

Presentation Topic -

PERSONALITY DEVELOPMENT

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PERSONALITY

A woman with blonde hair in a ponytail is shown from the side, speaking into a microphone. She is wearing a dark top. The background is a blurred audience in a large hall.

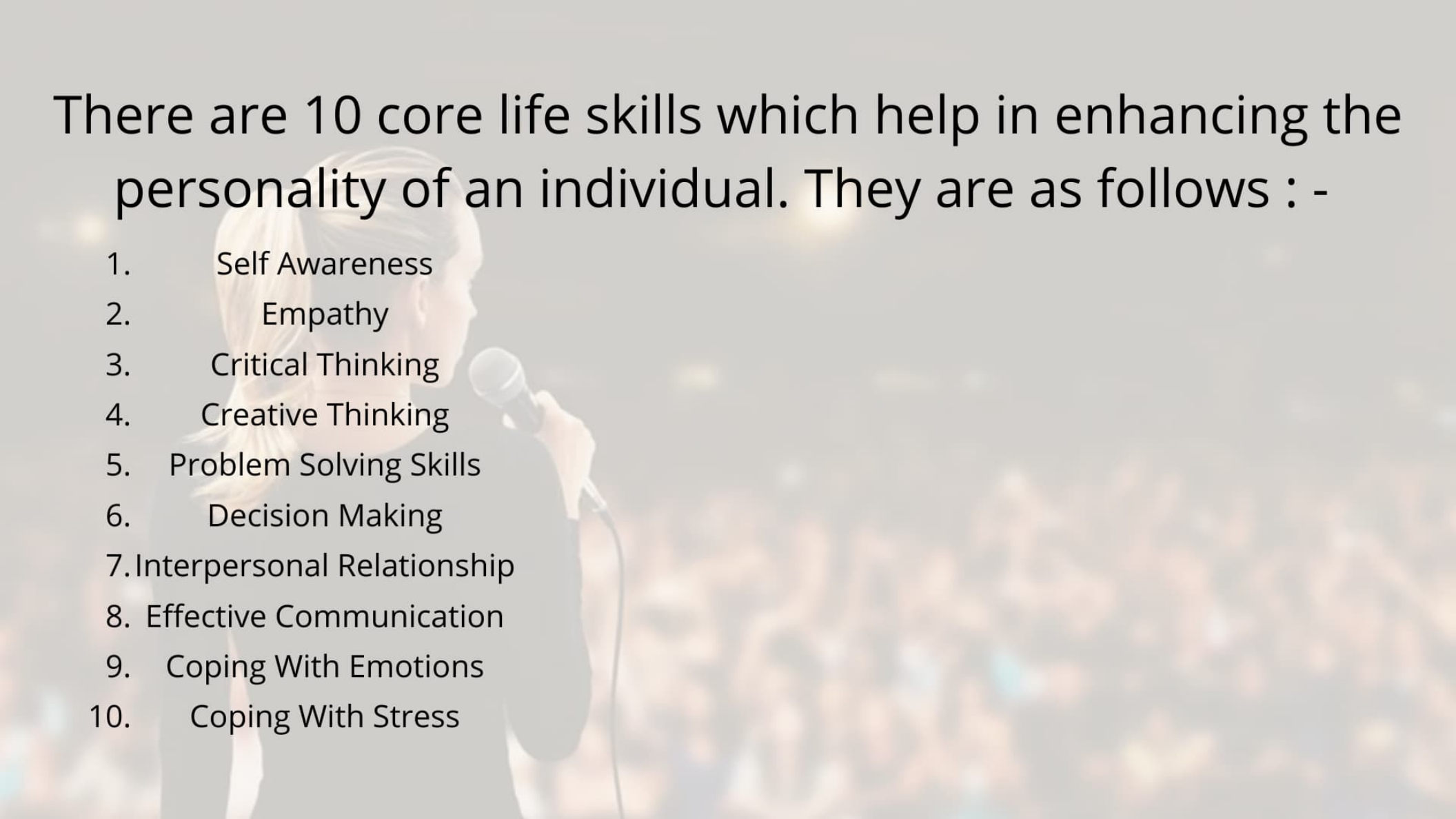
An individual's personality is the complex of mental characteristics that makes them unique from people. It includes all patterns of thought and emotions that cause us to do and say things in particular ways. Personality development is, developing a personality so as to create a strong positive impression about self with the targeted group. It is very important to maintain one's personality to prove in a long run.

