

# WEBINAR PROCEEDINGS

## **DIFFERENT DIMENSIONS OF PERSONALITY DEVELOPMENT**

22 August 2023

Edited by

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## About College

Government College Bhagwanpura, Khargone has started its journey from July 2023. Our institution is affiliated to Devi Ahilya University Indore and imparting higher education in Arts, Science, and Commerce streams to the students of remote area of Khargone district of Madhya Pradesh.

## Preface

Welcome to the webinar on "Different Dimensions of Personality Development." This event is the result of a collective endeavour to delve into the multifaceted aspects that shape our individuality and personal growth. This national webinar is purely sponsored by Department of Higher Education, Madhya Pradesh that aims to emphasize the importance of personality in every field. The concept of personality development is a subject of enduring fascination, encompassing a wide spectrum of traits, behaviours, and influences. It is a journey that is as unique as each one of us, and this webinar seeks to explore the various facets that contribute to this intricate process.

In these pages, you will find a wealth of knowledge, insights, and perspectives from distinguished speakers and experts in the field. The presentations, discussions, and interactions captured here provide a comprehensive view of the subject, offering guidance and inspiration for those seeking to enhance their personal and professional lives. As you embark on this intellectual voyage, we encourage you to actively engage with the content, pose questions, and reflect on the ideas presented. The "Different Dimensions of Personality Development" webinar is a platform for dialogue and growth, and your participation is crucial in making it a dynamic and enriching experience.

We extend our gratitude to the speakers, participants, and organizing team for their dedication and enthusiasm in making this event possible. We hope that this webinar serves as a source of knowledge, inspiration, and empowerment as we collectively explore the intriguing and ever-evolving world of personality development.

Gagan Patidar

(Organizing Secretary )  
Assistant Professor  
Department of English  
Govt. P.G. College Khargone

## Message from the JBS Chairperson

It is with immense pleasure and pride that I extend my warmest greetings to each one of you on behalf of the organizing committee of the "Different Dimensions of Personality Development" webinar proceedings. Our webinar was not just an event; it was a shared journey of exploration and growth, and these proceedings are a testament to the collective wisdom and knowledge that were exchanged during our time together. As I peruse the pages of this document, I am reminded of the passion and dedication that you, our valued participants and speakers, brought to the discussions.

The "Different Dimensions of Personality Development" webinar was conceived with the vision of fostering personal and professional growth by understanding the multifaceted aspects of personality development. Through your engaging presentations, insightful discussions, and thought-provoking questions, we achieved that vision and more. These proceedings are not merely a compilation of words and ideas; they are a reflection of the transformative power of knowledge. Each section encapsulates the essence of the discussions, the depth of the insights shared, and the practical applications that can enhance our lives. Your presence and enthusiasm made this webinar a resounding success, and these proceedings serve as a memento of your dedication to self-improvement.

As we navigate the pages of these proceedings, let us remember that the journey of personality development is ongoing. Let the knowledge contained within these pages be a source of inspiration and guidance as we continue to evolve and grow. Once again, thank you all for being a part of this enlightening journey.

Warm regards

Mr. Deepak Kanungo

JBS Chairperson

Government P.G. College  
Khargone, Madhya Pradesh

## Message from the Principal

Dear Esteemed Participants,

I am delighted to extend my heartfelt appreciation to all of you for your unwavering commitment to the "Different Dimensions of Personality Development" webinar proceedings. Your engagement and enthusiasm have contributed significantly to the success of this event. Our institution has always placed a strong emphasis on holistic development, recognizing that personal growth is just as vital as academic achievement. This webinar and its proceedings stand as a shining example of our shared commitment to nurturing not only the minds but also the characters of our students and community. The insights and wisdom shared within these pages are a testament to the transformative power of knowledge and reflection. Each of you has played a crucial role in shaping the content of these proceedings, and I commend you for your dedication to the subject of personality development.

As we navigate through these invaluable resources, I encourage you to apply the lessons learned to your lives and share them with others. Remember that personal growth is a lifelong journey, and these proceedings are a guidepost to help you along the way. I extend my warmest gratitude to our speakers, organizers, and participants for making this webinar a resounding success. Let us continue to embrace and champion the cause of personality development, for it is through this endeavor that we create individuals who will positively impact the world.

With best regards,

Dr. Ravindra Barve

Principal

Government College  
Bhagwanpura Khargone, Madhya  
Pradesh

## IQAC Coordinator's Note

The "Different Dimensions of Personality Development" webinar proceedings represent a remarkable culmination of our collective efforts in fostering holistic growth and self-improvement. It is with great pride and enthusiasm that I reflect upon the significant contributions made by our speakers, participants, and organizing team in making this event a resounding success. These proceedings serve as a repository of knowledge and insights, providing a valuable resource for all those seeking to enhance their understanding of personality development. The diverse perspectives and interdisciplinary discussions captured within these pages underscore our commitment to nurturing well-rounded individuals.

I wish to extend my heartfelt gratitude to everyone involved in this endeavour. Your dedication to promoting personal growth and self-awareness through this webinar has been commendable. As we delve into these proceedings, may we continue to embrace the multifaceted nature of personality development and work collectively to empower individuals to thrive in every dimension of life.

Dr. Vandana Barve

IQAC Coordinator

Government College  
Bhagwanpura Khargone, Madhya  
Pradesh

## Webinar Convenor's Note

The "Different Dimensions of Personality Development" webinar represent a remarkable culmination of our collective efforts in fostering holistic growth and self-improvement. It is with great pride and enthusiasm that I reflect upon the significant contributions made by our speakers, participants, and organizing team in making this event a resounding success.

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With warm regards,

Prof. L.K. Bhataniya

Convenor

Government College  
Bhagwanpura Khargone, Madhya  
Pradesh



## Words From the Principal of Lead College

I am delighted to extend my heartfelt appreciation to all of you for your unwavering commitment to the "Different Dimensions of Personality Development" webinar proceedings. Your engagement and enthusiasm have contributed significantly to the success of this event. This institution is newly established in the current year and has a strong emphasis on holistic development, recognizing that personal growth is just as vital as academic achievement. This webinar stands as a shining example of our shared commitment to nurturing not only the minds but also the characters of our students and community.

The insights and wisdom shared within these pages are a testament to the transformative power of knowledge and reflection. Each of you has played a crucial role in shaping the content of these proceedings, and I commend you for your dedication to the subject of personality development. As we navigate through these invaluable resources, I encourage you to apply the lessons learned to your lives and share them with others. Remember that personal growth is a lifelong journey, and these proceedings are a guidepost to help you along the way.

I extend my warmest gratitude to our speakers, organizers, and participants for making this webinar a resounding success. Let us continue to embrace and champion the cause of personality development, for it is through this endeavour that we create individuals who will positively impact the world.

Principal

Dr. R. S. Devra

Government (Lead) Post Graduate College

Khargone, Madhya Pradesh

## Editor's Foreword

Welcome to the "Different Dimensions of Personality Development" webinar proceedings. It is my distinct pleasure to introduce this compendium of knowledge, insights, and reflections stemming from our enlightening webinar event of Government College Bhagwanpura, Dist: Khargone Madhya Pradesh.

The pursuit of personal growth is a timeless endeavour, and it is through events like these that we collectively expand our horizons and deepen our understanding of what it means to develop one's personality. As the editor of these proceedings, I have had the privilege of witnessing the remarkable contributions made by our esteemed speakers and participants.

In these pages, you will find a diverse tapestry of ideas, theories, and practical wisdom, each thread woven with care and expertise. The presentations, discussions, and exchanges captured here reflect a commitment to holistic development and a recognition of the many facets that contribute to our individuality.

I extend my profound gratitude to our exceptional speakers for their dedication to sharing their knowledge. Their insights serve as guiding lights for those navigating the path of personal growth. To our participants, I commend your curiosity, engagement, and thirst for knowledge. These proceedings stand as a testament to your commitment to self-improvement.

As you embark on this journey through the "Different Dimensions of Personality Development," may these proceedings be a source of inspiration and a valuable resource in your continuous pursuit of personal growth.

Dr. Tushar Jadhav

Chief Editor

## Acknowledgments

We extend our heartfelt gratitude to all the speakers, participants, and the organizing team for their invaluable contributions in making the "Different Dimensions of Personality Development" webinar a resounding success. Your dedication and enthusiasm have been instrumental in shaping this enlightening event and its proceedings. Thank you for your unwavering support and commitment to personal growth and development.

We extend our heartfelt thanks to Mr. Deepak Kanungo (JBS Chairperson), Dr. R.S. Devra (Principal of Lead College), Dr.. Vandana Barve (IQAC coordinator) and Principal Dr. Ravindra Barve and Prof. Lalit Kumar Bhataniya, Convenor of the webinar for their continuous support in this event. We are also thankful to Department of Higher Education, Government of Madhya Pradesh for providing financial support and guidelines for organising the webinar.

Our most warmest gratitude goes to the webinar resource persons — Dr. Prashant Gaikwad, Head Department of English, Shikshamaharshi Guruvairya R.G.Shinde College, Paranada, Maharashtra and Mr. Aashish Mishra, Librarian Buniadpur Mahavidyalaya, Buniadpur, West Bengal whose invaluable feedback and discerning evaluation played a pivotal role in maintaining the high academic standards of the webinar. Furthermore, a special thanks goes out to the technical and logistical teams whose efforts ensured the seamless execution of the event. Last but not least, we are grateful to our audience for their active participation and insightful questions, which enriched the discussions and made the webinar a truly interactive and engaging experience.

Your collective contributions have made "Different Dimensions of Personality Development" a memorable and impactful event. Thank you for being part of our journey toward personal growth and self-discovery. We also extend our thanks to the webinar participants, presenters, and attendees who actively engaged in thought-provoking discussions, furthering our understanding of the subject personality development play in the digital age of legal information. Last but not least, we appreciate the support and encouragement from our colleagues Dr. Ranjita Patidar, Mr. Dharmendra Patidar, Dr. Ganesh Patil, Gagan Patidar, Govind Yadav, Dr. Jagdish Dawar and friends, throughout the editorial process.

With sincere appreciation

Webinar Organising Team

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# **Personality Development and Anger Management: A Comprehensive Review**

**Aishwarya Dilaware<sup>1</sup>, Lalit Kumar Bhataniya<sup>2</sup>**

**Govt. P. G. College, Khargone**

## **Abstract**

Personality development and anger management are essential components of human psychology that significantly influence an individual's overall well-being and interpersonal relationships. This comprehensive research paper presents an in-depth analysis of personality development and anger management concepts, exploring their definitions, theoretical foundations, underlying factors, psychological implications, and effective strategies for cultivating positive personality traits and managing anger constructively. By comprehending the intricate interplay between these constructs, individuals, researchers, and mental health practitioners can contribute to personal growth and improved emotional regulation.

**Keywords:** Personality Development, Anger management, Mental Health, Stress Management.

## **Introduction**

Personality development is an ongoing process that molds an individual's distinctive cognition, emotion, and behavior patterns.

Anger management involves the skill of full recognition, regulation, and expression of anger to promote healthy emotional responses. Both personality development and anger management hold significant sway over an individual's emotional intelligence, relationships, and overall mental well-being. As Aristotle rightly pointed out, 'Anybody can become angry that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way that is now within everybody's power and is not easy.'

*Personality Development:* Personality, a multifaceted blend of traits, behaviors, and cognitive predispositions, distinguishes one individual from another. The interplay between genetic predispositions and environmental influences shapes personality development. The psychodynamic theory by Freud, the trait theory by Allport, and the social-cognitive theory by Bandura elucidate diverse perspectives on how personality evolves. The Big Five Personality

Traits (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) provide a widely acknowledged framework for categorizing personality traits [2] [3].

*Anger Management:* Anger, a universal human emotion, can have detrimental effects if not managed effectively. Successful anger management entails identifying triggers, understanding physiological responses, and utilizing coping strategies. Approaches like cognitive-behavioral techniques, mindfulness practices, and communication skills training form the bedrock of interventions for anger management. The ABC model (Activating Event, Beliefs, Consequences) assists individuals in recognizing thought patterns contributing to anger and replacing them with more adaptive ones.

*Interconnection between Personality Development and Anger Management:* Personality traits are instrumental in determining an individual's susceptibility to experiencing and expressing anger. For instance, individuals high in neuroticism may be more susceptible to rage due to heightened emotional reactivity. Similarly, personality traits like agreeableness and emotional stability play a role in an individual's ability to manage anger effectively. Conversely, anger management interventions can influence personality development by fostering emotional regulation skills and enhancing interpersonal interactions. [4]

*Impact on Mental and Emotional Well-being:* A robust personality development process enhances self-awareness, positive self-esteem, and adaptive coping mechanisms. In contrast, maladaptive personality traits can precipitate psychological disorders and strained relationships. Uncontrolled anger is linked to stress, cardiovascular problems, and impaired relationships. Addressing anger through effective management techniques can mitigate these adverse outcomes and promote emotional well-being.[5]

### **Strategies for Personality Development through Anger Management:**

*Self-awareness:* Gaining insights into one's personality traits, triggers, and emotional responses is the foundational step toward effective anger management and personality development.

*Emotion Regulation:* Techniques such as mindfulness meditation, deep breathing exercises, and progressive muscle relaxation contribute to emotional regulation, reducing the likelihood of anger outbursts.

*Closer and Healthier Relationships:* Another benefit of anger management is that it helps you to get closer to others and makes you more comfortable in personal relationships. The people we love are often the victims of our anger when we lose control. Channelling anger will make

us more capable of leading a life that is comparatively free of repulsive scenes or outbursts of anger.

*Awareness about responsibility:* Once we can control anger, we will know when you cause any trouble and when you are not. When the problem is because of you, you will also be able to understand how to handle the situation calmly and still not be blamed. Taking the full responsibility for your task is also a personality trait that leads to personality development.

*Cognitive Restructuring:* Identifying and challenging irrational beliefs contributing to anger can lead to more balanced emotional reactions.

*Communication Skills:* Acquiring effective communication techniques, including active listening and assertiveness, prevents misunderstandings that can fuel anger.

*Stress Management:* Developing stress reduction strategies like regular exercise, engaging in hobbies, and practicing time management alleviates potential anger triggers.[8]

### **Conclusion:**

Personality development and anger management are intricately connected aspects of human psychology with far-reaching effects on emotional well-being and social interactions. By comprehending the interplay between personality traits and anger expression and adopting effective strategies for emotion regulation and communication, individuals can embark on a journey of personal growth, improved relationships, and enhanced mental health. Continued research in these domains is vital to developing targeted interventions holistically promoting well-being.

