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Personality Development

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Abstract:-

Every individual has his own characteristic way of behaving, responding to emotions, perceiving things and looking at the world. No two individuals are similar. You might like going out for parties but your friend might prefer staying back at home reading his/her favorite book. It is really not necessary that if you like partying around, your friend will also like the same. Here comes the role of personality. What an individual sees in his childhood days and most importantly his/her growing days form his personality. How an individual is raised plays an important role in shaping his/her personality. In a layman's language, how we behave in our day to day lives reflects our personality. How an individual behaves depends on his family background, upbringing, social status and so on. An individual with a troubled childhood would not open up easily. He/she would always hesitate to open his heart in front of others. Some kind of fear would always be there within him. An individual who never had any major problems in life would be an extrovert and would never have issues interacting and socializing with others. You really can't blame an individual for not being an extrovert. It is essential to check his/her background or past life. It is quite possible that as a child, he was not allowed to go out of his home, play and freak out with friends. These individuals start believing that their home is their only world and they are not safe outside. Such a mindset soon becomes their personality.

Keywords: - Personality, Emotions, family, Psychology, Society

Introduction:-

Personality development is defined as a process of developing and enhancing one's personality. Personality development helps an individual to gain confidence and high self esteem. Personality development also is said to have a positive impact on one's communication skills and the way he sees the world. Individuals tend to develop a positive attitude as a result of personality development. The dominant viewpoint in personality psychology indicates that personality emerges early and continues to develop across one's lifespan. Adult personality traits are believed to have a basis in infant temperament, meaning that individual differences in disposition and behavior appear early in life, potentially before language of conscious self-representation develop. The Five Factor Model of personality maps onto the dimensions of childhood temperament. This suggests that individual differences in levels of the corresponding personality traits (neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness) are present from young ages.

Need of the study:-

Personality development is about building our capacities, nurturing our talent, enhancing new skill sets, working on our weaknesses, and transforming them into strengths. We, as an individual, have unique skill sets. our potential is multi-faceted, and investing in personality development enables us to harness our strengths. Focusing on individual personality development adds to our capabilities and helps our dreams and aspirations turn into a reality. To be a more charismatic person, we have to develop our inner self as well as our outer self. The importance of personality development is undisputed in personal and professional life.

Objectives of the study:-

The specific objectives of the study are:-

1. To know how to improve our personality.
2. Effective methods for personality development.

Methodology:-

Main aim of the study was focused on the development of personality among students and young people. The dominant viewpoint in personality psychology indicates that personality emerges early and continues to develop across one's lifespan.

Personality Development: - A must for leadership and career growth.

Personality is the sum total of ways in which an individual reacts and interacts with others. Personalities is the sum total of individual's psychological traits, characteristics, motives, habits, attitudes, belief and outlooks. Personality development encompasses the dynamic construction and deconstruction of integrative characteristics that distinguish an individual in terms of interpersonal behavior traits. Personality development is ever changing and subject to contextual factors and life – altering experiences. Personality development is also dimensional in description and subjective in nature. That is, personality development can be seen as a continuum varying in degrees of intensity and change. It is subjective in nature because its conceptualization is rooted in social norms of expected behaviour, self expression and personal growth.

Personality is concerned with the psychological pattern of an individual, the thought, emotions and feelings – that are unique to a person. In fact, the totality of character attributes and traits of a person are responsible for moulding his personality. These inherent personality traits and the different soft skills interact with each other and make a person what he or she is. In simple words, personality is a set of qualities that make a person distinct from another. The word 'personality' originates from the Latin word 'persona' which means a mask. In the theatre of the ancient Latin speaking world, the mask was just a conventional device to represent or typify a particular character. It is the sum of the characteristics that constitute the mental and physical being of a person including appearance, manners, habits, taste and even moral character. The personality of a person is how he presents himself to the world; it is how others see him. It has been aptly said; 'Reputation is what people think you are, Personality is what you seem to be, and Character is what you really are.

When we do something again and again, we form a habit. Ultimately these habits form a particular behaviour. If they recur frequently, they become part of our psyche. They are reflected in all our activities – what we say, what we do, how we behave in certain circumstances and even in how we think. They become the core of our personality.