SKILLS



Skills are acquired through practice and patience. A skilled person uses less time, energy and resources to do a job and produces quality results. Enhancing life skills enables us to adapt to situations and people and help us to lead a healthy and positive Life.

WHO has defined life skill as "abilities for adopting positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life".

A woman with blonde hair tied back is seen from the side, speaking into a microphone. She is wearing a dark top. The background is a blurred crowd of people, suggesting a public speaking event or a stage performance. The overall lighting is soft and focused on the speaker.

There are 10 core life skills which help in enhancing the personality of an individual. They are as follows : -

1. Self Awareness
2. Empathy
3. Critical Thinking
4. Creative Thinking
5. Problem Solving Skills
6. Decision Making
7. Interpersonal Relationship
8. Effective Communication
9. Coping With Emotions
10. Coping With Stress

SELF AWARENESS

Recognition of self, our character, strengths and weaknesses, desires, likes and dislikes, and skills is self awareness. Being aware of the good points about oneself helps young people build a sense of self-esteem and self-confidence. Being aware of their weaknesses will make young people learn more. This also helps them utilize the opportunities available to them in relation to their abilities. Self-awareness is necessary for developing a positive attitude towards Life.

DIMENSIONS OF SELF AWARENESS

Self Awareness involves knowing ourselves and our personality, accepting oneself in spite of our imperfection. It includes all aspects of our selves - our thoughts, emotions, likes, dislikes, strength, weaknesses, knowledge of the fact that though I'm imperfect, but still I like myself since I am a good human being and possess many qualities.

To have complete self-awareness one needs to concentrate on 2 aspects; the first being how we perceive ourselves our strengths, weakness, abilities etc and secondly how we perceive others. Both the views together give a person the complete picture about oneself.

Every person perceives oneself in 3 aspects as :-

- a. The perceived self - the way we see that part of ourselves.
- b. The real self - the way truly are.
- c. The ideal self - the way we would like to be in that area.

Happiness and poor adjustments in persons are mainly because of discrepancies between our perceived and the real or ideal self. These unhappiness and poor adjustments are due to misperceptions of self which thereby leads to discontentment.

EMPATHY

It is the ability to be sensitive to another person's situation to understand their concerns, worries, fears, and needs and how they feel. Empathy works wonder when we apply it to our relationships - with our loved ones, classmates, parents, friends, cousins and colleagues. It helps us move closer to solutions, to resolve conflicts, and enhance our quality of life. Empathy is the ability to imagine what life is like for another person. Without empathy our communication with others will be one sided and is bound to face problems in relationship as well as will be indifferent to emotions of others.

COMPONENTS OF EMPATHY

1. Putting oneself in the other's shoes.
2. To see things from the other's point of view.
3. Understand and feel the other person's feelings.
4. Being able to communicate this understanding to the person, in action or by words.
5. Being non-judgmental and not agreeing or disagreeing with the person, but accepting the person and their behaviour.
6. Not asking the issue on one's own shoulders.

CRITICAL THINKING

It is the ability to analyse information and experience in an objective manner. It can help us recognise and assess the factors that influence our attitude and behaviour, such as media and peer pressure influences. Critical Thinking is the process of determining the authenticity, accuracy or value of something. Critical Thinking involves logical thinking and reasoning. It also includes skills such as comparison, classification, cause or effect, reasoning, and planning and is characterized by the ability to :

- a. Seek reasons and alternatives.
- b. Perceive the total situation.
- c. Change one's views based on evidence.