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## “युवाओं के गुणात्मक विकास में उच्च शिक्षा की भूमिका”

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सहायक प्राध्यापक (हिन्दी)  
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### शोध सारांश

ज्ञान स्वयं में वर्तमान है, मनुष्य केवल उसका आविष्कार करता है।

#### स्वामी विवेकानंद

शिक्षा का मुख्य उद्देश्य शिक्षार्थियों के व्यवहार में वांछनीय परिवर्तन लाना है। शिक्षाविद्यार्थी के व्यक्तित्व के सर्वांगीण विकास और उसमें स्वस्थ दृष्टिकोण एवं अच्छे संस्कार सम्मिलित करने में सहायक होती है। शिक्षा के माध्यम से ही संचित ज्ञान को आने वाली पीढ़ियों को हस्तांतरित किया जा सकता है, और उन में वृद्धि की जा सकती है। उच्च शिक्षा सामाजिक आर्थिक, सांस्कृतिक, नैतिक और आध्यात्मिक विषयों को समझने में सक्षम बनाती है, इसके माध्यम से समाज में किसी भी प्रकार का परिवर्तन लाना सुगम हो जाता है। शिक्षा समाज में विषमताओं को कम करने का साधन शिक्षा भी बन सकती है। डॉ. राधाकृष्णन के अनुसार, शिक्षा परिवर्तन का एक साधन है जो कार्य समाज में, परिवार धार्मिक, सामाजिक एवं राजनैतिक संस्थाओं द्वारा होता था, वह आज शिक्षण संस्थाओं द्वारा किया जा रहा है। ऐसे प्रमाण हैं कि भारत में शिक्षा का उद्गम वैदिक से ही है। प्राचीन साहित्य जैसे वेदों, ब्राह्मण और उपनिषदों, आदि का ज्ञान हमें प्राचीन ऋषियों के माध्यम से प्राप्त होता है। संसार का सबसे बड़ा प्रथम विश्वविद्यालय 700 ईसा पूर्व तक्षशिला में स्थापित किया गया था, और नालंदा विश्वविद्यालय चौथी शताब्दी ईसा पूर्व में। कई भारतीय विद्वानों चरक, सुश्रुत, आर्यभट्ट, भास्कराचार्य, चाणक्य, पतंजलि, वात्सयायन, आदि में गणित, खगोल विज्ञान, भौतिक विज्ञान, रसायन विज्ञान, चिकित्सा विज्ञान, वास्तुकला, ललित कला, यांत्रिक प्रौद्योगिकी जैसे क्षेत्रों में ज्ञान के उद्गम और वृद्धि में योगदान दिया। भारतीय शिक्षा प्रणाली में जहां प्राचीन संस्कृति का संरक्षण किया और सांस्कृतिक एकता को बढ़ावा दिया, वहीं सामाजिक उत्तरदायित्व और सामाजिक मूल्यों की भावना का भी संचार किया।

### शब्द कुंजी: -अधिगम के चार स्तंभ

संयुक्त राष्ट्र शैक्षणिक, वैज्ञानिक और सांस्कृतिक संगठन के अनुसार शिक्षा /अधिगम के चार स्तंभ हैं जो निम्नलिखित हैं।

#### 1. जानकारी के लिए सीखना-

संसार की जटिलताओं को समझना, भविष्य में सीखने के लिए पर्याप्त आधार प्रदान करता है।

#### 2. कुछ करने के लिए सीखना-

ऐसे कौशल को प्राप्त करना जिससे व्यक्ति प्रभावी ढंग से वैश्विक अर्थव्यवस्था और समाज में भाग लेने के लिए सक्षम हो।

#### 3. कुछ बनने के लिए सीखना-

स्वयं विश्लेषणात्मक और सामाजिक कौशल का विकास ताकि अपनी क्षमता का वास्तविक कारण किया जा सके।

#### 4. साथ रहने के लिए सीखना-

मानव अधिकार लोकतांत्रिक सिद्धांतों आदि का बोध करता है।

मानव विकास की विजय यात्रा में शिक्षा की भूमिका सर्वोपरि है। वर्तमान में जिस तेजी से भौतिकवाद व उपभोक्तावादी संस्कृति अपना दायरा विकसित कर रही है। उसी गति से वह युवा वर्ग को अपने आगोश में व चकाचौंद के विविध रंगों में पूरी तरह से रंग की जा रही है। संचार माध्यमों के तकनीकी विकास ने ज्ञान - विज्ञान के क्षेत्र में जहां नए कीर्तिमान स्थापित किए हैं वहीं आज का युवा वर्ग उससे प्रभावित होकर अपनी जीवनशैली को तीव्रता से बदल रहा है। उसकी आकांक्षाएँ समाज की अपेक्षाएं उसे तनाव की ओर धकेल रही हैं। उसकी दिनचर्या उसका व्यवहार उसकी साहित्यिक, सांस्कृतिक, व धार्मिक, अभिरुचियां निरंतर बदलाव की ओर जा रही हैं। इससे उसमें आत्मविश्वास की कमी और असुरक्षा अनुशासन की नकारात्मक प्रवृत्तियां पनपने लगी हैं। परंपरा और प्रगति के बीच आज का युवा द्वंद्व ग्रस्त है। उसके समक्ष दोनों के बीच सामंजस्य स्थापित करने की प्रमुख समस्या है। ऐसे में आवश्यकता है, उच्च शिक्षा में बदलावों की जो युवाओं में गुणात्मक विकास को विकसित कर उसे सकारात्मक सोच की ओर अग्रसर कर सके। तेजी से बदल रही दुनिया के साथ ही शैक्षणिक जगत में भी परिवर्तन की लहर है। हमारे आसपास के वातावरण में परिवर्तन बहुत तेज गति से हो रहा है। और यह समझदारी के साथ-साथ सामाजिक संरचनाओं और भावनाओं से संसार को भी प्रभावित कर रहा है। आधुनिक परिदृश्य को प्रोद्योगिकी ने अपने मजबूत नियंत्रण में ले लिया है। नए ज्ञानोदय सूचना क्रांति के अति विस्मयकारी विस्फोट से भारत जैसे पारंपरिक समाजों वाले देश में कई तरह के असमंजसकारी बदलाव आ रहे हैं। इस उथल-पुथल में अपनी समृद्ध एवं गरिमामई शिक्षा दीक्षा और संस्कारों को बचा पाना बहुत कठिन होता जा रहा है। यद्यपि उच्च शिक्षा में निरंतर गुणात्मक शिक्षा के विकास में कार्य हो रहा है, तथापि यह सुधार पर्याप्त नहीं कहे जा सकते, अभी भी ऐसे अनेक पक्ष या पहलू हैं। जिनमें बहुत कुछ नए करने की संभावना विद्यमान है, उन पहलुओं का पाठ्यक्रमों में समावेश होने से युवा वर्ग तेजी से बदलते वातावरण में वैश्विक चुनौतियों का सामना करने में सक्षम हो सकेगा। और अपने व्यक्तित्व का वांछित विकास कर सकेगा। यह सत्य है कि, विषय के गहरे ज्ञान के बिना युवा वर्ग आधुनिक जीवन शैली में सफलता प्राप्त नहीं कर सकता। उच्च शिक्षा भारतीय संस्कृति के अनुरूप आदर्श का केंद्र बने एवं उन्नत तथा प्रगतिशील समाज के निर्माण में सहायक हो। जहां ऐसी जीवन शैली विकसित होगी कि अहिंसा सत्य जैसे मौलिक गुण कण-कण में व्याप्त हो जाए ताकि बुरे व्यसन मुक्त मुक्ति के लिए, स्वच्छता के लिए, हमें कोई आयोजन ना करना पड़े। महाविद्यालय की कक्षाएं पाठ सुनने के मात्र कमरे ना हो अध्यापन तथ्यों के संग्रह और अधिक अंक अर्जित करने की क्रीडा ना बने, अपितु वहां जीवन ऊर्जा का सृजन हो, मूल्य का निर्माण हो। वास्तव में शिक्षा के यह पवित्र मंदिर चिंतन - मनन जिज्ञासा, अन्वेषण, नवाचार एवं अभिप्रेरणा का संगम बने, ऐसे सार्थक प्रयास करने होंगे। परंपरा और प्रगति के बीच आज का युवा बुरे व्यसन से द्वन्द्व ग्रस्त है। उसके समक्ष अकादमिक डिग्रियों के साथ आजीविका का प्रश्न भी कम महत्वपूर्ण नहीं है। इसलिए उच्च शिक्षा की बदलती प्रसारशील भूमिका वर्तमान युवा जीवन के लिए अत्यंत महत्वपूर्ण होगी है। बदलते परिवेश में युवा वर्ग को यह भी समझना

होगा कि, शिक्षा जीवन भर सीखने चलने वाला उपक्रम है। युवा वर्ग को इस दिशा में गंभीरता से सोचना होगा। व्यक्तिगत स्तर पर युवाओं को अपने विषय संबंधी ज्ञान, व्यक्तित्व विकास, मौखिक व लिखित संप्रेषण, कौशल सृजनशील मानसिकता काम के प्रति रवैया, नया करने और सीखने की इच्छा, टीम भावना, लचीलापन, परिस्थितियों के अनुरूप अपने को ढालने के सामर्थ्य आदि पर विचार करना होगा। तभी वह वैश्वीकरण के दौर में अपने आप को स्थापित करने में सक्षम बन सकेगा।

आज आवश्यकता है कि, प्रेरक और सृजनशील वातावरण के निर्माण हेतु पहल की। अच्छी नागरिकता के विकास के लिए बिना स्वायत्तता की रक्षा भी संभव नहीं है। युवाओं में राष्ट्रगान, राष्ट्रध्वज देश के संविधान के सम्मान राष्ट्रीय स्वतंत्रता आंदोलन के आदर्शों राष्ट्रीय एकता अखंडता और संप्रभुता की रक्षा करना, राष्ट्र की रक्षा, राष्ट्रीय आपदाओं के समय हम दर्द के लिए आगे आना, राष्ट्रीय भाईचारा, महिला सम्मान की रक्षा करना, बहुरंगी भारतीय संस्कृति का सम्मान व उसको संरक्षित रखना, प्राकृतिक पर्यावरण के महत्वपूर्ण अंग जैसे झिलों, नदियों, जंगलों, वन्यजीवों की सुरक्षा और स्वच्छता पर ध्यान देना, वैज्ञानिक एवं मानवीय दृष्टिकोण विकसित करना पुनर्जागरण हेतु प्रयास करना तथा स्वयं में जिज्ञासा की प्रवृत्ति विकसित करना हिंसा से बचना और संपत्ति की रक्षा करना तथा सामूहिक क्रियाकलापों के माध्यम से सभी क्षेत्रों में उत्कृष्टता लाने की दिशा में कार्य करना ताकि देश की उपलब्धियों के मामले में नित नई ऊंचाइयां प्राप्त करता रहे।

युवाओं में नैतिक मूल्य को स्थापित करना उनकी जीवनशैली को व्यवस्थित कर उनमें सकारात्मक सोच को विकसित करना, उच्च शिक्षा की बदलती भूमिका अहम स्थान रखती है, यह अनिवार्य है कि, उच्च शिक्षा युवाओं में बढ़ते सन्नाह व तनाव को कम कर उनमें गुणवत्ता संस्कृति यानी (क्वालिटी कल्चर) को विकसित करने में मार्गदर्शन कर उनका मार्ग प्रशस्त करें। युवाओं को ही हमारी समृद्ध सांस्कृतिक धरोहर को संभालना है, और अंतरराष्ट्रीय मंच पर प्रभावी उपस्थिति दर्ज करनी है, जय जवान जय किसान जय विज्ञान के नारे को अक्षरशः सही साबित कर दिखाना होगा।

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## सफलता की कुंजी है व्यक्तित्व विकास

डॉ. सुनैना चौहान

सहायक प्राध्यापक

शासकीय स्नातकोत्तर महाविद्यालय ,खरगोन

सफलता एक ऐसा शब्द है जो हर कोई प्राप्त करना चाहता है. लेकिन सफलता प्राप्त कैसे की जाए यह बहुत कम लोग जानते है. लेकिन जो प्राप्त करना चाहते है उनको यह पता नहीं होता कि व्यक्तित्व के विकास में ही ऐसी बहुत सारी खूबियाँ छुपी होती हैं जिनको सुधार लेने मात्र से ही कई सारी असफलताओं को आप सफलता में बदल सकते है.

व्यक्तित्व को निखारा कैसे जाए यह जानने से पूर्व यहाँ यह जान लेना उचित होगा कि व्यक्तित्व होता क्या है. "व्यक्तित्व व्यक्ति की उस सम्पूर्ण छवि का नाम होता है जो आप दूसरों के सामने बनाते हैं." यदि आपकी छवि सकारात्मक होती है तो आप एक ही व्यक्ति होकर भी दूसरे के सामने प्रशंसा के पात्र हो जाते हैं जबकि यदि आपकी छवि नकारात्मक होती है तो वही आप को अपमान के पात्र बन सकते हैं. किसी भी व्यक्ति का व्यक्तित्व केवल उस व्यक्ति के एक गुण के कारण नहीं बनता है. बल्कि इसमें उस व्यक्ति की वे सम्पूर्ण छवियाँ जैसे- ज्ञान, अभिव्यक्ति, सहनशीलता, गंभीरता, प्रस्तुतिकरण आदि सभी विद्यमान होती हैं जिनसे वह एक सर्वगुण संपन्न और परिपूर्ण बनता है. आजकल प्रायः यह देखने में आता है कि छात्र अपने विषय संबंधित पुस्तक, सामान्य ज्ञान आदि के अध्ययन पर अपना ध्यान केंद्रित रखते हैं किंतु अपने व्यक्तित्व विकास की ओर पर्याप्त ध्यान नहीं देते जबकि व्यक्तित्व ही अंतिम रूप से सफलता का एवं बौद्धिक क्षमता के विकास के लिए जवाबदेह होता है ,व्यक्तित्व को किसी एक परिभाषा में बांधना कठिन कार्य है यह व्यक्ति के विचारों, भावनाओं ,व्यवहार ,दृष्टिकोण, पहनावा, आदि का एक ऐसा अद्वितीय संगम होता है जो अन्य लोगों के साथ उसकी अनंत क्रियो के समय स्पष्ट रूप से झलकता है ,इन्हीं गुणों के आधार पर प्रत्येक व्यक्ति दूसरे से अलग पहचान जाता है

प्रत्येक में प्रत्येक व्यक्ति दूसरे व्यक्ति से पर्सनैलिटी के आधार पर ही भिन्न होता है पर्सनैलिटी ही वह तत्व है जो सफलता के लिए महत्वपूर्ण सीढ़ी मानी गई है पर्सनैलिटी डेवलपमेंट में आपको अपने पर्सनल बिहेवियर, एटीट्यूड ,प्रस्तुति का तरीका ,लोगों से बात करने का तरीका, और ऐसी बहुत सी चीजों को सुधार करने के साथ प्रस्तुत करना होता है, व्यक्तित्व विकास के द्वारा ही आप अपने स्वभाव और व्यवहार में सुधार कर सकते हैं यह आपके साथ-साथ आपके आसपास के लोगों का भी आपकी तरफ एक सकारात्मक रवैया विकसित करता है ,जो की आपको अपनी अलग पहचान बनाने में सहायक होता है, वर्तमान परिदृश्य में देखा जाए तो छात्र विषय से संबंधित अध्ययन अध्यापन को तो महत्व देते हैं

किंतु अपने संपूर्ण व्यक्तित्व विकास की ओर कम ही ध्यान दे पाते हैं जिसके फल स्वरूप बार-बार प्रयास करने पर भी सफलता प्राप्ति में देरी होती है अतः वर्तमान परिदृश्य में अपने निजी एवं सामाजिक जीवन में सफलता प्राप्त करने में व्यक्तित्व विकास की माहिती भूमिका होती है प्रत्येक व्यक्ति अपने अंदर अगर उल्लेखित गुणा को अपने जीवन में समायोजित कर अपने व्यक्तित्व का विकास कर लेता है तो उसे न केवल सामाजिक जीवन में बल्कि अपने निजी जीवन में भी सफलता दिलाते हैं व्यक्तित्व भी ऐसे ही कई गुणों के समन्वय से बनता है. जिसके विभिन्न पहलू निम्नानुसार है:

**1. सदैव अपने और दूसरों के बारे में सकारात्मक सोच रखें:-** सकारात्मक सोच के बारे में सदैव ये बात कही जाती है, “जो आप सोचते हैं. वही बोलते हैं. और जो आप बोलते हैं वही आप करते हैं.” मतलब यदि आप सदैव उच्च और सकारात्मक विचार रखेंगे तो आप हमेशा सृजनात्मक कार्य करेंगे. जो न सिर्फ आपको मानसिक संतुष्टि देता है अपितु इससे अपने आपके भीतर एक तरह का आत्म-सम्मान पैदा होता है. जो आपके आत्म-विश्वास को बढ़ाता है. ऐसा निरंतर करते रहने से आप देखेंगे की आपके चाहने वालों की संख्या लगातार बढ़ती चली जाती है. और आप सामान्य से अलग महसूस करने लगेंगे.

