



Report File Personality Development

Personality Development And Report Presentation (Jiwaji University)



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REPORT FILE OF PERSONALITY DEVELOPMENT ①

Defination of personality :- The word 'personality' is derived from word 'person'. From this point of view, personality means "The traits in one person which can distinguish him from any other person". These traits can be internal and external both.

Personality is the mother for self-realization. This is symbol of completeness. Personality is the combination of innate and acquired nature, fundamental tendencies, emotions and desires.

Classification of personality :- German psychiatrist 'Ernst Kretschmer' classified personality on the basis of physique of a person. He had classified into four body-types. An American Scientist 'William Herbert Sheldon' had also classified the persons into three categories namely ① Endomorphic, ② Mesomorphic and ③ Ectomorphic.

- Carl Jung and other psychologists also categorized personality into two parts :- ① Introvert and ② Extrovert
- In this way many other psychiatrists also divided personality into three categories :-

- (1) Introvert, (2) Extrovert and (3) Amphivert.
- Some other psychologists divided the personality into four parts: (1) Introvert (2) Extrovert (3) Stable (4) Unstable
 - American psychologists Gordon Allport categorized personality on the basis of traits.

For the complete study of personality many principles are formulated. These principles are also divided into five categories:-

- (i) Openness
- (ii) Conscientiousness
- (iii) Extraversion
- (iv) Agreeableness
- (v) Neuroticism

Classification and study of personality of a person can be done by above given five principles. Traits of Introversion and extraversion are important in some principles of human personality. The concept of Introversion and Extraversion is popularised by Swiss psychologist 'Carl Jung'. Although, common interpretation and psychological uses are different from their fundamentals.

Every person has both sides of introvertedness and extrovertedness in which one side dominates the other one.

(ii) Self-Control

What is self-control? - Self-control is the capacity of a person to control his/her emotions, his/her aggressive behaviour etc. We can achieve our goals by self-control. Self-control is necessary to do most of our works successfully. For example - in study, in working and to maintain our relationships.

We can say self-control is like thermostat which works as regulator of our balance and stability both internally and externally. When it works properly, it helps us to control that desires and aggressiveness which can deviate us from our goals. For an instance, If you want to pass an exam then you will

have to study at home. For this you have to control your desires to meet your friends and play with them.

One more example is this, you should tell your boss about his/her faults and how he/she provoked you. But to keep your job you have to control your emotions.

Importance of self-control:- It is proved that people with higher level of self-control are more successful in life. Researchers have found that people with self-control have a sharp mind which works more efficiently. If someone gives suggestion to a self-controlled person. Then a self-controlled person can work on that suggestion because being self-controlled he has to put less efforts in the application of that suggestion. They can easily come that suggestion into action.

They don't let have the impact of their desires and emotions on their abilities of decision making. That's why self-control is complex cognitive process which requires many previous skill to be present in that person.

Hence, the importance of self-control is that a person should learn to identify of his/her own emotions, understand them and learn to control them.

(iii) Self-esteem

Defination:- self-esteem is the self-evaluation of a person and this is how we perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.

Once self-esteem can affect whether he/she:

- like and value himself / herself as a person.
- can make decisions and assert himself / herself.

- Recognise his/her strengths
- Feel able to try new or difficult things.
- Show kindness toward himself/herself or with others.
- move past mistakes without blaming himself/herself unfairly.
- take the time she/he need for herself/himself.
- Believe he/she deserves happiness.

According to self-esteem expert 'Morris Rosenberg', self-esteem is quite simply one's attitude toward oneself. He described it as a "favourable or unfavourable attitude toward the self."

Self-esteem allows people to face life with more confidence, benevolence and optimism and thus easily reach their goals.

Qualities of a person with high self-esteem

- to be confident in front of elder audience/viewers
- to be more optimistic in unfavourable situations in life.

- make your decisions by your own without the approval of others.
- be more kind towards oneself in the situation of failure.
- Express your emotions and sympathy without any hesitation.

In this way a high self-esteem person feels confident in speaking publicly. Low self-esteem can be improved by firstly identifying it and secondly by sharing it with one of his/her friend or a family member.

(iv) Interview Skills

By developing interviewing skills and practising them throughout your life, you can feel more confident about any upcoming interview and experience a more fulfilling career.

Self-preparation:- Self-preparation can put your own strengths at the forefront of your mind and make it easier to articulate them in a conversation.

Write down your personal and professional strengths, including the accomplishments you're most proud of, your values, and your job experience.

(2) Research about Company :- Thorough research into the company you want to work for - including company reviews, its products and services, and its competitors - can help you determine if career path will be a good fit. Write down specific ways you can contribute to the company and be a part of its mission.

(3) Mastering your emotions :- Mastering your emotions, as well as how your nervous system reacts, can offer several benefits:-

- (i) Staying calm and relaxed during the interview process.
- (ii) Feeling assured of your abilities, regardless of the outcome of the interview.
- (iii) Focusing on making the best decision for your career.

To gain control of your nervous system, try deep breathing.

(4) Communication :- Verbal communication skills include choosing your words carefully and describing your qualifications clearly.

Non-verbal communications skills include smiling, nodding and making eye contact.

Practice good communication in advance by observing your body language in front of a mirror. In addition, ask a friend or family member to do a mock interview with you, asking you common interview questions. During the interview, it's okay to speak slowly and deliberately, and even pause to consider how you'd like to answer the interviewer's questions.