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PERSONALITY DEVELOPMENT

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ABSTRACT

Individual having the same proficiency in skill and physical power differ significantly with one another on such psychological traits. Personality development helps to prevent the reversal of such bio-physiological factors of performance such as strength, endurance, flexibility, relaxation and skill. Psychological differences are subtle as well as acute. Even twins, having similar appearance and constitution don't seem to possess the same dispositions and inclination towards behaviour.

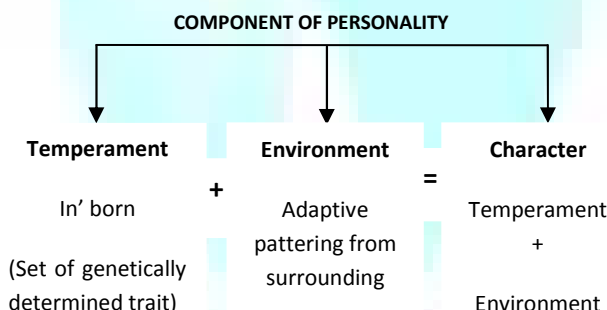
KEYWORDS

Personality development, behaviour study.

INTRODUCTION

Personality as being structured into the ego and super ego also fit into this class of definitions."

Individual having the same proficiency in skill and physical power differ significantly with one another on such psychological traits. Personality development helps to prevent the reversal of such bio-physiological factors of performance such as strength, endurance, flexibility, relaxation and skill. Psychological differences are subtle as well as acute. Even twins, having similar appearance and constitution don't seem to possess the same dispositions and inclination towards behaviour.



(Temperament with its dependence on genetic factors is sometimes referred to as "Nature" while the environment factors are called "Nurture".

Individual differences exist between subjects in physical and psychological characteristics of personality as body-build, speed, strength, flexibility, Neuro-muscular co-ordination, endurance, physical fitness, attitudes, aptitudes, intelligence, level of motivation, emotional stability etc... So, personality is the individual's unique pattern trait that distinguishes him as an individual and account for his unique and relatively consistent way of interacting with his environment.

Human is motivated by expectations of the future goal. The style of life is an abstraction that includes everything of living within some characteristics, plan or means of attaining the life goal. It is unique quality of personality which differentiates one person from the other. There are many way to reach the life goal. These different ways, represent a person's unique style of life, the route by which goal is sought. All aspects of an individual's life and details of his behaviour organize around this style of life. The role of education and sports factors which influence the development of personality in a unique pattern.

THEORY OF PERSONALITY

The term "Personality" is derived from the Latin word persona, which was the name give to the masks that actors and me characters were the portrayed. The term personality has been defined in various ways by the psychologists who worked on the development of personality and the variable influencing it development. There are various existing definition to describe personality in tolerable terms and concluded as follow;

According to price; "Personality is a sum total of all the biological innate, dispositions, impulses, tendencies and instincts of the individual and the dispositions and tendencies acquired by experience."

John Locke talked of "Thinking intelligent being that has reason and reflection and can consider self as itself."

Watson considered "Personality as the sum total one's behaviour"

According to Norman Cannon, "Personality is the dynamic organization of interlocking behaviour systems that each of us possesses, as one grows from biological newborn to bio-social adult in an environment of other individuals and cultured products"

Pearson described, "Personality is effect upon others of a living being's appearance and behaviour so far as they are interpreted as distinctive sign of that being."

Freud's conception of "Personality as being structured into the ego and super ego also fit into this class of definitions."

As per Allport, "Personality is the dynamic organization within the individual of those psycho-physical systems that determine his unique adjustments to his environment."

Eysenck defined personality as "the more or less stable and enduring organization of a person's character, temperament, intellect and physique which determine his unique adjustments to the environment."

The basic characteristics agreed by almost all psychologists are as:

- Mat personality is unique or No or two individual have alike personality.
- Its product of the experience of past accumulated by continue interaction with internal environment.
- The study of brings out clear & relevant differences among individuals.

CONCEPT OF PERSONALITY

Personality is "integration or emerging of all the parts of one's psychological life, the way one thinks, feels, acts, behaves." It seems reasonable to assume that constituencies in behaviour or predisposition to behave in a particular manner could influence one's athletic ability.

The physical fitness movement is a development that is receiving more attention in all segments of society. Good personality must have a good physique, good appearance, good bearing, good health etc... The common men assessment of personality veers around the body structure and physical appearance. The sound mind exists only in a sound body.

The biological, the psychological, the social and the emotional aspects of personality are clearly know to be inter-related and inter-department. They aren't isolated units. No single aspect is considered more important than the others. **Freud** believe that "Everything was pre-determined", the growth, the development, the personality etc... This narrow outlook is no longer in vogue. The self conscious in the individual makes him modify certain things about him. The individual knows "what he is, what others think about him, and what he himself is."

DIMENSIONS OF PERSONALITY

Personality has certain dimensions – some visible and some hidden. Each dimension has its specific purpose as well as area of operation and no aspect can be clearly understood without reference to the others. The important dimensions, which influence the personality, are explained below.