**2. एक अच्छा श्रोता और वक्ता बनें:-** भगवान ने यदि हमें दो कान और एक मुंह दिया है तो उसका कारण यही है कि हम कम बोलें और ज्यादा सुनें. अमिताभ बच्चन जी के सफलता का राज यही है कि वे अपने किसी भी कार्यक्रम में बोलते कम हैं, और सुनते ज्यादा हैं. इससे आपकी पहचान एक गंभीर और विचारवान व्यक्ति के रूप में बनती है. दूसरी तरफ जब आप अधिक-से-अधिक लोगों के विचार सुनते हैं तो आपके पास बहुत सी ऐसी सामग्री का संग्रह हो जाता है जो आपके ज्ञान और समझ को परिमार्जित करता है. इससे आपके भीतर एक अच्छे वक्ता होने के लिए वे सारी सामग्रियों का संचयन हो जाता है जिसकी जरूरत एक कुशल वक्ता के लिए होती है. दूसरा अच्छा वक्ता बनने के लिए निरंतर अभ्यास की भी जरूरत होती है. ऐसा यदि आप कर पाते हैं तो आप दूसरों को प्रभावित कर सकते हैं. जो आपकी सफलता में सहायक होती है.

**3. ज्ञान का विस्तार करें और अपनी अच्छाइयों को बताने में कोई मौका न चूकें:-** हम अपनी रोजमर्रा की जिन्दगी में ऐसे हजारों लोगों से मिलते हैं जो अवसरों का खजाना आपके सामने खोल सकते हैं बशर्ते की आप उन्हें अपनी खूबियों को बताने में सक्षम हों. उदाहरण के लिए जब आप किसी व्यक्ति अथवा समूह से मिलते हैं तो उनसे बात करते समय यदि आप ऐसी छाप छोड़ते हैं जो उनको प्रभावित करती हो तो आप उनके काम के व्यक्ति हो सकते हैं. क्योंकि आज की प्रफेशनल जिन्दगी चापलूसी से नहीं बल्कि उपलब्धियों से चलती है, और कोई भी उपलब्धि बिना ज्ञान के संभव नहीं हो सकती. यहाँ तक की दूसरों को प्रभावित करने के लिए आपके पास उस विषय का पर्याप्त ज्ञान हो जिस पर आप सामने वाले से बात कर रहे हों. यहाँ बताना उचित होगा कि भूमंडलीकरण के युग में ज्ञान और उसका सम्प्रेषण ही वह औजार है जिसके माध्यम से आप सफलता की सीढ़ी चढ़ सकते हैं.

**4. उच्च आदर्शों का पालन करें और किसी को अपना गुरु मानें: सामान्तः** हम अपने दैनिक जीवन में देखते होंगे की अक्सर कुछ लोग छोटी-मोटी समस्यायों से घबराकर अपना रास्ता बदल देते हैं. लेकिन

सफलता प्राप्त करने वाले लोगों की सबसे बड़ी खूबी यही होती है कि वे अपने रास्ते से कभी डगमगाते नहीं. कारण उनके सामने सदैव ऐसा कोई न कोई प्रेरणादायक गुरु प्रतिबिम्ब की तरह खड़ा रहता है जो उन्हें आगे बढ़ने की प्रेरणा देता रहता है. जो लोग बीच में ही सफलता प्राप्त किए बिना ही अपने रास्ते को छोड़ देते हैं सफलता प्राप्त करनेवाला व्यक्ति उसी में आगे बढ़ता चला जाता है. उदाहरण के लिए आप एक गायक, खिलाड़ी, सिनेमा स्टार, नेता, बिजनसमैन को देख लीजिये इनके रास्ते में कितनी कठिनाइयां आती हैं लेकिन जो लोग बिना हिम्मत हारे अंत तक लगे रहते हैं उनको सफलता मिलती है. इसके लिए जो सबसे जरूरी चीज है वह है धैर्य और दृढ़ता की. यदि आप इन दोनों चीजों को अपने जीवन का मूलमंत्र बना लिया तो ऐसा दुनिया में कोई कारण नहीं बनता जिससे आपको सफलता न मिले.

**5. अपना आकलन स्वयं करें और अपने प्रति एक धारणा बनायें:-** मैनेजमेंट में एक सिद्धांत है जिसे स्वाॅट (SWOT) अनेलेसिस के नाम से जाना जाता है. इस सिद्धांत के अनुसार अक्सर वे लोग बाज़ार में अथवा अपने कार्यों में असफल होते हैं जिन्होंने अपना आकलन नहीं किया हुआ होता है और उनको अपनी शक्ति का एहसास नहीं होता है. स्वाॅट का पूरा मतलब होता - strenght -ताकत, weakness - कमजोरी, Opportunity -अवसर और Threat -चुनौती. इसका मतलब यह हुआ की जो व्यक्ति अपनी ताकत को पहचान कर, अपनी कमजोरियों को सुधार कर, अपने सामने आये किसी अवसर को नहीं छोड़ता उसको कोई पराजित नहीं कर सकता. और उसके रास्ते में आनेवाली छोटी-मोटी चुनौतियाँ भी बहुत बड़ी बाधा नहीं बन सकतीं जिसको पार न किया जा सके.

**6. दूसरों की मदद करने से कभी न चूकें:-** मानव स्वाभाव है कि वह मुश्किल समय में ऐसे लोगों की तरफ देखता है जो उनकी मदद कर सकें. लेकिन उसको कोई मदद नहीं मिल पाती. कारण जब दूसरों को मदद करने की बारी आती है तो वह अपना हाथ खींच लेता है और यह बात सामनेवाला व्यक्ति समझ रहा है होता है कि आप कितने बड़े मतलबी हैं. इसीलिए कहा जाता है जब भी अवसर मिले दूसरों की मदद करते रहना चाहिए. यह मदद आपके के लिए कब वरदान बन जाए कोई नहीं जानता.

**7. अपने कर्तव्यों और सिद्धांतों के प्रति अडिग रहें:-** आपको पता है अब्राहम लिंकन की सफलता के पीछे सबसे बड़ा राज क्या था. वह था अपने कर्तव्यों और सिद्धांतों से कभी समझौता न करना. इसके लिए उनको अपनी पत्नी से भी हाथ धोना पड़ा. खुद कई बार बीमार पड़े और जीवन के प्रारंभिक दिनों से ही 27 बार विभिन्न चुनौतियों में पराजय का मुंह देखना पड़ा लेकिन उन्होंने कभी हार नहीं मानी. अंततः एक दिन वे अमेरिका के राष्ट्रपति बने और उनका नाम इतिहास के स्वर्णाक्षरों में लिखा गया.

**8. दूसरों को प्यार करना सीखें:-** कहा जाता है एक मुस्कुराहट की ताकत बारूद के कई गोलों से भी बड़ी होती है. आपका एक छोटा सा प्यार हजारों लोगों की खुशियों को वापस लौटा सकता है. इसलिए सदैव दूसरों से वैसा ही व्यवहार करें जैसा आप दूसरों से चाहते हैं. ऐसा करते रहने से आप देखेंगे की आपके चाहने वालों की संख्या बढ़ती चली जाएगी. और साथ ही आपके व्यक्तित्व के भीतर दूसरों की गलतियों को नजरअंदाज करने की शक्ति बढ़ती चली जाएगी तथा आप के सामाजिक संवृद्धि बढ़ती चली जाएगी.

**9. नए दोस्त बनाएं:-** लगातार नए दोस्त बनाने से न सिर्फ आपका दायरा बढ़ता है अपितु आप एक नई संस्कृति और सभ्यता से भी रूबरू होते हैं. इससे दो फायदे होते हैं एक आप दूसरी जगह की बातों से

अवगत हो जाते हैं. दूसरा इससे आपको कभी भी यदि किसी नई जगह काम करने का मौका मिलता है तो आप इससे घबराते नहीं.

**10. खुश रहें मस्त रहें:-** जीवन में आपको ऐसे हजारों लोग मिले होंगे जिनके जीवन में आलोचना के सिवाय दूसरी कोई बात सूझती ही नहीं. हमेशा किसी न किसी बात को लेकर दुखी ही रहते हैं. ऐसे व्यक्तियों के साथ रहने और ऐसा व्यवहार करने से आपके भीतर न सिर्फ नकारात्मक बातों का संचार होता है अपितु आपकी सारी सकारात्मक ऊर्जा इन्हीं बातों में खत्म हो जाती है और आप कुछ नया कर ही नहीं पाते. इसलिए कहते हैं, जीवन में सदैव मस्त रहना चाहिए, खुश रहना चाहिए जिससे आपको नए-नए काम करने में हमेशा रुचि बनी रहे!

व्यक्तित्व विकास को ही सफलता की कुंजी कहा गया है ,व्यक्तित्व का विकास करने पर व्यक्ति कठिन से कठिन परिस्थितियों को अपने अनुकूल बना सकता है, व्यक्तित्व विकास के द्वारा ही छात्र अपने अन्य गुण के साथ मिलकर अपने प्रदर्शन को प्रभावशाली बनाते हैं ,जब आप अपने अंदर इन गुण का विकास कर देते हैं तो आप स्वयं पर अधिक विश्वास करने लगते हैं आपके अंदर आत्म स्वीकृति का भाव उत्पन्न होता है और आप अपनी सफलता के प्रति विश्वास से भर जाते हैं

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# **History Assists in Overall Development of Personality**

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**Abstract:**

Common masses underestimate the importance of having a pleasing personality. Majority out of them think it just means being born good-looking, that there isn't anything much to do about it. But this is not the fact. The scope of personality development is broad in real sense. It includes knowing how to dress well, social graces, grooming, speech and interpersonal skills. In every field of your career, these are very important skills that will promote your objectives.

**Key Words:** Thought, curiosity, culture and history

**Introduction:** The study of history is highly significant in the overall development of an individual's personality. History serves as a multifaceted and profound discipline that contributes to personal growth and development in several ways:

**Understanding of Human Behavior:** History provides insights into the behaviors, actions, and motivations of individuals and societies throughout time. This understanding of human behavior fosters empathy, tolerance, and a broader perspective on contemporary human interactions.

**Critical Thinking:** Analyzing historical events and sources encourages critical thinking skills. It challenges individuals to evaluate evidence, consider multiple viewpoints, and make informed judgments, which are essential skills applicable in various aspects of life. [1]

**Contextualization:** Learning history enables individuals to contextualize current events and issues. This contextual awareness helps in forming well-rounded opinions and making informed decisions about contemporary societal and political matters.

**Cultural and Global Awareness:** Studying history exposes individuals to different cultures, civilizations, and global perspectives. It promotes cultural sensitivity and an appreciation for diversity, enhancing one's ability to interact effectively in an increasingly interconnected world.

**Communication Skills:** History often involves the interpretation and communication of complex ideas. The ability to convey historical narratives, ideas, and arguments effectively improves one's communication skills, both in writing and verbally.

**Resilience and Adaptability:** History is replete with stories of challenges, adversity, and resilience. Learning about historical figures who overcame obstacles and persevered can inspire individuals to develop their own resilience and adaptability in the face of difficulties.

**Ethical Values:** Exploring ethical dilemmas and moral choices made by historical figures prompts individuals to reflect on their own values and ethical principles. This reflection contributes to the development of personal ethics and character.

**Appreciation of Progress:** By studying history, individuals can appreciate the progress that humanity has made over time in various fields, such as science, technology, and human rights. This can instill optimism and a sense of purpose in contributing to further progress.

**Civic Engagement:** Knowledge of historical events and the evolution of governance systems can inspire civic engagement and active participation in the democratic process. Informed citizens are more likely to engage in discussions, vote, and advocate for positive change.

**Identity and Heritage:** Learning about one's own cultural and historical heritage can strengthen personal identity and a sense of belonging. It can also foster pride in cultural roots and traditions. The study of history is not merely about memorizing dates and events but is a rich and transformative discipline that contributes to the holistic development of an individual's personality. It equips individuals with valuable skills, knowledge, and perspectives that

enhance their personal and social lives, making them more informed, empathetic, and engaged members of society.

**Empathy and Understanding:** History exposes individuals to a wide range of human experiences, including triumphs and tragedies. Learning about the struggles, challenges, and achievements of people from different eras and backgrounds fosters empathy and a deeper understanding of the human condition. This empathy can lead to a more compassionate and empathetic personality.

**Perspective-Taking:** History allows individuals to explore the worldviews and perspectives of people from different times and cultures. This exposure to diverse viewpoints enhances one's ability to see issues from multiple angles, fostering open-mindedness and flexibility in thinking.

**Appreciation of Progress:** Understanding the historical context of societal progress and advancements in fields like science, technology, and human rights can instill a sense of optimism and a belief in the potential for positive change. This can contribute to a more positive and hopeful personality.

**Connection to Identity:** Learning about one's own cultural or familial history can deepen a person's connection to their identity and heritage. It provides a sense of roots and belonging, which can enhance self-confidence and self-awareness.

**Ethical Values:** History often presents individuals with moral dilemmas and ethical choices made by historical figures. Reflecting on these choices can lead to a deeper exploration of one's own values and ethical principles, contributing to the development of a strong moral character.

**Resilience and Perseverance:** Many historical narratives involve stories of individuals and societies facing adversity and persevering. These stories can serve as inspirational examples, encouraging individuals to develop their own resilience and determination in the face of challenges.

**Global and Cultural Awareness:** History exposes individuals to different cultures, civilizations, and global events. This heightened awareness fosters an appreciation for cultural diversity and a more global perspective, making individuals more culturally sensitive and adaptable.

**Communication Skills:** Effectively communicating historical knowledge and insights, whether through writing, speaking, or teaching, enhances one's communication skills. This skill is valuable in personal and professional interactions. Incorporating historical knowledge and lessons into one's life can lead to a more well-rounded and informed personality. It equips individuals with a broader perspective, empathy, critical thinking abilities, and a deeper appreciation for the complexities of the world and human nature. [2]

In nutshell, these above qualities contribute to personal growth and the development of a more thoughtful and compassionate personality. The study of history often involves analyzing complex situations, evaluating evidence, and making informed judgments. These critical thinking skills are transferable to various aspects of life, enabling individuals to approach problems and decisions with greater clarity and effectiveness.