REQUIRED SKILLS FOR CRITICAL THINKING

- (a) Analyzing the information and examining it in detail
- (b) Thinking about different perspectives and possibilities
- (c) Problem solving - considering available information before making an appropriate decision.
- (d) Reasoning - thinking logically; making links between ideas and information.
- (e) Evaluating - examining information, to assess whether it is useful, relevant, and reliable.

Critical thinking is about following attitudes:-

- (a) Open-mindedness - willing to examine multiple points of views.
- (b) Flexibility - able to change your point of view.
- (c) Persistence - able to follow a line of reasoning.
- (d) Interpersonal sensitivity - willing to respect the opinions of others.
- (e) Intercultural sensitivity - respecting diversity of culture, socio-economic variations, etc.

CREATIVE THINKING

Creativity is the ability to generate new ideas by combining, changing, or reapplying existing ideas. It helps us to look beyond our direct experience, and to respond adaptively and with flexibility to situations in our daily lives.

CREATIVITY ENCOMPASSES :

(a) An Ability - Creativity is the ability to imagine or invent something new. Creativity is not the ability to create out of nothing, but the ability to generate new ideas by combining, changing or reapplying existing ideas. Some creative ideas are astonishing and brilliant, while others are just simple, good, practical ideas that no one seems to have thought of yet. Everyone has substantial creative ability. Often all that's needed to be creative is to make a commitment to creativity and to take the time for it.

(b) An Attitude - Creativity is also an attitude: the ability to accept change and newness, a willingness to play with ideas and possibilities, a flexibility of outlook, the habit of enjoying the good, while looking for ways to improve it.

(c) A Process - Creative people work hard continuously to improve ideas and solutions, by making gradual alterations and refinements to their work. Contrary to the mythology surrounding creativity, very few works of creative excellence are produced with single stroke of brilliance. The creative person knows that there is always room for improvement.

CHARACTERISTICS OF A CREATIVE PERSON



- Curious
- Seeks problems
- Enjoys challenges
- Optimistic
- Able to suspend judgement
- Comfortable with imagination
- See's problems as opportunities
- Problems are emotionally acceptable
- Challenges assumptions
- Doesn't give up easily : perseveres,works hard

DECISION MAKING

Decision making is to choose from the varied options based on the existing knowledge of the topic under consideration keeping in mind the positive or negative consequences of each of the option. We make decisions every day.

Examples of minor decisions which we take very often are - what to eat, what to wear or how to reach a place.

Examples of major decisions which we take once in a lifetime are - what career to choose, when and whom to marry, where to buy a house, which college to go to etc.

Decision making is a complex process. Some decisions are made after careful deliberation, some are made hastily; some are made through our own will, some under the pressure of others. Our past experiences determine many of the decisions we make. Sometimes due to the past experiences we are afraid of doing things differently.

Good decision making depends on understanding the situation well, being aware of our choices and, above all visualising the consequences of our choices.

Some of the major steps to be followed while making a decision are -
define the problem, gather and analyse the relevant data, postulate solutions to the problem, analyse the implications of each alternative, select and act on the best alternative, follow-up and modify the approach if necessary

PROBLEM SOLVING

Most of the people refuse to identify the problem, once we write down the problem on paper, it will be easy to solve it with suitable solutions. Usually, we always think about only problem not solutions. a piece of Once we define the problem clearly on paper, we analyse the problem and find the ways to solve it. of routine through the environment around us. In general, every problem has many solutions. So, We have to adopt logical thinking instead we should always find all alternatives and take the best one. Problems are often opportunities in disguise. When we escape from problems, we give up the opportunity to develop our skills and potentials. Once we resolve our problems, we will find ourselves happier, more fulfilled, and more ready to confront new issues. Tackling problems involves the use of our mind. The process enhances our capacity to solve greater problems.

INTERPERSONAL RELATIONSHIPS

Ability to establish positive relationships helps us to relate in positive ways with the people we interact with. This means being able to make and maintain friendly relationships, which can be of great importance to our mental and social wellalso mean being able to end relationships constructively. Po being . It may sitive relationships help in the growth of the individuals involved.