1. Physique is the plinth of personality. The physical appearance or how an individual looks like from outside is the prime factor of personality. The body structure of an individual is a matter of heredity but certain qualities may be acquired during the years of growth & development, social interaction, education and training which go to improve one's personality. No doubt one may not be able to increase one's height but weight, good appearance, smartness etc... may be acquired through efforts. Physical activity like, sports, yoga, martial art etc. help individual to improve his posture and health.
2. No one can make any contribution to the society unless one is mentally sound and has acquired adequate knowledge. An individual knows, living in Jungle without a human counterpart can't be said to possess any personality; he can't compare himself with the animals. That's why personality is a social attribute and characteristics when no society to recognize him. Mind and intellect distinguish man from animals. People having fewer opportunities for the acquisition of knowledge, educations etc... are considered backward. Many great orators, sculptors, politicians, religious leaders, teachers, sportsmen etc... possessed remarkable qualities of intellect and mind. Qualities of body and mind are no substitute of each other. Mental soundness and intellectual capability aren't merely frills of personality: they are basic attributes of man. A human being without good intellect and sound mind is no better than an animal.
3. Emotional stability is the hallmark of good personality. It's neither completely physical nor completely mental; it is a psycho-physiological construct. By emotional stability, it is meant that the individual must never come under the way of emotions. i.e. reactions arising out of the situations involving such feeling are as anger, fear, disgust, repulsion, hate etc..., people are unnecessarily touchy for nothing and become fussy over trivialities. Many people feel elated when they win but start crying, abusing the officials or curse their fate when they lose. Such situation reflects one's emotional status. Man isn't supposed to react to situations as animals do. Emotional stability leads to modest living and emotional instability is the root cause of adjustment, which blurs the entire image of one's personality. Pursuits of materialistic philosophy seem to be playing havoc with emotions of modern men.
4. There are ceaseless pressures from all sides on the human mind today. Frustrations, corroding anxieties, mental tension etc... have now become stern realities of life. Science has let loose a war on man's nerves. Arising out of our made race for material comforts, neural tension is badly telling upon our emotional balance. Generally, we can't control our feelings, when we eventually head towards disaster. Emotional stability is considered to be an ingredient of personality which is essential both in psychological as well as moral sense of term. Those who easily fall in tantrums like children over trifles should be deemed to possess inferior personality. Emotions are a great reservoir of energy. When emotional situation aren't controlled, like the flooded river, they create havoc. Emotions must be trained, channelized and sublimated so as to stabilize personality.
5. Man possesses the ability to learn to behave in acceptable ways and live in co-operation with others his compeers and counterparts; man can form a society in which and for which he lives and which in turn, watches his interests and fulfils his desires. Nature creates man, society humanizes him. Man doesn't live for only himself alone, he lives for others too. Sociability is an extension of the instinct of gregariousness. It is a refined way for co-existence. Animals, quite a few can be domesticated but not socialized. Good temperament, though they are basically inherited are right type of attitudes. They are developed in the environment in which the individual lives. Social dimensions have made personality a much wider concept. Early life experiences and value system prevalent in a society or community seems to make personality a highly flexible and dynamic construct.

DISTINCTIVE FEATURES & CHARACTERISTICS OF PERSONALITY

- Personality is something unique and specific
- Personality exhibits self-consciousness as one of its main characteristics
- The personality can be described and measured
- Personality may be further distinguished from temperament
- Learning and acquisition of experiences contribute towards growth and development of personality
- Every person's personality include distinctive feature
- Personality is the organization of a person's habits, attitudes and traits arises from the interplay of biological and cultural factors.

In view of the foregoing discussion regarding its characteristics, it may be said that, personality is a complex blend of a constantly evolving and changing patterns of one's unique behaviour, emerged as result of one's interaction with one's environment and directed towards some specific ends.

SUGGESTIONS FOR IMPROVING PERSONALITY

1. Educational institutes must provide broad opportunities for practicing right living and for learning all the technique, skill and habit necessary in democratic way of life.
2. Teacher & Trainers should have capability in the guiding of all fields, which is oriented for developing personality of the students and persons.'
3. Any teacher or trainer can't be expected to be expert in each field, they should be given motivation in many ways, so that the students grow and improve their personality.
4. The richest and broadest opportunities for developing personality, skill developing and the best habits formation can be provided through the co-operative efforts of principles, teachers, staff, trainers, student, parents and community too.
5. Human resources of the educational institutions should work together co-operatively as a team. They can make best provisions for maximum growth opportunities for every person, depending upon his/her stage of social, emotional and physical development with the help of the various activities.

6. Someone wants at level one daily section of sufficiently strenuous guided activities to develop in strength, flexibility and agility for developing their personality.
7. Provision should be made for close interrelationship of the education, physical education programmes at the primary, secondary, higher secondary and also higher level of study.
8. The persons need adequate and appropriate space indoors and outdoors, ample and suitable play materials varied and stimulating programmes offering through which they develop strong and well coordinated bodies, increase understanding of the relationship of body care to physical performance gain command of satisfying physical skills and enlarge their range of active, healthful recreational pursuits.
9. A system of standardized and meaningful records keeping one essential to insure continuity and progression at every level of study. These paperwork would show the manners engaged in by the students or person's, progress made, weakness, measurement and evaluation result which would be helpful in planning programmes and for developing their personality.

CONCLUSION

Any activity is able to increase physical efficiency, mental awareness and the development of certain qualities like perseverance, team work, team spirit, leadership, and obedience to rules, moderation in victory and balance in defeat are helpful for developing personality of the men. We may sum up the importance of likeable activity with a quotation from Aldous Huxley, a Like every other instrument that man has invented activity can be used for good purposes, used well, it can teach endurance and courage a sense of fair behaviour and a respect for rules, coordinated efforts and the subordination of personal interest to those of the group. The best wishes for creating the activity (likeable) and personality development of the youths of the universes.

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