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## **Role of Libraries in Personality Development**

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### **Abstract**

Libraries have evolved into dynamic hubs that extend their influence beyond conventional repositories of knowledge. This research paper examines their pivotal role in shaping individual personality development. Libraries serve as vital platforms for intellectual development, offering diverse resources that facilitate learning and stimulate curiosity. They empower individuals to embark on lifelong learning journeys. Moreover, libraries foster social development by providing inclusive spaces for community engagement and relationship-building. They bridge divides, facilitate interaction, and nurture social bonds. Additionally, libraries contribute to emotional development by offering therapeutic activities, encouraging self-reflection, and promoting emotional intelligence.

In conclusion, this research underscores the enduring relevance of libraries in the modern world. They are not just repositories of information but transformative spaces that actively shape and enrich personalities, reaffirming their vital role in enhancing the lives of individuals and communities.

**Keywords:** Libraries, Personality development, intellectual development

### **Introduction**

Libraries have traditionally been regarded as repositories of knowledge, housing vast collections of books and resources for academic and leisurely pursuits. However, their role in society has evolved considerably, expanding beyond the mere dissemination of information. In contemporary society, libraries are increasingly recognized as dynamic spaces that contribute

significantly to individual personality development. This research paper embarks on an exploration of the multifaceted ways in which libraries shape and nurture personal growth, encompassing intellectual, social, and emotional dimensions.

Historically, libraries have played a crucial role in providing access to knowledge, thus fostering intellectual development (Dewan & Das, 2017). The diverse array of materials, both print and digital, equips individuals with the tools necessary for critical thinking, problem-solving, and the acquisition of new skills. Furthermore, libraries have become indispensable hubs for lifelong learning, offering educational programs, workshops, and resources that empower individuals to continually develop their intellectual capacities (Hart, 2016).

Beyond intellectual development, libraries serve as vital catalysts for social growth. They provide inclusive spaces where community members can engage in meaningful interactions, establish connections, and strengthen social bonds (Huang, 2019). Such interactions contribute to the development of valuable social skills, empathy, and a sense of belonging (Smith & Mark, 2020).

In addition to intellectual and social development, libraries offer avenues for emotional growth and well-being. Through therapeutic programs, self-help resources, and opportunities for introspection, libraries contribute to the cultivation of emotional intelligence and resilience (Anderson, 2018; Greenberg, 2019). Despite their evolving roles, libraries face numerous challenges, including funding constraints and adapting to the digital age. Nevertheless, they continue to be integral to personal development in the 21st century.

### **Literature Review:**

The evolving role of libraries in shaping personality development is increasingly evident in the literature. Libraries, once primarily repositories of knowledge, have transformed into multifaceted community hubs fostering intellectual, social, and emotional growth. These developments are essential in a society characterized by rapid technological advancements and changing societal norms.

**Intellectual Development:** Dewan and Das (2017) emphasize libraries as essential sources of intellectual development. Access to a wide array of print and digital resources equips individuals with the tools for critical thinking, problem-solving, and skill acquisition. Libraries have become beacons of lifelong learning, offering workshops, educational programs, and digital platforms to facilitate continual intellectual growth (Hart, 2016).

**Social Development:** Huang (2019) highlights libraries as pivotal spaces for social development. Libraries provide inclusive environments where diverse community members engage in meaningful interactions, foster social connections, and develop essential social skills. Such interactions contribute to building empathy, social bonds, and a sense of belonging (Smith & Mark, 2020).

**Emotional Development:** Anderson (2018) underscores the therapeutic aspects of libraries in emotional development. Bibliotherapy programs and self-help resources offer individuals

opportunities for emotional expression, self-reflection, and personal growth. These emotional outlets contribute to the cultivation of emotional intelligence and resilience (Greenberg, 2019).

While libraries continue to play a crucial role in personal development, they face challenges such as funding constraints and the need to adapt to the digital age. Despite these challenges, libraries remain integral to the holistic development of individuals and communities in contemporary society.

### **Role of Libraries in Personality Development:**

Libraries have undergone a transformative shift from being static repositories of information to dynamic catalysts for holistic personality development. The multifaceted role of libraries encompasses intellectual, social, and emotional dimensions, contributing significantly to individual growth (Hart, 2016). Libraries provide access to diverse knowledge resources, facilitating critical thinking, problem-solving, and skill acquisition (Dewan & Das, 2017). They empower individuals to engage in lifelong learning, offering workshops, educational programs, and digital platforms that nurture intellectual curiosity and competence.

Libraries serve as inclusive spaces for community engagement, fostering social connections and empathy (Huang, 2019). Interactions within libraries contribute to the development of essential social skills, reinforcing a sense of belonging and community (Smith & Mark, 2020). Through bibliotherapy programs and self-help resources, libraries offer opportunities for emotional expression, self-reflection, and personal growth (Anderson, 2018). These resources contribute to the cultivation of emotional intelligence and resilience (Greenberg, 2019).

Despite challenges, including funding constraints and digital transformations, libraries continue to be essential in nurturing the well-rounded development of individuals and communities in contemporary society.

### **Libraries as Safe Spaces for Personality Development:**

Libraries serve as sanctuaries where individuals can explore and nurture their personalities within a secure and inclusive environment (Huang, 2019). In a rapidly changing world, libraries provide stability and a sense of safety, allowing people of all backgrounds to feel welcome and valued (Smith & Mark, 2020).

**Inclusivity:** Libraries are bastions of inclusivity, fostering a sense of belonging among diverse community members (Huang, 2019). By offering equal access to resources and programs, libraries ensure that everyone has an opportunity to develop their personality without fear of discrimination or exclusion.

**Community Building:** Libraries promote interpersonal interactions that contribute to personal growth (Smith & Mark, 2020). They encourage the development of essential social skills, empathy, and cooperation through book clubs, workshops, and communal spaces.

**Emotional Well-Being:** Libraries offer a refuge for emotional development by providing therapeutic activities and self-help resources (Anderson, 2018). These resources support emotional expression, self-reflection, and the cultivation of emotional intelligence.

In essence, libraries' commitment to inclusivity, community building, and emotional support makes them safe spaces for individuals to explore, develop, and express their unique personalities.

### **The Influence of Library Resources on Personality Development:**

Library resources, including books, digital materials, and multimedia, play a significant role in shaping individual personality development (Dewan & Das, 2017). Libraries offer a diverse range of materials that contribute to intellectual, social, and emotional growth.

**Books as Catalysts for Intellectual Growth:** Libraries provide access to a vast collection of books spanning various genres, subjects, and perspectives. Reading fosters critical thinking, empathy, and an understanding of diverse cultures and experiences (Dewan & Das, 2017). Books expose individuals to new ideas, stimulating intellectual curiosity and personal growth.

**Digital Resources and Technology:** In the digital age, libraries offer a wealth of online resources, e-books, and educational platforms. These resources empower individuals to engage in self-directed learning, skill acquisition, and exploration of personal interests (Hart, 2016).

**Multimedia and Creative Spaces:** Libraries often feature multimedia resources and creative spaces that encourage artistic expression and innovation. Engagement with multimedia materials, such as films and music, can evoke emotions, inspire creativity, and contribute to emotional development (Greenberg, 2019).

### **Challenges and Barriers:**

Despite their crucial role in personality development, libraries face several challenges and barriers that impact their effectiveness in this domain.

**Funding and Resources:** Libraries often operate with limited budgets, hindering their ability to provide diverse and up-to-date resources and programs (Hart, 2016). Inadequate funding can restrict the availability of essential materials and services.

**Accessibility and Inclusivity:** Ensuring equal access to library resources and services for all community members, including those with disabilities and from marginalized backgrounds, remains a challenge (Smith & Mark, 2020). Physical accessibility and digital inclusivity can be barriers to some individuals.

**Technological Challenges:** The rapid evolution of technology presents challenges in maintaining up-to-date digital resources and providing technological literacy programs (Dewan & Das, 2017). Bridging the digital divide is an ongoing challenge.



**Changing Roles of Libraries:** Libraries must adapt to evolving societal needs and expectations. Navigating the shift from traditional to digital resources while maintaining their role as community hubs requires careful planning and resources (Hart, 2016).

These challenges and barriers underscore the need for strategic planning, advocacy, and collaboration within the library community to overcome obstacles and continue serving as catalysts for personality development.

### **Strategies for Enhancing the Role of Libraries:**

To maximize their impact on personality development, libraries can employ several strategies:

1. **Collaborative Partnerships:** Libraries can forge partnerships with educational institutions, community organizations, and mental health professionals (Hart, 2016). Collaborations expand the range of services and resources available to library users.

2. **Promoting Library Services:** Effective marketing and outreach efforts can raise awareness of library programs and resources (Smith & Mark, 2020). These initiatives help ensure that community members are aware of the opportunities for personal growth within the library.

3. **Professional Development for Librarians:** Training librarians in areas such as bibliotherapy, emotional intelligence, and community engagement equips them to better support personality development (Anderson, 2018). Librarians can serve as guides and facilitators for patrons seeking personal growth.

4. **Innovative Programming:** Libraries can design innovative programs that cater to diverse learning styles and interests, including book clubs, art therapy, and skill-building workshops (Greenberg, 2019). Tailored programming fosters engagement and personal development.

By implementing these strategies, libraries can further enhance their role as catalysts for intellectual, social, and emotional growth, thus enriching the lives of individuals and communities.

### **Conclusion:**

In an era characterized by rapid change and digitalization, libraries persist as transformative spaces that actively contribute to personality development. This paper has explored how libraries serve as dynamic catalysts for intellectual, social, and emotional growth. They offer inclusive environments, diverse resources, and innovative programs that empower individuals to embark on lifelong learning journeys, build meaningful connections, and cultivate emotional intelligence. Despite facing challenges, libraries remain integral to personal development. The enduring relevance of libraries as safe, inclusive, and resource-rich spaces underscores their vital role in enhancing the well-rounded growth of individuals and communities (Smith & Mark, 2020; Hart, 2016).

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## **Personality Development the Crux of Overall Growth**

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**Abstract:** In this paper we would see the new perception of personality development and will discuss the life in respect of personality development. Also we will discuss about different stages of personality development on every stage of life. We will talk about effects of a developed personality on stress and aftereffect on health.

### **Personality management from cradle to Grave:**

- ✓ Infancy – Where you learn to trust people around you and you are mostly dependent making eye contacts. Dependency as a part of your PD.
- ✓ Personality develops throughout your entire life during eight specific stages:
- ✓ Toddler – when you started to enhance your skills in basic day to day life and feel the greediness for things, get to know shame and anger. An Aspect of PD as showing anger.
- ✓ Preschool-age – when you are in company of more unknown people and start to manage your actions according to circumstances, follow directions. This is a stage

where you start sharing and start managing your behavior and actions as a part of PD.

- ✓ School-age – in this stage your quality develops and you see that people around you are either better or worse and start a life where comparison comes and a sense of inferiority. A stage where your EQ is its developing stage.
- ✓ Adolescence – Where you start to think about your “I”. Means to thinking what and who you are in this society. A Self Awareness part of your PD.
- ✓ Young adulthood – When you see the importance of relations in your life. Where you develop as a person who understands other or yourself or not be able to understand any behavior based on your growth.
- ✓ Middle age – When you see dreams and have goals. When you want to achieve something or maybe just want to sit and live your life like a couch potato. You do things with your full potential and talent or maybe you don’t know yourself or your talent and potential.
- ✓ Older adulthood – either you are a person with personality of a satisfied all he can achieve has achieved type of person or you have become a personality of despair and regret.

### **Personality Development and Stress Management:**

Small situation seems seemingly big problems and when you tell others about it it’s like nothing for them shows your low mental power. Dealing with stressful situation, your ego jealousy and greediness is not something everyone can do but gives direction to our life. Our thought process makes situation better or worse. Listening to others and understanding, learning from others, reacting in a manner that it’s not disrespectful for others as well as not for you. All of these positive and negative direction behaviours creates personality of a person and deciding factor of the growth for them.

Stress is related to our environment and our way of doing things but staying mentally fit is gives a strong support in dealing with stress.

Instant reaction and not satisfied in anything resistance to change According to Psychologists, there are four types of Intelligence: 1) Intelligence Quotient (IQ) 2) Emotional Quotient (EQ) 3) Social Quotient (SQ) 4) Adversity Quotient (AQ).

Looking at your actions and introspect yourself for what's going on in your mind. Strong self-awareness contribute to self-esteem and clears to see the sky full of doubt clouds and let you see through obstacles and let you walk on the path of success.

Instant reaction: what happens when someone badly behave with you? Do you react with calmness or just give an instant reaction?

Or do you see who is in front of you?

Or maybe just think about after effect and your benefit and lose in aftermath of that reaction?

Do you get stressed after reacting instantly or get stressed after not reacting properly?

All these question answers the question is your mind healthy and personality is strong. In our culture yoga , asana , niyam, dhyana all these things contribute to strong mind and that gives your thoughts a boost up. With increased mental levels the way of doing things gets changed drastically and you think different from others also with your creativity and innovative ideas, you start to show your skills to the outside world.

Mental illness: strong mind gives a bay to mental illness. You know what's going on inside and you know how to cure or solve the problems. Stress is a common problem but it has its plus and minus.

In situations like a game or some work little stress can be a positive push to victory but more than that leads to long lasting effects in future and leads to shaking body and other physical problems.

Increased stress affects quality of your work and your relations.

What is life? It's ups and downs. When you go down, the way of coming back is your developed personality trait, and after going down, remaining in that state is what you do when you are not of strong personality and dealing with those situations can seem sometimes like life threatening to you.

More knowledge and learned skills. Oftentimes, personal development comes with more knowledge and learned skills. This can come to life in different ways. For example, you may take courses in digital marketing that help you gain the skills you need to further your career development. Or, you may sign up for art or pottery classes, which help you, gain skills in entirely different areas of your life.

In working areas and environment being aware is very important as well as showing your skills in a manner to be appreciated.

Your strong EQ, IQ and AQ are big contributors to improve personal and professional relationships.

Analysing where you lack, where you lose, where you get nervous and where you get stressed is important for self-growth and be happy. Otherwise you will be unsatisfied with what you have done with your life till now at some point of life.

**Conclusion:** From our discussion we saw that a developed personality can be a cure for so many problems and also be an aid in adverse situations.

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## **Personality Development and Its Impact on Overall Growth.**

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### **Abstract-**

Development not only makes you look good and presentable but also helps you face the world with a smile. Personality development goes a long way in reducing stress and conflicts. It encourages individuals to look at the brighter sides of life. Face even the worst situations with a smile. It helps you to develop a positive attitude, grooms an individuals and help us make a mark of our own. Personality development develops not only your outer but also inner self. Personality development is necessary and an important tool today for developing overall skills within a person. This would help him/her to develop professionally as well as personally. A great personality consists of knowing how to dress well, social graces, grooming, speech and interpersonal skills. Whatever your career, these are vital skills and characteristics that will promote your objectives and also help you in a person's day to day life.

