Social Self:** Mihring hi mahni chauhva nung lovin midangte nena cheng ho kan nih avangin inkungkaihna eng emaw tal kan nei  in. Hemi midangte nena kan inkungkaihna hi social self chu a ni. Mi chi hrang hrang kan awm, mi  enkhate chuan  hian an nei tam lem lo; mahse an  hian neih

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chhunte nen chuan an inpawh tlang êm êm a. Midang leh te chuan thian tam tak an siam a, an inbawr luih luih reng thin chu an khawsak phung a ni.

3. **The Competent Self:** Hetiang mite hi chu an inring tâwkin, mahni an intodelh thin châwk a; nitin mamawh pawh midangte puih ngai lovin an chawlût thei a ni. Mihring pangngaiyah chuan hetiang theihna hi a awm theuh va, chu chu remchanna chi hrang hrang hian a rawn hailang thin. Thian kawm an thiam a, mahnia awm pawh an ngai thei deuh nge nge a ni. Midangtea inngat lovin, mahni hlimna khawp leh an mamawh chu an intodelh châwk. Hei hi mi bikte chauh neih tur a ni kher lo va, hetiang mi ni tur hian a inzir theih ve baw a ni.
4. **The Inner Self:** Hei hi Psychological Self tih pawhin an sawi thin. Midangtena an hmuhpui loh nun chhungril tak tak, mahni ngei pawhina hriatthiam vek loh hi a ni. Lang chhuak fo lo mahse hei hian nun a khalh kal fo thin a; hlimna te, lawmna te, lungngaihna te, hlauhthawna te min neihtir thin avangin thil thar tih dâwn pawha min chelh dingtu emaw, kawng lehlamah chuan min nawr kalu emaw a ni hlauh thei baw. Kan chhungril nun tak tak hi chu awmphung pangngaiyah hi chuan a lang lem thin lo va; hun khirh leh harsa kan tawh chang hian keimahnia awm tih pawh kan hriat loh chakna leh theihna a lo inlar chhuak thin a ni. Thinrim tawpkhaw kan neih chang phei chuan khaw hmu lek lo leh tualthah duh hial khawpa awm theih pawh a ni. Hei hian mahni inhriat chian pawimawhna a tizual hle. Vanduaina leh lungngaihna vawrtawpah hian eng ang tak nge kan nih a lang thin baw a; chuvangin rilru fim kan neihna turin mahni inhrethiam tura hma lak pawh a tûl thin.

ACTIVITY 1

| Mahni inhriat hi ngai i ti em?  | A chhan han sawi teh |
|---|----------------------|
|   |                      |
| Self chi hrang hrang i zir takte kha han sawi la, i ngaih dan (comment) pe/sawi zêl bawk ang che. |                      |
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**MAHNI ZIA/HMELHMANG PAWIMAWHTE**

Mahni inhriat chian pawimawhna kan lo hre tawh a, chumi atan chuan mahni zia/hmelhmang pawimawh tak tak pathum a awm a, chungte chu –

**Mahni inhriat dan (Self-concept):**

Baumeister (1999) chuan self-concept chu hetiang hian a sawi a: “Self-concept chu miin, ni anga a inhriat dan hi a ni a, mizia a inhmebel dan leh tu nge a nih a, eng ang mi nge a nih tih hi.” Mahniina kan inhmuh dan leh nia kan inhriat dan hi a nih ber chu. Lewis (1990) chuan mahni inhriatna a lo ðhanlenna kawng atan thil pawimawh tak tak pahnih a chhawpchuak a, hetiangin –

**1. Mahni mimal nihna (The existential self):**

Hei hi self-concept-ah chuan a bulbâl pawimawh tak a ni a. Midangte ang ringawt ni lovin an laka danglam leh mihring hrang pakhat nih inhriatna a niin, chumi hriatthiamna nghet tak neihna chu a ni.

Naupang chuan midang lakah mi hrang pakhat niin a lo piang chhuak ve tih a lo inhria a, hun leh nite chhiar chhovin thil lo thleng tur pawh chutiang chuan a hmang chho dawn tih a lo hrethiam ve chhawm zêl a ni.