Personality analysis is thus a methodology for categorizing the character behaviour of a person. Personality is made up of some characteristic pattern of thoughts, feelings and behaviour that make one person different from others. Each of these individual attributes has its own individual characteristics, as indicated below.

<u>Individual personality attributes</u>	<u>Characteristics</u>
Maturity	Wisdom, sagacity, depth
Achievement- Oriented	Performance and goal – oriented
Intellectual	Sharp , Intelligent
Emotional	Excessive feelings
Energetic	Active, agile
Physical attributes	Healthy, robust, strong
Material attributes	Spendthrift, possessive.

According to a theory expostulated by Carl Jung (1875 – 1961), a contemporary of Freud, all personal characteristics are a by- product of two fundamental attitude types: introversion and extroversion. Extroverts are optimistic, outgoing and confident, while introverts are averse to going out and facing the world outside.

Besides, introversion and extroversion, different temperaments of individuals play an important role in determining their personality. Long ago, Greek physician Hippocrates put forward the theory that the temperament of a person is dependent on certain fluids (which he calls ‘humour’) present in the human body. Disproportionate mixtures and increase of any of the humours causes a change in the human temperament. This ancient theory of Hippocrates has undergone many modifications but the main principle still holds good. However, these individual attributes are not the only factors that mould the personality; heredity and environment also play a major part in influencing one’s personality.

Personality determinants.

1. **Heredity:** Heredity refers to those factors that were determined at conception. Physical structure, facial attractiveness, gender, temperament, music composition and reflexes, energy level and biological rhythms are characteristics that are generally considered to be either completely or substantially influenced by who your parents were, that is by their biological ,physiological and inherent psychological makeup.
2. **Environment:** The environmental factors that exert pressures on our personality formation are the culture on which we are raised, our early conditioning, the norms among our family, friends and social groups and other influences that we experience.
3. **Situation:** An individual’s personality also changes with current circumstances and situations. An individual would behave in a different way when he has enough savings with him and his behaviour would automatically change when he is bankrupt.

An individual’s appearance, character, intelligence, attractiveness, style determine his/her personality.

Swami Vivekananda’s concept of personality development:-

According to the vedantic concept advocated by Swami Vivekananda, all round harmonious development of personality is possible if proper attention is given to the five dimensions that are involved in forming and developing the human personality.

These five dimensions, which are an integral part of the human personality, are as follows:

1. Physical self
2. Energy self
3. Intellectual self
4. Mental self
5. Blissful self

Only a full and harmonious development of these five personality dimensions can make possible the creation of an all – round human personality.

Physical Self

As the name implies, it is the proper nourishment and growth of the physical body. A healthy mind in a healthy body is the principle of the physical self. Body building and proper exercise boosts not only one's physical strength but also the moral strength.

Energy Self

Along with the physical self, the energy self is the one without which nothing can sustain for long. The simple act of breathing manifests this type of energy. Well regulated systematic breathing brings solace to the mind and boosts energy. Feeling of intolerance, impatience, anger and anxiety can be effectively controlled by the energy self.

Intellectual Self

Man has been endowed with the gift of intellect. This gift should be properly cultivated and nurtured. Reading good books and literature that stands the test of time invigorates the mind. The intellectual self is stimulated by the reading of books on philosophy, moral science, and biographies. As Swami Vivekananda says, 'Fill the mind with high thoughts, highest ideals, place them day and night before you and out of that will come great work'.

Mental Self

A strong mental self is required for the grooming up of the personality. The mind by nature is restless. It wanders here and there and make us deviate from our objective. Full control over the mind is a must for everybody. For this, calmness of mind and concentration are necessary, and should be cultivated.

Blissful Self

The blissful self, often called Anandamay Kosh, is the ultimate goal of mankind. To be a man of personality one has to reach this stage where only bliss or ananda prevails. The blissful self is the ultimate goal of mankind. He who has reached this stage can face the world with a smile. Neither joy nor sorrow of any kind stands in his way. This leads to his ultimate success, when he gets endowed with higher vision. This higher vision as enunciated by swami Vivekananda is reflected in the behavioural traits of highly successful people. Some of these traits such as leadership skill, interpersonal skill, resolving conflict or the attribute of taking bold decisions are of vital importance to a person aspiring to go to the top.

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