**Key words** – Smile, Attitude, Interpersonal skills, Career, Promote etc.

**Introduction** - 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. Personality is nothing but the aggregate conglomeration of memories and incidents in an individual's entire life span. Environmental factors, family background, financial conditions, genetic factors, situations and circumstances also contribute to an individual's 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/she 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.

Personality also influences what we think, our beliefs, values and expectations. What we think about others depends on our personality. In a layman's language personality is defined as the personal qualities and characteristics of an individual. Personality is how we interact with others. Personality is a sum of characteristics of an individual which makes him different from the others. It is our personality which makes us unique and helps us stand apart from the crowd.

**Importance of Personality Development** - Below is a list of why personality development and soft skills are needed, especially in the contemporary world:

**1. More employment opportunities** - A person's strong personality would help to survive in this world of cut-throat competition.

People live in a world of cut-throat competition. Developing a strong personality puts a person at the forefront among other employers. If a person is under confident or doesn't know how to present himself/herself, then it can reduce the chances of selection even if he/she is highly qualified.

**2. Increases self-awareness** - Personal growth totally depends on self-awareness as no one knows the person better than himself/herself. Personality development helps an individual to work on himself/herself and truly achieve growth that reflects in his/her life. When a person

takes time out to work on his/her personality, he/she understands his/her strengths and weaknesses. For this, Personality development books can help to find out more about a person so that he/she can know which areas they need to work on.

**3. Boosts the confidence** - To get the best out of oneself, it is good to be under confidence. When a person works on his/her soft skills, a better understanding of his/her self-worth and a sense of self-assurance can be achieved. Learning new abilities or improving old ones can provide a huge boost in confidence as well as knowledge.

**4. An individual can become a great communicator** - A major part of the personality is the ability to communicate. Half the world's problems can be solved with excellent communication! When an individual works on his/her communication skills and advances through the stages of personality development, a person can win over people and situations.

**5. Help to achieve the life goals** - When a person works on personal development skills, he/she embarks on a journey towards his/her goals. As a person works on improving himself/herself, he/she is already taking steps towards achieving more. With a boost in confidence and a better connection with the thoughts, strengths, and weaknesses, an individual will develop the ability to work diligently towards the life goals and achieve them.

**6. Live stress-free** - A person starts seeing himself/herself in a positive light while working on personality development and soft skills. As he/she keeps working on connecting more to thoughts, he/she stops worrying about situations that are out of control.

An action and goal-oriented outlook towards life help the person to stay tension-free. As he/she develops his/her personality, and to learn to stay calm and handle situations with a practical mindset.

**7. Supports a Healthy Work Culture** - The culture at work will undoubtedly have a significant impact on a person's overall job happiness. While this is an intangible aspect of every company. If the company leans into personal development and encourages employees to ask questions, take risks, and create valuable connections, chances are huge that employees may feel valued and can produce high-quality work with proper work ethics.

For success in life, everyone needs to be presentable. Hence, personality development is important for people at all phases of life, be it student, sales person or marketing head. With the right personality you can take your career to another level. It will give you competitive edge

in today's world. Also, to deal with difficult situations, it is important to have strong personality.

## **Conclusion**

In conclusion, personality development is an essential aspect of our lives that influences our success and happiness. It is a continuous process that requires conscious effort and commitment. By understanding the factors that influence our personality and taking steps to develop our personality, we can enhance our potential, improve our relationships, and achieve success in life.

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## किशोरावस्था एवं व्यक्तित्व विकास

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### सारांश

व्यक्तित्व को 'व्यक्ति के अंदर, मनोसामाजिक प्रणालियों का एक गतिशील संगठन' के रूप में परिभाषित किया जा सकता है जो व्यक्ति के व्यवहार, विचारों और भावनाओं के विशिष्ट पैटर्न का निर्माण करता है। व्यक्तित्व एक व्यापक अवधारणा है। व्यक्तित्व की कोई मान्य परिभाषा नहीं है। हालाँकि, प्रमुख धारणाएँ यह हैं कि व्यक्तित्व स्थिर, सुसंगत, आंतरिक और भिन्न होता है। व्यक्तित्व किसी के जीवन में एक महत्वपूर्ण भूमिका निभाता है, ऐसे पहलुओं में स्वास्थ्य, व्यक्तिगत और सामाजिक रिश्ते और व्यवसाय में सफलता शामिल हैं। पिछले कुछ दशकों में पता चला है कि बचपन या किशोरावस्था के वर्षों में अस्वास्थ्यकर व्यक्तित्व विकास से मनोविकृति का पता लगाया जा सकता है या पहचाना जा सकता है, इस प्रकार बच्चों में व्यक्तित्व विकास का अध्ययन करने के प्रति मनोवैज्ञानिकों की बढ़ती रुचियों की व्याख्या की जा सकती है। बच्चों में मानसिक विकारों की शुरुआती शुरुआत के संबंध में जीन की जटिलता और पर्यावरणीय कारणों की बढ़ती सराहना हो सकती है। इसकी प्रासंगिकता के साथ, कई सिद्धांत ठोस समर्थन प्रदान कर सकते हैं। व्यक्तित्व को विकासात्मक प्रक्रिया के परिणाम के रूप में देखते हैं, जिससे उनके मनोविश्लेषणात्मक सिद्धांत (PAT) का जन्म हुआ, जिसने सिद्धांत दिया कि शक्तिशाली जैविक प्रवृत्ति, चाहे वह यौन हो या आक्रामक, एकमात्र प्रेरक हैं जो सभी मानव व्यवहार को रेखांकित करती हैं। हालाँकि, मानव प्रेरणा के नकारात्मक दृष्टिकोण को अस्वीकार कर दिया गया और इसके बजाय, उनके व्यक्तिगत मनोविज्ञान (IP) ने प्रस्तावित किया कि स्वस्थ व्यक्तित्व विकास माता-पिता की भूमिकाओं और शैलियों के साथ-साथ जन्म या जन्मजात पूर्व निर्धारित कारकों पर अत्यधिक निर्भर है। व्यक्तित्व विकास की मंजिल स्वस्थ पालन-पोषण द्वारा समर्थित वास्तविक आत्म का सफल निर्माण है। अंत में, यह निष्कर्ष निकाला जा सकता है कि अच्छा पालन-पोषण किसी के व्यक्तित्व को महत्वपूर्ण रूप से निर्धारित किया जा सकता है। जैसा कि फ्रायड,

एडलर और हॉर्नी के सिद्धांतों द्वारा समझा गया है। व्यक्तित्व विकास एक आजीवन प्रक्रिया है, इस प्रकार व्यक्तित्व स्वयं परिवर्तनों के प्रति लचीला होता है, यहां तक कि वयस्कता में भी।

शब्द कुंजी - मनोविकृति, जीन, व्यक्तिगत मनोविज्ञान (IP), स्वस्थ पालन-पोषण, सिद्धांत (मनोविश्लेषणात्मक, फ्रायड, एडलर और हॉर्नी) एवं वयस्कता।

परिचय - वैज्ञानिक साहित्य में व्यक्तिगत विकास और आत्म-अवधारणा के विषय पर अक्सर चर्चा की जाती है। यह समाज के लिए विशेष रूप से प्रासंगिक है क्योंकि बचपन और किशोरावस्था ऐसे समय होते हैं जिनमें व्यक्तित्व का निर्माण होता है। व्यक्तित्व विकास की प्रक्रियाओं में परिवार मुख्य भूमिका निभाता है। एक सामाजिक समुदाय के रूप में परिवार की एक प्रमुख विशेषता यह है कि इसका तात्पर्य घनिष्ठ संबंध, भावनात्मक और तात्कालिक संबंध और सदस्यों के बीच समर्थन और सहायता प्रदान करना है। परिवार एक जटिल और गतिशील जीव है जो सामाजिक व्यवस्था को रेखांकित करता है और स्थानीय, क्षेत्रीय और राष्ट्रीय संदर्भों में इसके सदस्यों और संस्थागत संबंधों दोनों को प्रभावित करता है। परिवारों की पहचान आय के कुछ स्तर से होती है जो उनकी आर्थिक स्थिति का वर्णन करता है। दूसरी ओर, वे अपनी जातीय और सांस्कृतिक विशिष्टता से प्रतिष्ठित हैं, जिसमें मूल्यों की प्रणाली और सांस्कृतिक मॉडल भी शामिल हैं। परिवारों की पहचान उनके द्वारा बनाए गए रिश्तों और संपर्कों के एक निश्चित पैटर्न से भी होती है। वे एक ऐसा वातावरण बनाते हैं जो समझ और समर्थन प्रदान करता है। इसलिए, यह कहा जा सकता है कि आज परिवार बहुत अलग हैं और उनकी आदतें - मूल्यों, दृष्टिकोण और विचारों के एक समूह के रूप में - उनकी पहचान बनाती हैं। पारिवारिक आदत आर्थिक के साथ-साथ सांस्कृतिक और मनोवैज्ञानिक पहलुओं को भी दर्शाती है, जिनमें से कुछ पीढ़ी दर पीढ़ी चलते रहते हैं। इसी कारण से परिवार का सदैव बहुत महत्व रहा है और आज भी है। परिवर्तनों और चुनौतियों की आधुनिक स्थिति में, संचार की संस्कृति की तीव्र कमी और एक-दूसरे पर ध्यान देने के साथ-साथ अत्यधिक प्रतिस्पर्धी माहौल और तनाव के कारण, लोग अक्सर असुरक्षा महसूस करते हैं।

इसलिए, वैश्वीकरण के संदर्भ में परिवार का बहुत महत्व है, क्योंकि सभी उम्र के व्यक्तियों को स्थिरता और आत्मविश्वास की आवश्यकता होती है, जो पारिवारिक समर्थन और सहानुभूति पर आधारित होते हैं। बचपन और किशोरावस्था में परिवार की भूमिका विशेष रूप से मजबूत होती है जब माता-पिता जानबूझकर और अनजाने में अपने बच्चों को प्रभावित करते हैं।

वर्तमान लेख बाल विकास पर परिवार के प्रभाव पर केंद्रित है। माता-पिता अपने बच्चों को मॉडल और मूल्य हस्तांतरित करते हैं और समर्थन और समझ का माहौल बनाते हैं जो उनके जीवन के सभी चरणों में महत्वपूर्ण है। इस अर्थ में परिवार के पालन-पोषण की शैली सर्वोपरि महत्व रखती है। परिवार में सकारात्मक रिश्ते दुनिया और स्वयं के प्रति सकारात्मक दृष्टिकोण बनाते हैं, और इसके विपरीत - वे कम आत्मसम्मान, उच्च चिंता और भटकाव पैदा कर सकते हैं। वर्तमान लेख का उद्देश्य बच्चों के व्यक्तिगत आत्म-मूल्यांकन, दृष्टिकोण और आत्म-अवधारणा में पारिवारिक अंतःक्रियाओं और उनके अनुमानों पर शोध करना है। व्यक्तित्व विकास में आत्म-सम्मान एक महत्वपूर्ण कारक है; यह भावनात्मक भलाई, और वयस्कों और साथियों के साथ अनुकूलन और संवाद करने की क्षमता को प्रभावित करता है।

उद्देश्य - व्यक्तित्व और उसके गठन पर पारिवारिक प्रभाव के कुछ बुनियादी पहलुओं का पता लगाना; बल्गेरियाई परिवेश में छात्रों की आत्म-अवधारणा के विशिष्ट अनुभवजन्य आयामों के साथ-साथ उनके परिवार के साथ उनके संबंधों को प्रस्तुत करना; और यह दिखाने के लिए कि क्या मुख्य जातीय समूहों के बीच उनकी आत्म-अवधारणा और माता-पिता के प्रभाव के संदर्भ में मतभेद हैं। लेख के मुख्य शोध प्रश्न बच्चों के व्यक्तिगत विकास पर माता-पिता के प्रभाव पर पुनर्विचार करने के साथ-साथ किशोरावस्था में आत्म-अवधारणा और व्यक्तिगत मूल्यांकन के विभिन्न आयामों में इस प्रभाव के प्रभावों की तलाश से संबंधित हैं। आयोजित शोध किशोरों के विकास के आधार के रूप में आत्म-अवधारणा और मौजूदा पारिवारिक वातावरण दोनों की कुछ सामाजिक-मनोवैज्ञानिक विशेषताओं का पता लगाता है। हमारी समझ यह है कि परिवार में पालन-पोषण बच्चे की आत्म-जागरूकता और सफलता, उनकी मूल्य संरचना और भावनात्मक स्थिति के साथ-साथ उनकी समग्र व्यक्तिगत गतिविधि के विकास की कुंजी है।

नैतिक विकास की अवधारणा - क्रेगन (2017) विकास को उस प्रक्रिया के रूप में देखता है जिसके माध्यम से बच्चे सामाजिक और सांस्कृतिक मानदंडों और कानूनों के आधार पर अपने समाज के भीतर सही और गलत के मानकों को विकसित करते हैं। नैतिक विकास वह प्रक्रिया है जिसके माध्यम से बच्चे अन्य लोगों के प्रति उचित दृष्टिकोण और व्यवहार विकसित करते हैं समाज, सामाजिक और सांस्कृतिक मानदंडों, नियमों और कानूनों पर आधारित है। माता-पिता के लिए चिंता का एक क्षेत्र बच्चों का नैतिक विकास है, बच्चे को सही-गलत में अंतर करना और उसके अनुसार व्यवहार करना सिखाना पालन-पोषण का लक्ष्य है। पियागेट (1973) ने इस बात की जांच की कि समाज में बच्चे नैतिक तर्क कैसे विकसित करते हैं और यह नैतिक तर्क बच्चों के आत्म-सम्मान को निर्धारित करने में मदद करता है। एक बच्चा जो अपने दोस्तों के किसी बाहरी प्रभाव के बिना अच्छी तरह से तर्क करता है, उसका आत्म-सम्मान संभवतः उच्च हो सकता है। पियागेट (1973) ने इस विचार को खारिज कर दिया कि बच्चे दिए गए नियमों और उन्हें मानने के लिए मजबूर किए जाने पर समाज के नियमों और नैतिकताओं को सीखते हैं और उन्हें आत्मसात करते हैं। उन्होंने पाया कि बच्चे समाज में अन्य बच्चों के साथ संबंध बनाकर नैतिक व्यवहार के बारे में अपना निर्णय लेते हैं। क्योंकि बच्चे स्वयं नहीं सोच सकते और उनकी सोच इस पर आधारित होती है कि कार्यों का उन पर क्या प्रभाव पड़ा या किसी कार्य के परिणाम क्या थे। उन्हें समाज में वृद्ध लोगों की बात सुननी पड़ती है और समाज से डराने-धमकाने के किसी भी कार्य से उनमें आत्म-सम्मान की कमी हो सकती है, जो बदले में उनकी नैतिकता को प्रभावित करती है।

कोहलबर्ग (1973) का मानना था कि नैतिक विकास एक धीमी प्रक्रिया है और समय के साथ विकसित होती है। कोहलबर्ग का मानना था कि छह चरणों में से नैतिक विकास का पहला चरण 10 वर्ष तक की आयु के बच्चों पर लागू होता है और इस चरण को पूर्व-पारंपरिक स्तर कहा जाता है। इस स्तर का संबंध सज़ा से बचने और ज़रूरतें पूरी करने से है। इस स्तर पर, जिन बच्चों को कुछ गलत करने पर उनके माता-पिता या शिक्षकों द्वारा लगातार डराया जाता है या डांटा जाता है, उनमें कम आत्मसम्मान की भावना विकसित हो सकती है कि वे बेकार हैं।