**2. Midangte ang nihna (The Categorical self):**

Mihring puite ang bawkin mahnia thil hmachhawn tura lo piang nih inhriatna tiin kan sawi thei ang. Naupang chuan khawvela thil tam tak zinga pakhat, mihring a nihna a lo man chho ve ta a. Midangte ang bawkin nihna (identity) nei a ni a, nunna hlu tak a neih te pawhrawn hre chhawm zêlin a awm dan turte pawh a chipuite anga midangte nena khawsa ho tur a nihna te arawn man thiam chho zêl a ni.

**Mahni inngaih dan (Self-esteem):**

Self-esteem chu mahni kan inhriat dan leh hlua kan inhriat dan hi a ni. Hetah hian mahni kan inteh danin awmzia a nei thui hle a. Tha niin kan inhria a ni emaw, tha lo niin kan inhria emaw a ni thei a, mahni kan in teh dan hi mahni inhmuh dan atang leh midangte nena kan inkhaikhinna atangin ngaih dan kan siam thin a ni. Mahni kan inngaih dan hian zirna kawngah te, midangte nena kan nun honaah te, hnathawhnaah te leh khawvel kan hmachhawna kawngah hrim hrim pawh kawngro a su thui hle a ni. Chuvangin mahni inngaih dan tha tak neih a pawimawh em em a ni.

**Mahni inngaihsanna (High self-esteem):** Mahni tâwka ða ve nia inngaihna leh nih ang tâwka lungawina. Pathianin a duh taka a siam kan nih inhriat a, hmasawn thei leh inzir thei kan nih hriat hi a pawimawh hle. Hetiang mi kan nih chuan –

- Kan theihna zawnah mahni inrintâwkna kan nei
- Mahni nihna tâwka lungawina a awm
- Midangte min ngaih danah kan buai lo
- Hma hun a êng zawngin kan thlir thiam phah
- Midangte zingah kan tlangnêl hma

**Mahni inngaih hniamna (Low self-esteem):** Mahni nihna-a lungawi lohna. Mahni inngaih hniam bikna kan neih chuan kan nih tur ang pawh kan nih loh phah thei ðin. Hetiang mi kan nih chuan –

- Mahni inrintâwkna kan tlachham chawk
- Midangte anga lan châkna kan neih phah thei
- Midangte min ngaih dan turah kan buai fo
- Hma hun a thim zawngin kan thlir ðin
- Mi zingah kan inkiltawih duh fo

**Mahni nihna atana duhtusam (Self ideal):** Ni anga i inngaih ang (self-image) leh ni tura i induh ang (ideal self) a inmil loh chuan, chu chuan i indah hlut danah nghawng a nei thui hle dawn a ni. Chumi awmzia chu i ideal self a san hle laia i self-image chuan a phak leh si loh chuan i nihna tak ai pawhin i inngaihniam thei dawn a, chu chu a ða si lo. Chuvangin mahni inhriatthiamna leh inpawm thiamna a pawimawh hle a ni.

Miin ni tura a induh ang kha a taka a nun nen a inmil lo thei a, hemi danglamna hi incongruence a ni. Ni tura kan duh hi a san lutuk chuan kan nihna tak nen a inmil thei lo va; a hniam lutuk lahin hmasawna a awm lo ðin.

Chuvangin mahni inhriat chian a pawimawh a, mahni nihna pawm thiam leh kan duh ang tak ni tura hma la thei, hmasawn zêl thei kan nihna hi inpawm a ða.