EFFECTIVE COMMUNICATION

This is the ability to express, verbally through spoken or written language and non-verbally through gestures and body movements, in ways that are culturally acceptable.

COPING WITH EMOTIONS

Being aware of the predominant emotion that preoccupies the mind at any point of time, knowing how emotions influence behaviour, and being able to respond to emotions appropriately.

COPING WITH STRESS

Means recognizing the source of stress in our lives, recognizing how this affects us physically and emotionally, and acting in ways that help us control our levels of stress, by changing our environment or life style and learning how to relax.

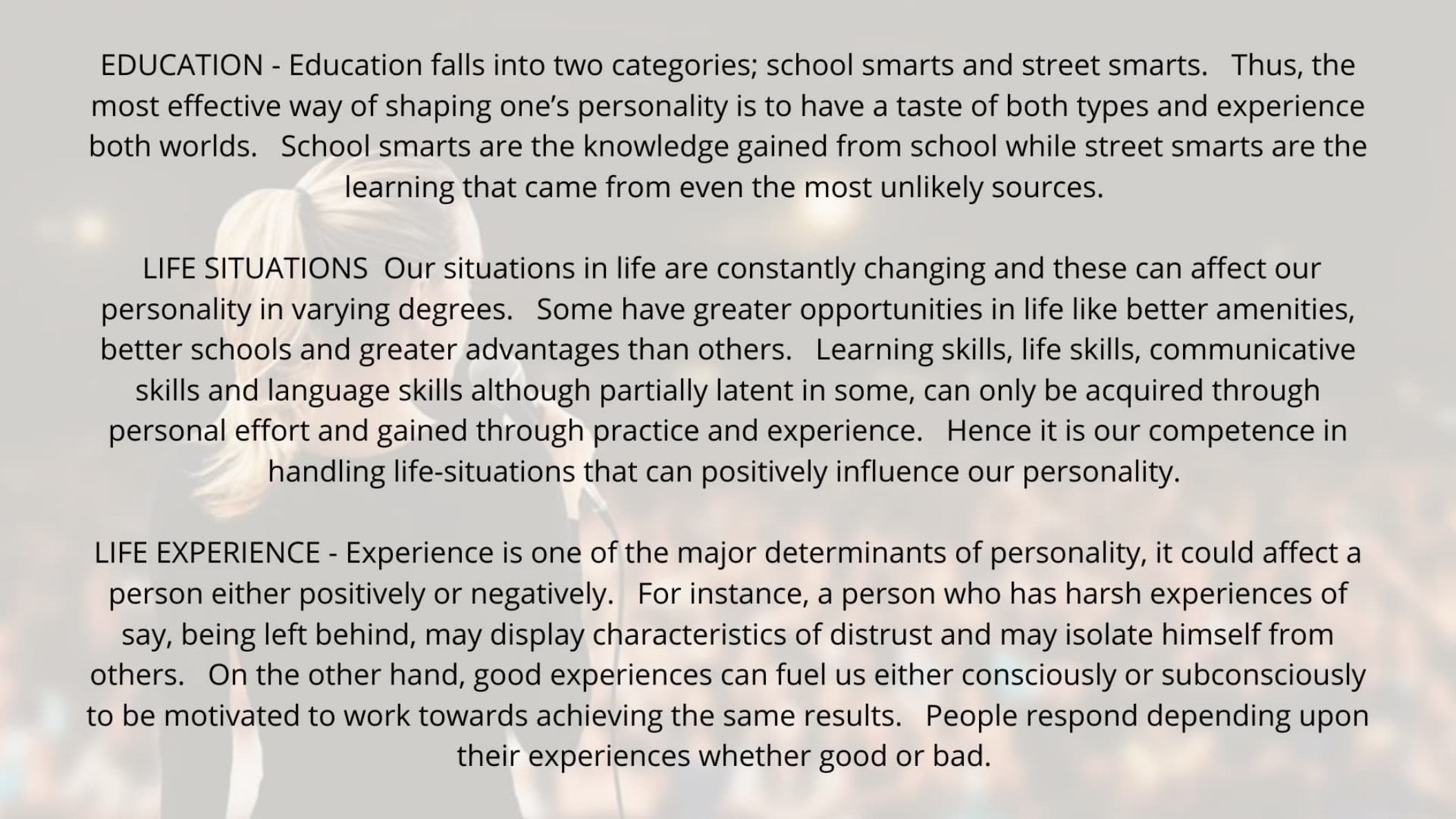
FACTORS INFLUENCING PERSONALITY

Traditionally, modern psychological studies suggest that factors such as the ones below have a lasting effect on an individual's personality.

HEREDITARY - Your personality can be influenced by the genes you may have inherited from either your mother's or your father's side or a combination of both. Apart from inheriting physical attributes, like height, weight and skin/hair colour, psychologists have ascertained that our mental aptitudes and temperaments which have the potential for influencing our personality are to a certain extent, hereditary.