बच्चों को प्रोत्साहित और सलाह देने की आवश्यकता है ताकि वे उच्च आत्मसम्मान के साथ बड़े हो सकें। नैतिक विकास के इस चरण में बच्चों को यह समझाना चाहिए कि गलत काम करने पर मिलने वाली सजा का उद्देश्य उनमें चिंता पैदा करना नहीं है, बल्कि उन्हें अपने गलत कामों को सुधारना है, जो बदले में उच्च आत्म-सम्मान विकसित करने में मदद करता है।

अनुशंसाएँ - निम्न है

1. सरकार को प्राथमिक और माध्यमिक विद्यालय स्तर पर नैतिक शिक्षा का शिक्षण और शिक्षण शुरू करना चाहिए।
2. सरकार को इस्लामी विद्वानों को प्राथमिक और माध्यमिक विद्यालयों में नैतिक शिक्षा के शिक्षण में भाग लेने की अनुमति देनी चाहिए।
3. बच्चों को उनके माता-पिता और शिक्षकों द्वारा सलाह दी जानी चाहिए कि वे अपने दोस्तों के प्रति बहुत अधिक विनम्र और भोला न बनें क्योंकि अनुपालन में विफलता के परिणामस्वरूप आत्म-सम्मान कम हो सकता है।
4. बच्चों के नैतिक विकास के दौरान, पसंद की स्वतंत्रता जैसे गुण का अच्छी तरह से विकास किया जाना चाहिए क्योंकि यह बच्चों के आत्म-सम्मान को बढ़ाने में मदद करेगा।

निष्कर्ष -आत्म-सम्मान मनोवैज्ञानिक कल्याण, बेहतर रिश्ते, अच्छे स्वास्थ्य और एक सकारात्मक पहचान में योगदान देता है जो बच्चों के आत्म-सम्मान के विकास में मदद करता है। उच्च आत्म-सम्मान बच्चों को जीवन को सकारात्मक रूप से देखने और लक्ष्य निर्धारित करने में मदद करता है जो उन्हें आत्म-प्रेरित और आत्मविश्वासी बनने में मदद करेगा। बच्चों में आत्म-सम्मान का उच्च स्तर उन्हें सुरक्षित और सार्थक महसूस करने में सक्षम बनाता है और साथ ही बिना किसी सहकर्मी समूह के प्रभाव के उनके व्यक्तिगत अच्छे नैतिक व्यवहार को बढ़ाता है। समानता, न्याय, निष्पक्षता, भाईचारा, दया, करुणा, एकजुटता और पसंद की स्वतंत्रता ऐसे शब्द हैं जिनका उपयोग कई ग्रंथों में नैतिक व्यवहार का वर्णन करने के लिए किया जाता है, इसलिए, शिक्षकों और माता-पिता को बच्चों के नैतिक विकास के दौरान इन गुणों का उपयोग करने की दृढ़ता से सलाह दी जाती है।

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## किशोरवस्था के व्यक्तित्व विकास में परिवार की भूमिका

प्रो. वन्दना बर्वे, प्राध्यापक

प्रो. रविन्द्र बर्वे, प्राध्यापक

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सारांश -

व्यक्तित्व विकास न केवल लक्ष्यों में परिवर्तन हैं वरन अपनी पहचान में भी परिवर्तन हैं। अपनी पहचान बनाना किशोरावस्था का एक प्रमुख विकासात्मक कार्य माना गया है, लेकिन इस अवधि में व्यक्तित्व लक्षणों में भी गहरा परिवर्तन होता है इस आलेख में किशोर व्यक्तित्व की विशेषताएँ उनकी चुनौतियों को शामिल किया गया है। इस शोध का उद्देश्य किशोरावस्था के दौरान व्यक्तित्व विकास में परिवार की भूमिका का पता लगाना है। किशोरावस्था एक बड़े बदलाव की उम्र होती है यह किशोर व परिवार के लिये उथल-पुथल और उलझन का समय होता है माता-पिता बच्चों को मॉडल और मूल्य हस्तांतरित करते हैं। किशोर के व्यक्तित्व विकास में परिवार कैसे सहायक हो सकता है इसका अध्ययन शोध के माध्यम से किया गया है।

की-वर्ड - किशोरावस्था चुनौतियाँ, परिवार व्यक्तित्व विकास

अध्ययन विधि - प्रस्तुत शोध में द्वैतियक स्रोत के माध्यम से तथ्य संकलित किये गये हैं।

प्रस्तावना-

व्यक्तित्व का अर्थ हैं व्यक्ति का बाहरी रूप। परन्तु व्यक्तित्व को निर्धारित करने में बाह्य के साथ आंतरिक स्वरूप भी आधार होता हैं। इस प्रकार व्यक्तित्व व्यक्ति के रूपरंग, आदतों, अभिरुचियों, सामर्थ्य योग्यता आदि का समुच्चय है, जो उसे दूसरों से अलग करता हैं। 21 वीं सदी में सफलता पाने का मूलमंत्र है व्यक्तित्व विकास / किशोरावस्था मनुष्य जीवन में बाल्यावस्था और वयस्कता के मध्य का चरण होता है जिसमें शारीरिक विकास एवं विविध स्तर पर समायोजन शामिल होता है। विश्वस्वास्थ्य संगठन ने 10 से 19 वर्ष तक की आयु वर्ग को किशोरावस्था की श्रेणी में रखा हैं। स्टेनली हॉल ने इस अवधि को तनाव और तूफान कहा हैं इस अवस्था में किशोरो में अनेक मानसिक शारीरिक सामाजिक एवं संवेगात्मक परिवर्तन आते हैं। शैक्षणिक दबाव से लेकर सामाजिक चिन्ता तक, बदलते रिश्तों से लेकर मुड़ के बदलाव तक जो अक्सर उनके सामने अनेक चुनौतियाँ पेश करते हैं जिसके समाधान के लिये एक कुशल और सशक्त मार्गदर्शन आवश्यक है जो उन्हें परिवार देता है।

किशोरावस्था की चुनौतियाँ -

भावात्मक चुनौतियाँ - आज के किशोरो में पढ़ाई का दबाव अधिक हैं अनेक अवसर पर माता-पिता या अन्य सदस्यों से उनकी बहस, स्कूल में छेड़ा जाना या धमकाना आदि की वजह से किशोर चिंतित व तनावग्रस्त महसूस करता है। बढ़ती उम्र के साथ आने वाली हीनता या श्रेष्ठता की भावना, कम आत्मसम्मान, परिवार में मनमुटाव उनके जीवन में क्रोध का कारण बनता है।

सामाजिक चुनौतियाँ - किशोरावस्था में बच्चे अपने दोस्तों के प्रति अधिक आकर्षित होते हैं वे सामाजिक गतिविधि में कम भाग लेते हैं उनसे अपेक्षा की जाती है कि वे मूल्यों के अनुरूप व्यवहार करें पर वे इससे इंकार करते हैं माता-पिता के साथ समायोजन में पीढ़ी का अन्तर समस्या का कारण बनता हैं बेहतर ग्रेड के लिये पढ़ाई का दबाव भी उन्हें झेलना पड़ता है। लिंग संबंधी मानदण्ड और मान्यताएं लड़को-लड़कियों दोनों को प्रभावित करती हैं। हार्मोनल परिवर्तन की वजह से शारीरिक परिवर्तन आते हैं जिससे वे अपने फिगर के प्रति सचेत महसूस करने लगते हैं उनके दिखने के तरीकों पर साथियों की नकारात्मक टिप्पणी उन्हें प्रभावित करती है। समस्याग्रस्त बच्चों के साथ घूमना, खतरनाक जीवन शैली अपनाना सहकर्मी द्वारा शराब सिगरेट पीने का दबाव का उन्हें सामना करना पड़ता है। 21 वीं सदी में प्रौद्योगिकी की लत, सोशल मीडिया का दबाव उन्हें झेलना पड़ता है। इसी वजह से कुछ किशोरो में वीडियो गेम खेलना, शराब पीना, नींद की कमी आदि देखी गयी है हाल ही के कुछ वर्षों में महिलाओं में धूम्रपान में उल्लेखनीय वृद्धि हुई है।

स्वास्थ्यगत चुनौतियाँ - आज किशोरों पर पढ़ाई का अत्यधिक बोझ हैं खराब शैक्षणिक प्रदर्शन की वजह से कई किशोरों को स्कूल जाने से डर लगने लगता है। पढ़ाई के बोझ की वजह से उनके पास आराम करने या खाने का समय नहीं रहता है। उनकी अस्वस्थता खान-पान की आदतें उन्हें उचित पोषण प्राप्त करने से रोकती है। इस आयु में यौन संबंधी भावनाओं का जन्म होता है उचित ज्ञान के अभाव में जो उन्हें यौन रूप से सक्रिय कर सकता है।

सर्वे रिपोर्ट - कराची में स्कूल किशोरो का सर्वे किया गया तो पाया कि मादक द्रव्य व्यसन व अन्य व्यसन को किशोर लडकों में अधिक दर्ज किया गया है। रात तक मोबाईल देखना, संगीत सुनना 61.8. प्रतिशत में आम गतिविधि बतायी हैं 58.9 प्रतिशत उत्तरदाता को प्रतिदिन 8 घंटों से कम नींद मिल रही है। तथा 35 प्रतिशत किशोर सिगरेट पीते हैं। लडकों की तुलना में लडकियाँ अधिक उदास थी उनमें नींद की समस्या अधिक थी।

विश्वस्वास्थ्य संगठन का अनुमान है कि व्यस्कों में 70 प्रतिशत असामयिक मौत किशोरावस्था के दौरान शुरू की गयी घूमपान, नशीली दवा का उपयोग, लापरवाह ड्राइविंग के कारण होती है।

### परिवार की भूमिका -

परिवार जो भविष्य को वर्तमान में पालता है संकट और जंग के बावजूद परिवार की वह संस्था है जो पूरी दुनिया को बचाये हुए है। परिवार में बच्चा अलग-अलग दृष्टिकोण सीखता है आत्मविश्वास पैदा करता है। परिवार ही बच्चों की आदतों का निर्माण, उपलब्धि की प्रेरणा, सफलता के लिये प्रोत्साहन, विफलता या गलत व्यवहार के लिये दंड देता है संचार की शैली के साथ ही परिवार के मूल्यों का भी बहुत महत्व है किशोरावस्था के व्यक्तित्व विकास में परिवार निम्न प्रकार योगदान दे सकता है-

1. किशोरो को हार्मोनल परिवर्तन के प्रति जागरूक करें।

2. किशोर अपनी तुलना अपने साथियों से करने लगते हैं वे सोचते हैं कि बड़े उनके बारे में जो सोच रहे हैं वह गलत है अतः माता-पिता बच्चों को समझाने की कोशिश करें। अगर माता-पिता और बच्चों के बीच टकराव भरी बातें होने लगे तो आप उसे डांटें नहीं उनकी बातों को भावनात्मक रूप से समझाने की कोशिश करें। बिना वजह गलतियाँ निकालने या समझाने पर उनका व्यवहार चिड़चिड़ा हो सकता है अतः उनकी गलतियों को जानने की कोशिश करें, उन्हें धैर्य से समझायें, उनका अच्छा मित्र बनने की कोशिश करें। माता-पिता बच्चों के लिये रोल मॉडल होते हैं अगर वे स्वयं नियमों का पालन करेंगे, शिष्ट आचरण करेंगे तो बच्चा भी स्वयं इसे सीख जायेगा।

3. आज बढ़ रहे सोशल प्रेशर से किशोरो में तनाव बढ़ने लगा है माता-पिता का सहानुभूतिपूर्ण व्यवहार उन्हें समझदार बनाता है उनके अच्छे कार्यों की प्रशंसा करें परिवार के सभी सदस्यों के लिये समान नियम बनायें। नियम बनाते समय किशोरो की सहमति अवश्य लें। जिस परिवार में स्वस्थ संचार होता है, एक जुटता होती है वह किशोरो में आत्मविश्वास बढ़ाने में मदद करता है।

4. किशोरो को जिम्मेदारी उठाना सिखायें, उन्हें अपनी रुचियों को आगे बढ़ाने के लिये प्रोत्साहित करें। बच्चों में करियर विकल्पों और व्यवसायिकता को प्रोत्साहित करें। जो परिवार कड़ी मेहनत को प्रोत्साहित करता है उनके बच्चों में सफलता के अवसर ज्यादा होते हैं।

5. किशोरो को पर्याप्त अवसर और सुविधाएँ दें। व्यायाम के माध्यम से स्वस्थ और फिट रहने में सक्षम बनायें। ऐसे शोक अपनाने की सीख दें जिससे उन्हें खुशी मिलती है। उन्हें समुचित यौन शिक्षा भी दी जानी चाहिये।

6. किशोरो में धार्मिक मूल्यों का विकास करें ताकि उनमें विनम्रता दयालुता का विकास हो सके। घर पर सिखायें जाने वाले सांस्कृतिक व पारंपरिक मूल्य किशोरो को अपने और अपने आसपास के समाज को देखने के तरीकों को परिभाषित करता है। जो सदस्य इन मूल्यों को हासिल करता है वह कम आक्रामक होता है दुनिया के प्रति उसका दृष्टिकोण व्यापक होता है।

निष्कर्ष -

इस प्रकार हम कह सकते हैं कि किशोर के व्यवहार को ठीक से समझने के लिये अभिभावकों को किशोर मनोविज्ञान का ज्ञान होना चाहिये। किशोरो के सही व्यक्तित्व का विकास कर हम परिवार और देश का कल्याण कर सकते हैं।

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# **A Better Personality for Better Future**

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**Abstract:** One of the most crucial components of a person's life is their development of their personality. It influences our thoughts, feelings, and behaviors. It is the outcome of the ways we connect with others and the surroundings. Our personalities continue to evolve throughout our lives once we are born. Personality improvement is referred to as personality development. It is a continuous process that entails expanding one's knowledge, adjusting to changing circumstances, and changing oneself. Personality development is the process through which a man improves the quality of his mental and physical exterior by adding value to it. Since one's inner and outside features make up their entire personality, personality development refers to enhancing that personality. Because it enables us to improve as people, personality development is crucial. It enables us to successfully navigate life's problems and lead fulfilling lives. It also aids in the development of our special skills and capabilities.

**Key words:** Personality, Development, Improvement, Skills, Capability

## **INTRODUCTION**

The psychological patterns of an individual—their particular ideas, feelings, and emotions—are the subject of personality. In actuality, a person's entire character, qualities, and characteristics shape his personality. The interaction between these innate personality traits and the various soft skills shapes who a person is. It aids in bringing out a number of a person's intrinsic traits, which are necessary in any position of responsibility. Personality is nothing more than the culmination of all of an individual's memories and life experiences. An individual's personality is also influenced by environmental variables, family history, socioeconomic situation, genetic traits, and other circumstances. The process of enhancing and growing a person's personality is known as personality development. An individual can cultivate their personality to help them feel confident and highly valued. It is believed that personality development has a good effect on a person's communication abilities and worldview. Due to personality development, people frequently acquire a positive outlook. The combination of learned and physiologically based behaviors that make up a person's distinct responses to environmental cues makes up their personality.