## **MAHNI INHRIAT THEIH DAN**

- 1. Mahni inçhût ðhin rawh:** I hmelhriat ða tak hnen aþang te, mite nena in indâwrna aþang te, i thil zir dan style aþang te, personality test hmanç te, aptitude test hmanç te, interest inventory leh career test aþang tein mahni inhriat chian tum ðhin la, naupangte pawh chutiang ti turin kaihruai ðhin ang che. I hun kal tawh aþangin i tuina zâwng leh i chemkalna zâwng te hriat thiam tum bawk la.
- 2. Nungchang ziah hna:** I mizia leh nungchang i inhriat chian theih nân a hnuaia zawhnate hi dik takin han chhang teh:
  - a. Sentence khat chauh hmangin i chanchin engtin nge i sawi ang?
  - b. I damchhung thawnthu hian eng nge a tum ber nia i hriat?
  - c. I chung a thil thleng tawhah eng nge pawimawh i tih ber?
  - d. I hun kal tawhah khan eng inçhirna nge i neih?
  - e. Eng ang nungchang pu mi nge nia i inhriat?
- 3. I çakna leh derdêpna lai zawng çhuak rawh:** I çakna leh derdêpna lai i hriat çuan, tunge i nih a, i tana thil pawimawh ber berte eng nge i hre thei ang. A pawimawh ber çu, i çakna leh çak lohna nia i inçmuh ðhin dan kha, midang te çmuh dan che nen i khaikhin thei ang a; i nihna tak çu i hre çiang sawt dawn a ni.
- 4. I thil dah pawimawh hmasak ðhinte belçiang rawh:** I nitin hun hman dana i dah pawimawh hmasak ðhinte khan i chanchin tam tak a hrih thei che asin. Eng nge i dah pawimawh hmasak ðhin han ngaihtuah la, i mi ngaihsan tak ten an dah pawimawh hmasak te nen han khaikhin çhin teh. Çuta i çmuhçhuah çuan i chungchang engtin nge a hrih che? I nuna pawimawh ber an ni reng em? A tel lova i awm theih thil te a lo ni mialin a aia dah pawimawh tur awmin i hria em?



5. **I lo danglam dan kha han in en chhin teh:** I hun kal tawhte kha han thlir kir la, i chungga thil lo thleng tawh ten vawiina i chetzia leh i rilru puthmangah hian eng angin nge nghawng a neih? Tuna i lo inthlak danglam tawhna hian eng vanga hetiang dinhmun thleng hi nge i nih tih a tarlang ngei ang. A chhan chu tuna kan nungchang hi kan hun kal tawhin a chher chhuah a ni a, kan tawnhriat aṅga kan chhawm nun zêl a ni tlangpui ṭhin. A nih loh leh eng thilin nge tidanglam ta che nia i hriat han chhût kir teh le.
6. **I rilru khawih deuh i tawn changin inenfiah rawh:** A châng chuan i thinrim viau emaw, i lungngai viau emaw a ni thei, a châng leh i hlimin i lawm êm êm ṭhin bawk ngei ang. Hetianga i thinlung leh ngaihtuahna rawn tâwk che dawttu leh tituiral zawih zawihtu rawn thlenna chhan bul i hriat chuan, nangmah i inhriat fiah zual phah thei ngei dawn a ni. Eng thilin nge tilungngai ṭhin che a, eng thilin nge tilawm ṭhin che i hriat a, chumi i lo hmachhawn ṭhin dan aṅga chuan eng ang mi nge i nih i inhrethiam ang a, engtia hma lak tur nge tih i hriat phah ngei bawk ang.
7. **Repression leh transference vawng thiam rawh:** Thil lo thleng hriat reng i duh loh avanga thil dang i ngaihtuah luih ṭhin hi repression chu a ni a. Thil eng emaw vei tak anga i lan laia, i rilru luahtu dik tak chu thil dang daih ni si hi transference a ni. He zia pahnihte hi a thleng fo ṭhin a, chutih rual chuan, a hrisel lo tlat si a ni. Hetiang anga i awm fona chhan hi hriat tum la, i duh loh zawng bihruksan tum reng lovin huaisen taka hmachhawn dan zawng zâwk ang che. Mi tinin an tawn ṭheuh heng zia hi a hrisel zâwnga i hman thiam chuan mi hlim thei takah i chhuak ngei ang.
8. **Engtik hunachte nge nangma chanchin i sawi ṭhin:** Midangte nen in titi changin i chanchin hlir i sawi ṭhin em? I chanchin i sawi changin mahni i insawisa ṭhin em? I ti lutuk mah mah ṭhin em tih inen la, eng vanga chutianga ti fo nge i nih inngaihtuah rawh. Mahni chanchin sawi hi thil sual a ni lo va, amaherawhchu a hun leh a hmun azirin him lo chin a awmin,

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midangte tan a ngaihnawm fo lo thei tih hriat a tha. Kawng lehlamah mahni changchin sawi ngai miah lo, inthup tlat reng nih pawh a tha ber chuang lo.

