

PERSONALITY DEVELOPMENT DIMENSIONS

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INTRODUCTION

The term 'Personality' denotes, "forms of character which are dynamic or ever changing products". Personality has been defined as "the balance between socially approved and disapproved traits".

An individual's personality is defined as "his system of reactions and reaction possibilities as viewed by fellow-members of the society. It is the sum total of behaviour trends manifested in his social adjustments".

Development of an individual mainly depends on one's ability to utilize his potentials as well as contribution through effective human relations. A person becomes a leader only when he motivates and utilizes other human being's potential to the maximum. In this context, the personality development dimensions are

SELF CONFIDENCE

The socio-psychological concept of self-confidence relates to self-assuredness in one's personal judgment, ability, power, etc., sometimes manifested excessively. Being confident in yourself is infectious if you present yourself well, others will want to follow in your foot steps towards success.

Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. Sadly, this can be a vicious circle: People who lack self-confidence can find it difficult to become successful. After all, most people are reluctant to back a project that's being pitched by someone who was nervous, fumbling and overly apologetic. On the other hand, you might be persuaded by someone who speaks clearly, who holds his or her head high, who answers questions assuredly, and who readily admits when he or she does not know something. Self-confident people inspire confidence in others: their audience, their peers, their bosses, their customers, and their friends. And gaining the confidence of others is one of the key ways in which a self-confident person finds success. The good news is that self-confidence really can be learned and built on. And, whether you're working on your own self-confidence or building the confidence of people around you, it's well-worth the effort

STRESS COPING ABILITY

The effects of stress are directly linked to coping. The study of coping has evolved to encompass large variety of disciplines beginning with all areas of psychology such as health psychology, environmental psychology, neuro psychology and developmental psychology to areas of medicine spreading into the area of anthropology and sociology. Dissecting coping strategies into three broad components, (biological/physiological, cognitive, and learned) will provide a better understanding of what the seemingly immense area is about.

SELF AWARENESS

Self-awareness is the ultimate enabler. Without living knowledge of ourselves (which is another way of defining self awareness) there would be no hope for conscious, positive change. Thanks to awareness we can take a good look at ourselves and our lives and see what is working for us and what isn't. This awareness plants the seeds of change in our subconscious mind. It plants in us the drive and motivation to choose to do things differently.

The motivation for breaking bad habits, for example, comes from an awareness of the detrimental effects the bad habit is having in our lives. The self-motivation to change also comes from a vivid awareness of what we want for ourselves and our future, and a lucid recognition that we simply won't be able to have it if we don't leave our bad habits behind.

With self-awareness we can monitor the negativity inside us and prevent it from getting the best of us. In breaking bad habits, self-awareness can help ensure that we are being hard on our habits instead of being hard on ourselves. It can also help us work with the body mind connection to reduce damaging stress and revitalize. The more self-aware we become, the more power we have to create positive change in our lives.

ASSERTIVENESS

Assertiveness is a form of communication in which needs or wishes are stated clearly with respect for oneself and the other person in the interaction. Assertive communication is distinguished from passive communication (in which needs or wishes go unstated) and aggressive communication (in which needs or wishes are stated in a hostile or demanding manner).

COMMUNICATION SKILL

Communication skills are the set of abilities and techniques needed to make other people understand the thoughts that you wish to convey.

VALUE AND CULTURE

Values are related to the norms of a culture, but they are more global and abstract than norms. Norms are rules for behavior in specific situations, while values identify what should be judged as good or evil. Flying the national flag on a holiday is a norm, but it reflects the value of patriotism. Wearing dark clothing and appearing solemn are normative behaviors at a funeral. In certain cultures they reflect the values of respect and support of friends and family. Different cultures reflect different values. "Over the last three decades, traditional-age college students have shown an increased interest in personal well-being and a decreased interest in the welfare of others." Values seemed to have changed, affecting the beliefs, and attitudes of college students.

INTERPERSONAL RELATIONSHIP

An interpersonal relationship is the nature of interaction that occurs between two or more people. People in an interpersonal relationship may interact overtly, covertly, face-to-face or even anonymously. Interpersonal relationships occur between people who fill each other's explicit or implicit physical or emotional needs in some way. Your interpersonal relationships may occur with friends, family, co-workers, strangers, chat room participants, doctors or clients.

EMOTIONAL ADJUSTMENT

Emotion cannot be defined in words; it is a natural behaviour of human beings. Due to the emotions, negotiation can be occurred. Emotion is also a complex experience of an individual's state of mind as interacting with external and internal conditions. We cannot easily avoid our emotions because emotions are our feelings and without this we cannot survive in this world. We feel them in our eyes as tears, in body as tingles, muscular tension and hot spot. When we feel anything good or bad, we immediately respond to those feelings such as happiness, love, anger, hate, horror etc due to the emotions. Emotions can easily affect our mood.

SOCIAL CONCERN

The modern concept of socialism evolved in response to the development of industrial capitalism. The "social" in modern "socialism" came to refer to the specific perspective and understanding socialists had of the development of material, economic forces and determinants of human behaviour in society. Specifically, it denoted the perspective that human behaviour is largely determined by a person's immediate social environment, that modes of social organization were not supernatural or metaphysical constructs but products of the social system and social environment, which were in turn products of the level of technology/mode of production (the material world), and were therefore constantly changing. Social and economic systems were thus not the product of innate human nature, but of the underlying form of economic organization and level of technology in a given society, implying that human social relations and incentive-structures would also change as social relations and social organization changes in response to improvements in technology and evolving material forces (relations of production).

LEADERSHIP

Leadership is often regarded as the important modifier of organizational behaviour. It is regarded as primarily personal in character as being founded upon individual pre-eminence or accomplishment in a particular field of behaviour.

Thus superior strength, superior tact, superior intelligence, superior knowledge, superior will power any or all of these may be the means to the attainment of leadership. No one may deny that these personal qualities

do pay dividends but leadership is not all personal pre-eminence. It is something more than that and that something more is the essence of leadership. It is the capacity to set new goals to hold forth new and loftier expectations for the group and to show the group its noble potentialities that make man a leader.

CONCLUSION

The growth of personality is influenced by a host of external and internal determinants. On the external or environmental side, such determinates include the individual's membership in a particular culture, social – economic class, and unique family setting. Internal determinants on the other hand include genetic, biological, and physiological forces. Further acknowledgement of the many changes that accompany our development – physical, social, intellectual, emotional, and moral.

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