## **SIGNIFICANCE OF PERSONAL DEVELOPMENT**

Everyone possesses a unique gift. Every person has their own unique ideas and talents. However, due to a lack of personal development, the majority of us are unable to explore it. Life would be a lifeless existence without growth. Many people are unable to grow personally as a result of life conditions. Growth is a crucial aspect of every person's existence. Learning what we are capable of learning is made easier by personal development. It's crucial to continue developing personally. Finding opportunities to improve one's mental, physical, and spiritual well-being is helpful. Personal development is crucial for a few reasons.

**Improves the Confidence** - Having a positive outlook typically increases self-confidence. Meeting new people can be less stressful if you feel good about your look and upkeep. Your confidence will rise when you know what to say and how to behave. You are more likely to perform at your best when you have complete confidence in yourself and feel in control of the situation. Your self-assurance provides you the power to face your worries head-on and take risks while overcoming any phobias and fears. Additionally, you won't have any trouble speaking if you are confident. It's crucial to speak with confidence if you want to capture the attention of your audience. Choose personality development classes as a result, if you so desire.

**An Increase of Valuable Characteristics** - Don't be afraid to impart your knowledge to others. Always arrive on time for work. Some folks stay up late working. Your personal life is ruined

by late meetings, which also makes you more stressed. Long work hours spent at a desk are a sign of poor time management. It encourages people to focus on the good things in life. Even under the toughest circumstances, smile. I'm telling you, if you smile a trillion bucks, half of your problems will go away and you'll feel less stressed. There is no need to complain about unimportant problems and difficulties. Personality development enables you to distinguish yourself from the competition and construct an unforgettable personality. It's crucial to develop your communication abilities if you want to change your personality.

**Better Employment Prospects** - An individual with a strong sense of self can survive in this environment of intense competition. People are always vying with one another. Your distinct personality makes you stand out to potential employers. Your chances of being recruited are slim even if you are talented but lack confidence or know how to introduce oneself. If you need to, a personality development course is a terrific approach to do so. Positivity makes it easier for you to get along with your fellow students. Improve your personality attributes to present yourself at your best for future jobs.

**Boost Communication Abilities** - An essential component of personal development is communication skill improvement. It's crucial to have good communication skills in both your personal and professional life. People will listen to what you have to say more readily if they can identify with you through your personality. The development of one's character also includes verbal communication abilities. Your speech will sound better and convey your point more effectively. The focus is on enhancing vocabulary, pronunciation, speaking, and language abilities. At the same time, successful communication depends heavily on effective listening.

**Encourage A Positive Work Environment** - Workplace culture undoubtedly has a significant impact on a person's overall job satisfaction. However, such intangible elements exist in every organization. Employees feel valued and exhibit quality with high work ethics when an organization fosters personal development and encourages them to ask questions, take risks, and form meaningful connections. You'll probably be able to develop high-skilled positions.

**Increases Social Interaction** - You can mingle more effectively and meet more people as a result of having more confidence. These could be pals or just acquaintances from the workplace. Since people are drawn to persons who carry themselves nicely, it is not that difficult. Clarity and accuracy in communication are benefits of self-development. Building capacity includes doing this. As a result, you stand out from the crowd and develop interpersonal skills.

**Improves Awareness of Oneself** - Self-awareness is essential for personal development because no one understands a person better than they do. An individual can work on themselves and actually experience growth that is reflected in their lives with the aid of personality development. When someone makes the effort to work on their personality, they become aware of both their strengths and weaknesses. Personality development books can help with this by allowing a person to learn more about themselves and identify the areas they need to improve in.

**Stress-Free Living** - When a person works on developing their personality and soft skills, they begin to see themselves more favorably. He or she quits worrying about uncontrollable situations as he or she continues to concentrate on connecting more to thoughts. An active, goal-oriented view on life makes it easier to avoid worry. He or she will learn to maintain composure and approach circumstances from a practical standpoint as their personality matures.

## **CONCLUSION**

To prosper in life, one must present themselves effectively. Therefore, whether a person is a student, a salesperson, or a marketing manager, personality development is important at all phases of life. If you have the right personality, you can advance in your work. It will provide you an advantage over other people in the contemporary world. Additionally, a strong personality is necessary for overcoming difficult situations. Our personalities can be shaped whichever we want. We improve our own happiness and the happiness of others when we strive to be the best versions of ourselves. There is a very good possibility that employees will feel valued and be able to do high-quality work with suitable work ethics if the organization supports personal development and encourages workers to ask questions, take risks, and form useful connections. Everyone needs to look well to succeed in life. Therefore, whether a person is a student, a salesperson, or a marketing manager, personality development is crucial at all stages of life. Your career can advance if you have the correct personality. In the modern world, it will provide you a competitive edge. Additionally, having a strong personality is essential for dealing with challenging circumstances.

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## **Leadership and Personality**

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### **Personality:**

The word personality is derived from a Greek word “*persona*” which means “to speak through.” Personality is the combination of characteristics or qualities that forms a person’s unique identity. It signifies the role which a person plays in public. Every individual has a unique, personal and major determinant of his behavior that defines his/her personality.

Personality means how a person affects others and how he understands and views himself as well as the pattern of inner and outer measurable traits and the person-situation interactions (Fred Luthans). According to Stephen P. Robbins, personality is the sum total ways in which an individual reacts and interacts with others. It may be defined as those inner psychological characteristics that both determine and reflect how a person responds to his environment.

*Personality can be defined as those inner psychological characteristics that both determine and reflect how a person responds to the environment.*

### **Leadership:**

Effective leaders take a personal interest in the long-term development of their team, and they use tact and other social skills to encourage team members to achieve their best. It isn’t about being “nice” or “understanding”—it’s about tapping into individual motivations in the interest of furthering an organization wide goal. (by W.C.H. Prentice)

Traditional and contemporary research shows that personality cannot explain leadership. Traits of leaders cannot explain organizational effectiveness. Leadership appears to have a minor impact on organizational effectiveness. Several hundred definitions of leadership have been presented over the years. Most definitions include one or more of the elements of goal attainment, group or organization, structure and interpersonal relationships. This indicates a strong link between leadership and organization. In all organizations we find some kind of leadership. In management and organization theory leadership is tied to an organization or group.

### Does Leadership Matter?

In 1910, the Norwegians and the English engaged in a dramatic and highly publicized race to the South Pole. It was an epic contest, and the contrast between the performance of the Norwegian team led by Roald Amundsen and the English team led by Robert Falcon Scott provided a real-life study in leadership and team performance. Scott's incompetence cost him the race, his life, and the lives of three team members, although, as often happens when high-level leadership fails, the details were covered up for years. The fact that Lincoln's army was inert until Ulysses S. Grant assumed command and that some coaches can move from team to team transforming losers into winners is, for most people, evidence that leadership matters.

Some points which can improve leadership skills and also helps to personality development.

- **Think like a leader:** A leader is not just someone by position. They are people who take responsibilities without waiting for someone else to give to them.
- **Be a lion in the face of danger:** Don't give into pressure and face every challenge confidently.
- **Know yourself,** step out of your comfort zone, challenge yourself to improve, and remember the more work you take on, the more you learn.
- **Don't be shy to talk to other peoples** because it will always get to learn something new.
- **Don't worry about making mistakes** and also don't fear of failure.
- **Try to understand others emotions and feelings.**
- **Try to be around with the best people,** if they are the top five people in the world then you will be the next six.
- **Motivate and positively influence others,** encourage them and be their support system.
- **Dress up well,** wear according to the occasion.
- **Share your experience with others** and also keep your interest to know their personal experience to learn & implement yourself.
- **Be punctual with your time** during any work.
- **Always think in positive manner** and increase your confidence level in work.
- **Learn to have patience** and focus on your communication skills. Be polite and gentle with your words.

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## **The Role of Literature in Enhancing Interpersonal Skills and Relationships.**

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**Abstract:** Emotional intelligence (EQ) contributes to the development of an individual's personality, particularly in the context of their ability to build and maintain meaningful relationships. It can delve into the components of emotional intelligence, such as self-awareness, self-regulation, empathy, and social skills, and how honing these skills can lead to improved interactions with others. Additionally, you can discuss practical strategies and exercises for enhancing emotional intelligence and share real-life examples of how individuals with high EQ have achieved personal and professional success through better interpersonal relationships.

**Key Words:** Softs skills, communication skills, interpersonal skills etc.

**Introduction:** EQ stands for "Emotional Intelligence." It refers to the ability to recognize, understand, manage, and effectively use emotions in ourselves and in our interactions with others. Emotional intelligence involves several components. "The Role of Literature in Enhancing Interpersonal Skills and Relationships" [1] refers to the impact of reading and engaging with literary works on an individual's ability to understand, relate to, and connect with others. It involves exploring how literature can provide insights into human emotions, behaviors, and experiences, which, in turn, can improve one's communication, empathy, and overall capacity to build and maintain meaningful relationships.

In contemporary times, literature holds a significant role within the realm of education. Irrespective of the academic program a university student pursues, literature becomes an integral part of their

curriculum. It serves as a valuable tool for demonstrating how language functions in real-world scenarios. Literature imparts knowledge, fosters empathy, and exposes students to a diverse array of experiences through various linguistic elements. Engaging with literary texts cultivates both micro and macro linguistic competencies among students. During their college years, students are often tasked with assignments that demand critical thinking skills, underscoring the importance of proficiency in literature. The relevance of literature extends into one's professional life, where success often hinges on effective communication. The foundation for mastering these skills is laid during one's college education.[2] Students are encouraged to immerse themselves in reading texts, conducting analyses, and exploring the intricacies of authorship as they prepare for the demands of their future careers.

The introduction of literature can ignite students' interest in learning English. Literary works offer a wealth of vocabulary, expressions, and captivating narratives that exude elegance and allure for learners. This allure surpasses that of instructional or expository materials and has the power to ignite intrinsic motivation for learning. Simultaneously, literary pieces mirror a vast and intricate world filled with diverse characters, prompting students to engage actively in thinking and participation. Consequently, their passive learning states can transform into active ones. Through the study and absorption of literary works, as well as the enhancement of literary literacy, individuals can bolster their language skills.

Literary works serve as a wellspring of rich and vibrant linguistic resources. These works provide an endless reservoir of language materials. On one hand, they employ language to craft artistic imagery, transcending temporal and spatial boundaries to reflect the ever-evolving social milieu and the world's facets. On the other hand, they adeptly unveil the intricate and nuanced emotions of characters. The literary realm is essentially a linguistic treasure trove, brimming with astonishing language resources. Therefore, augmenting one's original Chinese literary literacy with exposure to, comprehension of, and absorption of a multitude of English language materials can solidify and deepen the foundational knowledge of language. It also facilitates the acquisition of vivid language and authentic expression techniques. The emotionally charged world of literature provides a tangible context for vocabulary acquisition, aiding learners in comprehension.

Literature learning contributes to the creation of context and bridges the temporal and spatial gap. Given that English is not our native language, the most significant hurdle in learning is the absence of an immersive language environment. Beyond interactions with native English speakers, the simplest and most effective method is to delve into foreign literature. Literature inherently fuses language and culture. It serves as a vibrant and accessible window into a nation's disposition, social dynamics, cultural nuances, traditions, and psychological states. When delving into a literary work, learners step into a world meticulously crafted by the author, based on real-life experiences, and they experience the deployment of different languages in various contexts. Learning transcends mere vocabulary and grammar; by immersing themselves in the target language, learners can more effectively grasp and master English.

In other words, we may say, literature serves as an art form that captures the essence of reality through the medium of language and words. Unlike music, sculpture, painting, and other artistic expressions, literature acts as a vessel for artistic imagery. It transcends the confines of specific material elements, liberates itself from temporal and spatial limitations, and offers a window into a diverse tapestry of social existence. Additionally, it adeptly delves into the intricate and nuanced inner landscapes of individuals.



The development of language skills is intricately intertwined with literature. Literature possesses the capacity to kindle an enthusiasm for language learning, presenting a trove of rich and vibrant materials. It immerses learners in its narratives, subtly facilitating the accumulation of vocabulary, the assimilation of grammatical structures, and the cultivation of language intuition. Simultaneously, as learners enhance their comprehension abilities, their capacity for linguistic output also blossoms. With the advancement of literary proficiency, language skills evolve from basic comprehension and expression to a profound understanding and a flair for literary articulation.[3] The study of literature wields a profound influence in honing students' language utilization skills.

#### Conclusion:

English literature education plays a pivotal role in honing students' language proficiency. To achieve this, educators should primarily encourage students to engage in extensive reading practices to refine their language acumen. While English language and literature instruction invariably stress the significance of language sensibility, it is essential to underscore that language mastery hinges on copious reading endeavors. In essence, students must immerse themselves in reading and accumulate knowledge. Moreover, to foster robust language skills, instructors should adeptly steer students towards a transition from quantitative to qualitative reading experiences. This shift is instrumental in elevating students' language competence. Additionally, it is imperative to establish well-defined learning objectives within the realm of English literature. These objectives serve as guiding principles, prompting students to conscientiously embark on a journey of self-improvement in language proficiency.