9. **Midangte hi engtin nge/eng vangin nge i kawm thin:** Midang i kawm changin, an rilru tihnual zawngin i kawm thin em? Sum lama hnianghnar te chauh kawm i thlang thin em tihte inenfiah rawh. Hei hian i chanchin dik tak a hrih che ang a, eng nge i ngaih pawimawh thin i hre thei ang. Midangte i kawm chhan chu i tana hlawkna tur a nih vang emaw, i chanchin sawi a ngaihtlak peih vang chauh emaw a nih chuan ngaihtuah chian a ngai. An mamawh che avanga kawm i nih emaw, i ngainat vang hrim hrima kawm i nih emaw chuan thil hlu tak a ni.
10. **I chanchin ziak rawh:** Minute 20 chhungin i chanchin word 500 vel han ziak teh. Hetianga i tih chuan rang taka keyboard/keypad i chhût a ngaih dawn avangin i ngaihtuah uluk hman dawn lo va, thil tam tak i ziah/chhut hmaih ngei ang. Uluk taka i chanchin i ziah aiin i thluakin nangma nihna a tarlan thuak thuak kha a pawimawh ta ber a ni. Hei hian i nihna dik tak a hrih ngei dawn che a, eng mah zep awm lova i chhut pawp pawp chuan i nihna a hriat chiantir ngei ang che.
11. **Hun khirh emaw, dinhmun thara i chuan kai emawin engtin nge i hmachhawn thin?** Hun harsa tak lo thlen chang a awm thin, chutiang huna boruak a sosan lai taka i hmachhawn dan han ngaihtuah lêt teh. Khatiang anga i lo hmachhawna chhan kha eng vang nge? Chutiang-khatiang chuan lo hmachhawn ta zawk ila tiin ngaihtuahna i nei em? Khatiang kha lo thleng leh ta se, a hmaa i lo hmachhawn ang bawh khan em ni i lo dawnawn leh ang? Hetiang hunah hian midangte i râwn thin nge namahin i ti ve tawp thin?
12. **Nangmah thununtu che hre rawh:** I ngaihtuahna leh i khawvel thlir dan thununtu che hian i chungchang nasa takin a hailang a. He

thununtuin i nungchang a duan chhoh dan te i hmuh thiam chuan, vawiina i nungchang bulbal hi i lo hre thei dawn a ni. Eng thilin nge thunun che tih hriat a pawimawh rualin engti angin nge a thunun che tih hriat pawh a pawimawh êm êm bawk a ni. Midang thununtu i nei nge? thil chin dawklakin a thunun zawk che? Engtik ațang khan nge ni a, i duhna leh phalnaa thunun che a ni em? A nih loh leh i țhatpui nge i chhiatpui ngaihtuah ang che.

**13. Mahni inthlir lêt turin inhawng rawh –**

- **I inven/indan țhinna tibo rawh:** Tlang taka thil sawi ho tur te, sawiselna dawngsawng thiam tur te leh inthlak danglam thei tura i lo inhawn chuan midang hmangin i inhriat chian phah ang a, a țul angin i insiam țha thei ngei ang. Zilhna a ni emaw, thurâwn a ni emaw, pek theiha i inhawn chuan hmasawna tur leh insiam țhat ngaihna lai i hre thei ang a, hmasawna kawng i zawh thei ang.
- **Nangma lakah rilru dik pu rawh:** Mahni inbum hian sawtna a nei lo. I duh loh zawng tak nangmahah a awm tih i hmuchhuak a nih pawhin, hriat loh der aiin insiam țhat nân hman a țha zawk. Nangmaha theihna inphum ru haichhuak turin inngaihtlawmna avanga phat mawi vel a ngai lo va; puih ngai i nih pawhin tlâwmah lâk tur a ni lo. Remchanna i hmu a nih phawt chuan i thil tih châk zawng leh i theihna tipuitling turin remchang insiam țhin ang che.
- **Midang ten i chanchin an sawi țhin dan che ngaihven rawh:** Hun kal tawhah miin engtin nge an sawi che ngaihtuah la, i mizia a thlak tura an duh lai che zâwt rawh. Miin i chanchin an sawi dan hian pawimawhna a nei a; i thawhpui te, i hotu te, i hnuaiia mite leh mipui mimirin an sawi țhin dan che hriat tum ang che. An sawi dan che a dik vek lo vang; mahse mi chi hrangin inang tlanga an sawi chu i nihna a

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niah pawm la, i inhmuh dan a nih loh pawhin i nihna i lanchhuahtir dan a ni ngei ang a, ngaih pawimawh a tha.