SELF-DEVELOPMENT - Of the other factors, self-development is the most important factor that can influence one's personality. Self-awareness is the key; it entails believing in oneself and one's capabilities. It implies that despite one's family and environmental background or one's current circumstance, one remains in control/charge of moulding his/her personality. Such a person is aware that personality is a changing, evolving process and does everything possible to enhance his/her personality.

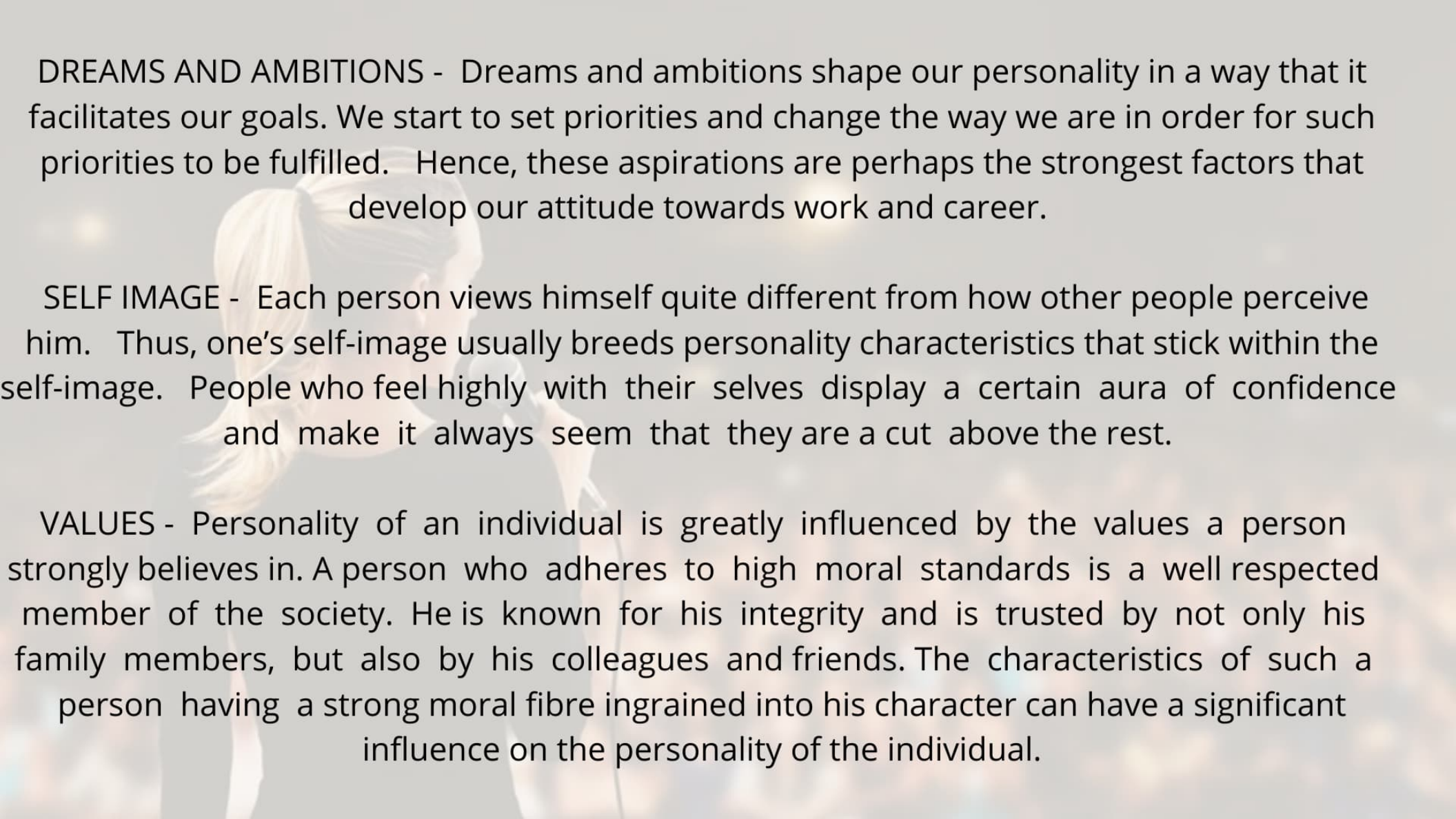
ENVIRONMENT - Our environment can also play a significant role on our personality. Right from early childhood through all the stages of development, our home and family, our school and teachers, our friends and colleagues at work, all exert influence on the development of our personality. Besides these, the location where we live and the society we associate with, the country of our birth and the culture we have adopted, are all critical factors that influence our personality.



EDUCATION - Education falls into two categories; school smarts and street smarts. Thus, the most effective way of shaping one's personality is to have a taste of both types and experience both worlds. School smarts are the knowledge gained from school while street smarts are the learning that came from even the most unlikely sources.

LIFE SITUATIONS Our situations in life are constantly changing and these can affect our personality in varying degrees. Some have greater opportunities in life like better amenities, better schools and greater advantages than others. Learning skills, life skills, communicative skills and language skills although partially latent in some, can only be acquired through personal effort and gained through practice and experience. Hence it is our competence in handling life-situations that can positively influence our personality.

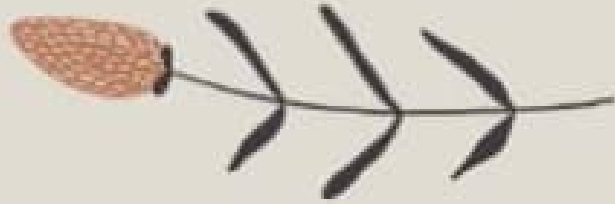
LIFE EXPERIENCE - Experience is one of the major determinants of personality, it could affect a person either positively or negatively. For instance, a person who has harsh experiences of say, being left behind, may display characteristics of distrust and may isolate himself from others. On the other hand, good experiences can fuel us either consciously or subconsciously to be motivated to work towards achieving the same results. People respond depending upon their experiences whether good or bad.



DREAMS AND AMBITIONS - Dreams and ambitions shape our personality in a way that it facilitates our goals. We start to set priorities and change the way we are in order for such priorities to be fulfilled. Hence, these aspirations are perhaps the strongest factors that develop our attitude towards work and career.

SELF IMAGE - Each person views himself quite different from how other people perceive him. Thus, one's self-image usually breeds personality characteristics that stick within the self-image. People who feel highly with their selves display a certain aura of confidence and make it always seem that they are a cut above the rest.

VALUES - Personality of an individual is greatly influenced by the values a person strongly believes in. A person who adheres to high moral standards is a well respected member of the society. He is known for his integrity and is trusted by not only his family members, but also by his colleagues and friends. The characteristics of such a person having a strong moral fibre ingrained into his character can have a significant influence on the personality of the individual.



WHEN YOU FOCUS
ON THE GOOD,
THE GOOD GETS
BETTER