- **Midangte thurâwn pe rawh:** Midangte thurâwn i pek khan, i harsatna lo tawh thinte hriat chhuahna remchang i nei ang a, midangte chung a thil thleng ang maiin pawn lam aţangin i ngaihtuah nawn thei dawn a ni. Thlirna tlang dang aţang thil thlir hian a lang fiah duhin, a lan dan pawh a dang daih thei a ni. Midangte thurâwn i pek dawnin an dinhmunah indintir la, eng anga hma lak tur nge tih ngaihtuahna thar i pu thei ang.
- **I hun hmang thiam la, i hringnunah tawnhriat nei turin inpuahchah rawh:** Mahni inhriat chianna tha ber chu kan hringnunah tawnhriat kan ngah hian a ni. Midangte hriat chian kan tumna ang tho hian mahni inhriat chian tumna pawh a ni e. Hun hi mi tinin inang tlang veka kan neih a ni a, a pui a pang, a lian a t  pawhin nei tam leh nei tlem an awm chuang lo. Chuvangin hman thiam hi a pawimawh ber chu a ni. Hun hmang thiam tur chuan thil pawimawh hmasa thliar thiam a t l a; kan tih tur leh tih duh apiangte chu a pawimawh hmasak dana tlar (prietise) a tha. Chubakah tawnhriat nei ngah tur chuan, taihmak chhuah a t l bawk. Hmun fan th n te, thil thih honaa tel tam te, thil tih chhin ngam te pawh a t l th n. Hun hman thiamna pawh chu tawn hriat aţanga neih theih tho a ni.

ACTIVITY 2

| <b>Mahni zia/hmelhmang pathumte<br/>kha engte nge?</b> | <b>A sawi fiahna</b> |
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|  |                      |
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**TLANGKAWMNA**

Mahni inhriat chian hi thil pawimawh tak a nih rualin thil awlai tak erawh a ni lo. Mahni inhre Chiang tur hian hun a ngai rei êm êm a, test chi hrang hrang hmanga mahni in-test leh midangte hnena kan nihna nia an hriat dan zawh ațangin thui tak chu hriat theih ni mahse, chumi ringawt ai chuan mahni ngeiin kan tawnhriat ațangin hriat fiah a âwl zawk lehngal a ni.

Mahni inhriat chian chu nitin nun atan leh hnathawhna kawng hrang hrangah hlâwkna tam tak a awm a, nun hlim kan neih a, hma kan sawn theih nân kan tlakchham leh mamawh inhre chungka khawvel kan hmachhawn chuan kan kal fuh thin. Kan chakna lai leh tlakchhamna lai hria a, mahni kan inpawm thiam chuan harsatna tam tak kan paltlang theiin nun lungawi neihna a ni bawk. Mahni kan inhmuh dan a awm a, miin min hmuh dan leh nih kan duh dan a awm; chungte chu a inpersan hle chuan buaina kan tâwk thei a, chuvangin mahni inhrethiam tura hma lak a pawimawh. Mahni inhriat chianna ațangin mi dangte hriatthiamna a neih theih a, mi țangkai leh midangte tana malsawmna nihna kawng pawimawh tak a ni.

School Head tan chuan zirtirtu leh naupang ten education huang chhungah tih dan phung hrang hrang hmangin anmahni an inhriat chian theihna tura țanpui

**Mahni inhriat chian  
(Understanding self)**

ṭhin hi thil pawimawh tak a ni. An rilru puthmang te, an lo chawrchhuahna leh an nungchang eng ang pawh lo pawmsak an ngai a, chumi atan chuan an nihna leh dinhmun hrethiam turin hma lak a ngai ṭhin. Mahni theihna hre fuh thiam tur te, mahni chak lohna lai inpawm thiam ṭan la thei tur te, mahni inbeiseina rintlak nei tur tein hma lak a ngai a. Hemi kawngah hian Headmaster chuan zirtirtute leh naupangte kaihhruai chu a tan tih makmawh a ni.

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