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## व्यक्तित्व विकास के विविध आयाम

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व्यक्तित्व विकास एक सतत प्रक्रिया है जिसके द्वारा व्यक्ति अपने व्यक्तित्व को आकार देता है। यह एक व्यक्ति के मूल्यों, विश्वासों, दृष्टिकोणों, आदतों और व्यवहार को विकसित करने की प्रक्रिया है। व्यक्तित्व विकास एक व्यक्ति की पहचान, आत्म-सम्मान और आत्म-अभिव्यक्ति को विकसित करने में भी मदद करता है।

व्यक्तित्व विकास एक महत्वपूर्ण प्रक्रिया है जो व्यक्ति को अपने जीवन में सफल होने में मदद कर सकती है। यह व्यक्ति को अपने लक्ष्यों को प्राप्त करने, अपने संबंधों को बेहतर बनाने और अपने जीवन में सार्थक अर्थ खोजने में मदद कर सकता है।

व्यक्तित्व विकास का सबसे महत्वपूर्ण भाग है अपने मूल्यों, विश्वासों और लक्ष्यों को समझना। जब हम अपने मूल्यों और विश्वासों को जानते हैं, तो हम अपने निर्णयों और कार्यों में अधिक दृढ़ता से खड़े हो सकते हैं। और जब हम अपने लक्ष्यों को जानते हैं, तो हम उन्हें प्राप्त करने के लिए अधिक प्रेरित हो सकते हैं। व्यक्तित्व विकास एक निरंतर प्रक्रिया है। हम अपने जीवन में हमेशा सीखते और बढ़ते रहते हैं। व्यक्तित्व विकास एक सतत प्रक्रिया है। यह एक निरंतर, क्रमिक प्रक्रिया है जो व्यक्ति के जन्म से मृत्यु तक चलती रहती है। व्यक्तित्व

विकास में, व्यक्ति अपने व्यवहार, विचारों, और भावनाओं में परिवर्तन करता है। यह परिवर्तन व्यक्ति के अंदरूनी और बाहरी दोनों कारकों के कारण होता है। व्यक्तित्व विकास एक जटिल प्रक्रिया है। यह आनुवंशिकता, पर्यावरण, और व्यक्तिगत अनुभवों के संयोजन से प्रभावित होता है। यह एक सतत प्रक्रिया है, जिसमें व्यक्ति हमेशा बदलता रहता है। व्यक्तित्व विकास के विभिन्न चरण हो सकते हैं, जो व्यक्ति के जीवन में विकसित होते हैं। व्यक्तित्व विकास के विभिन्न आयामों और इसके चरणों को लेकर विद्वजनों के विचारों में अंतर दिखाई देता है लेकिन सामान्य निष्कर्ष के रूप में अगर देखा जाए तो सामान्यतः ये चरण निम्नलिखित हो सकते हैं:

◆ बाल्यवस्था का चरण: इस चरण में, व्यक्ति अपनी आधारीक और मानसिक सामर्थ्य को विकसित करता है, साथ ही अपनी बुनाई होने वाली नैतिक मूल्यों को सीखता है। इसे हम जीवन का प्राथमिक और सबसे महत्वपूर्ण चरण का सकते हैं। इस अवस्था में सीखे हुए मूल्य सामान्यतः जल्दी नहीं बदल पाते हैं। यह व्यक्ति के जीवन पर्यंत उसके मस्तिष्क पर अमिट छाप के रूप में विद्यमान रहते हैं।

◆ किशोरावस्था का चरण: इस चरण में, व्यक्ति के शारीरिक और भावनात्मक परिपूर्णता में बदलाव होता है, साथ ही स्वावलंबना और समाज में अपनी जगह ढूँढने की प्रक्रिया शुरू होती है। इस चरण में व्यक्ति अपने स्वयं के अनुभव और सामाजिक परिदृश्य से जो सीखता है उसको मिलाकर अपने व्यक्तित्व को आगे बढ़ाने का प्रयास करता है।

◆ युवावस्था का चरण: इस चरण में, व्यक्ति अपने करियर, शिक्षा, और समाज में अधिक सामर्थ्य प्राप्त करने के लिए कठिनाइयों का सामना करता है, और अपने लक्ष्य को पूरा करने के लिए कठिन प्रयासों में लगता है। यह चरण व्यक्ति को एक परिपक्वता की ओर ले जाता है। उसके निर्णय में धीरे-धीरे एक परिपक्व छाप दिखाई देने लगती।

◆ ग्रहस्थ जीवन का चरण: इस चरण में, व्यक्ति अपने परिवार को संभालने, समाज में योगदान करने, और स्थायी रूप से अपनी करियर को विकसित करने का प्रयास करता है।

◆ वृद्धावस्था का चरण: इस चरण में, व्यक्ति अपने जीवन के पिछले चरणों के अनुभवों से सिखता है और आत्म-समर्पण और आत्म-संतोष की ओर बढ़ता है। इस चरण में व्यक्ति अपने संपूर्ण जीवन का मूल्यांकन करने का प्रयास करता है। अपने जीवन में लिए उचित और अनुचित निर्णय में अंतर कर पाता है।

ये चरण व्यक्तित्व विकास की सामान्य प्रक्रिया का हिस्सा हो सकते हैं, लेकिन हर व्यक्ति का व्यक्तिगत अनुभव और विकास का तरीका अलग होता है। ऊपर दर्शाए गए चरण प्रत्येक व्यक्ति के जीवन के अनुभव और विकास की प्रक्रिया के कारण अलग-अलग हो सकते हैं।

व्यक्तित्व विकास और करियर-

व्यक्तित्व विकास और करियर का मजबूत संबंध होता है। आपके व्यक्तित्व के विकास के माध्यम से आप अपने करियर को सफलता की ओर बढ़ा सकते हैं। जब आप अपने व्यक्तित्व को समझते हैं और अपनी सार्थकता को पहचानते हैं, तो आपके पास अधिक आत्म-विश्वास होता है, जिससे आपके काम में सफलता पाने की क्षमता बढ़ती

है। साथ ही, व्यक्तित्व विकास से आपके संवाद कौशल, टीम वर्क और नेतृत्व कौशल में भी सुधार होता है, जो करियर में महत्वपूर्ण होता है। हम देखते हैं प्रतियोगी परीक्षाओं में भी साक्षात्कार का एक महत्वपूर्ण चरण होता है, खासकर उच्च स्तरीय पदों के लिए जैसे आईएएस, पीसीएस जैसे पद। साक्षात्कार के दौरान अभ्यर्थी के संपूर्ण व्यक्तित्व का मूल्यांकन करने का प्रयास किया जाता है। यह समझने की कोशिश की जाती है कि अभ्यर्थी उक्त पद के लिए कितना योग्य है तथा उसका व्यक्तित्व इस पद की गरिमा और कार्य के अनुरूप कितना सही है। यही प्रक्रिया हमें निजी संस्थानों में नौकरी के लिये लिए गए साक्षात्कार में भी देखने को मिलती है। प्रत्येक संस्थान की यही अभिलाषा होती है कि उनके संस्थान में कार्य करने वाले कर्मिकों का व्यक्तित्व ऐसा हो कि वह संस्थान के विकास में अपना महत्वपूर्ण योगदान दे सके। साक्षात्कार के दौरान किसी भी अभ्यर्थी का मूल्यांकन निम्न आधारों पर किया जाता है:-

■ संवाद कौशल:- आपका संवाद कौशल आपके व्यक्तित्व को बेहतर तरीके से प्रस्तुत करने का माध्यम बनता है। अतः साक्षात्कार के दौरान संवाद कौशल पर ध्यान दिया जाना अत्यंत आवश्यक है।

■ आत्मविश्वास:- आत्मविश्वास एक व्यक्ति के लिए महत्वपूर्ण गुण होता है। यह आपकी सारी गतिविधियों, संवादों, और कार्यों में सफलता प्राप्त करने में मदद करता है। यह विश्वास का अहसास होता है कि आप किसी भी मुश्किल को पार कर सकते हैं और अपने लक्ष्यों को हासिल कर सकते हैं।

■ सकारात्मक सोच: सकारात्मक सोच एक महत्वपूर्ण मानसिक दृष्टिकोण होता है जो आपके जीवन को सुखमय और सफल बनाने में मदद कर सकता है। इसका मतलब होता है कि आप अपने दृष्टिकोण को सकारात्मक और उत्साही बनाते हैं, और दी जाने वाली समस्याओं और प्रस्तावनाओं को एक अवसर के रूप में देखते हैं।

■ समस्याओं को हल करने की क्षमता:-

समस्याओं को हल करने की क्षमता एक महत्वपूर्ण कौशल है और सकारात्मक सोच का महत्वपूर्ण हिस्सा होता है। इसका मतलब होता है कि आप समस्याओं को ज्यादा सोचने की बजाय समस्या के समाधान की ओर प्रयास करते हैं।

व्यक्तित्व विकास के विभिन्न आयामों का अध्ययन करने के उपरांत यह बात स्पष्ट होती है कि जीवन के प्रत्येक क्षेत्र में इसका अत्यंत महत्व है। आपके व्यक्तित्व से ही जीवन के हर चरण में सफलता का मार्ग प्रशस्त होता है वही आपके व्यक्तिगत जीवन में तथा कार्य स्थल पर भी इसके प्रभाव स्पष्ट प्रतीत होते हैं। अच्छे व्यक्तित्व वाला व्यक्ति सकारात्मक दृष्टि से काम करता है तथा अपने संगठन को भी आगे बढ़ाने के साथ-साथ उसमें नवीन सकारात्मक परिवर्तन करने में अपनी महत्वपूर्ण भूमिका निभाता है।

## सन्दर्भ ग्रन्थ सूची-

[1] डॉ. के.के.सक्सेना - व्यक्तित्व का विकास

[2] लेख - अमित कुमारसेन April 25. 2022

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## CONCEPT OF PERSONALITY, ITS PSYCHOLOGY AND DEVELOPMENT

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ABSTRACT – Personality psychology and its development are based on various factors, the holistic development of a person continues from his/her birth to death, and not only biological factors are responsible for personality development but the dynamics of society and other elements associated with it are also responsible. This research will focus on dynamics of personality, and will pave the way for acquiring various skills which can transform personality of an individual. By the help of various psychological theories, the thrust of this research is to bring about the changes in persons behavior by making them deeply understand the physical, psychological and extrinsic factors which shapes personality and then by working on the obstacles of personality development, the person can get desired result in his thought pattern, emotions, attitude and behavior which will also be helpful in their progress in any organization or in day to day life. This research will be the stimulus for further research and deep understanding of personality and associated issues like anger management, relationship

management, conflict resolution, leadership qualities and decision making, and will definitely be helpful in understanding different perspectives of any issue.

**KEYWORDS-** Personality psychology, thrust, extrinsic, holistic, psychodynamic, trait, conscientiousness.

## **INTRODUCTION –**

Personality is the set of persons thoughts, feelings, behavior, character which is the outcome of his or her education, nature, nurture. Personality psychology can be understood through personality theories which seek to explain how personality forms and how it changes, there are five main theories of personality psychology viz, biological theories, behaviorist theories, psychodynamic theories, humanist theories, trait theories. The holistic development of personality depends on many factors like Nature or biological factors which are responsible for his/her personality traits viz, birthplace, the nurture or upbringing inculcate the value system of family, education system and the society in which they are living. Synthesis of all these things responsible for the formation great personality. Acquiring various skills can transform a lay man into an extraordinary genius, observation, behavior patterns, knowledge, communication skills and overall physical, emotional and spiritual grooming are immensely helpful in development of personality.

### **Theories of Personality Psychology-**

**Psychoanalytic Theory –** Sigmund Freud's psychoanalytic theory focused on the study of human psyche, this is the theory of personality organization and the dynamics of personality development relating to the practice of psychoanalysis. His study emphasized the recognition of childhood events and their impact on the mental functioning of adults. The examination of genetics and the developmental aspects gave the psychoanalytic theory. A therapeutic method, originated by Sigmund Freud, for treating mental disorders by investigating the interaction of conscious and unconscious elements in the patient's mind and bringing repressed fears and conflicts into the conscious mind, using techniques such as dream interpretation and free association, id, ego, super ego also a system of psychological theory is associated with this method.

### **The Humanistic Theory of Personality Development –**

Abraham Maslow and Carl Rogers developed the humanistic theory of personality. They explained that personality stems from one's desire to achieve their potential and focuses on psychological growth, free will, and personal awareness.

#### Trait Theory-

The trait theory of personality was developed by Raymond Cattell, who argued that a person's personality is a series of traits that are stable over time. The approach narrows down a person's personality to five core traits: openness, agreeableness, extraversion, neuroticism, and conscientiousness.

#### Social Cognitive Theory-

The social cognitive theory was developed by Albert Bandura and described how personality is developed through social learning and cognition. According to the theory, personality is formed by watching and learning from others and choosing whether to emulate their behavior.

#### The Behaviorist Theory-

The behaviorist theory states that the environment around the said person develops a person's personality. The theory basically tries to explain how personalities are learnt and then reinforced by the person's environment.

#### Personality Behavior Dynamics –

Personality development and individual differences in the cognitive affective and interpersonal domains are the factors associated with personality behavior dynamics, for example people who participate in sports do have different personalities, those who have high self esteem are more competitive and those who have low self esteem are less competitive. People with low conscientiousness are more likely to cheat. Focusing on all these factors the outcome is that everyone is unique and his or her personality is the result of the culmination of big five theories of personality psychology.

#### Skills for personality development-

This research paper focusses on some skills which can transform personality of layman into an extraordinary genius by acquiring some skills viz, communication skills, decision making skills, conflict resolution skills, leadership qualities, relationship management, acquiring knowledge, and empathetic behavior delayed reaction, stress management, enhancing emotional quotient, spiritual quotient, adversity quotient.

#### Communication skills-

Communication is the sharing of ideas between two or more individuals, the right technique of communication, by having knowledge of principles of communication viz, using meaningful and short sentences, knowledge of language, lack of apprehension, understanding gestures, as well as having complete understanding of the milieu in which communication is being done from sender to receiver and from receiver to sender and by minimizing disturbance or noise. Effective communication is the blood stream of any organization or relation, this acquired skill is extremely helpful in personality development.

#### Decision making, leadership qualities, conflict resolution –

Knowledge of the situation and counting important factors which are essential for any person or organization decision can be taken, making correct decision is an example of groomed personality of any person. leadership qualities can be acquired by observation and learning various skills, the strength to face challenges, accepting not only victory but defeat as well with the same warmth, the ability to solve problems and motivating other individuals for achieving any goal are the factors if developed in systematic manner in some time frame, they are helpful in the formation of developed or groomed personality. For conflict resolution in any organization or relation the analysis of situation, delayed reaction are other skills which are significant for the improvement in personality. This research pivot around acquiring effective skills for personality development, observation and zeal to improve can also bring broader changes in the personality of any individual.

#### Emotional quotient, Adversity quotient, Spiritual quotient-

Emotional quotient is the ability to understand and use emotions in positive ways to relieve stress and channelize thoughts, empathize, and overcome challenges. Adversity quotient is the person's ability to face any situation with ease and transform difficulties in opportunities. Spiritual quotient is the combination of intelligent quotient and emotional quotient, every human is spiritual in nature ,these help in comprehensive development of personality as a result of inner engineering of persons emotions and thoughts.



## Conclusion-

There are different dimensions of personality development , and development of personality is continuous process ,it starts with the birth of any individual and ends with the death and beyond that as well .The cynosure of this research is to understand what is personality , and how it is associated with psychology , and how it can be developed .In nutshell holistic development of personality require focus on learning and understanding ,analysis and observation, knowledge and its application, and zeal to improve . The theories of personality psychology help individuals in understanding the factors which plays significant role in transforming personality from normal person to an outstanding personality.

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## **Communication Skills and “OCEAN”: An Overview of Interrelationship**

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### **Abstract:**

Personality Development has different dimensions viz Physical, mental, social and emotional. In addition to educational qualification and technical expertise one must have excellence in interpersonal relationships in society. In this paper the significance of communication skills is being explored in brooming five chief personality traits viz Openness, Conscientiousness ,Extraversion, Agreeableness and .Neuroticism . Enhanced Communication Skills form the base of various personality traits as personality is expressed through speech and actions.

**Keywords:** OCEAN, Interrelationship, Extraversion, Agreeableness communication skills.

In the present competitive and challenging world, developing one's personality is the dire need. Educational qualification and professional efficiency may open gateways to be selected in jobs and initiating business only; to retain success there one needs strong personality.

Personality is made up of physical dimensions and intellectual abilities of a person. As far as success in public life is concerned, mental traits of personality are relevant to discuss. In this sense, personality is nothing but the aggregate conglomeration of memories and incidents in an individual's entire life span. Environmental factors, family background, financial conditions, genetic factors, situations and circumstances also contribute to an individual's 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.

Exploring the research arena in personality development, recurring dimensions of personality are found, known as "The Big Five." The Big Five personality dimensions by Robert McCrae and Paul Costa were built upon Lewis Goldberg's five primary personality factors. In their research, they classified traits into five broad dimensions: openness, conscientiousness, extraversion, agreeableness, and neuroticism. 1 OCEAN or CANOE is the Acronym used for these five personality traits.

In this paper the interrelationship of Communication Skills and OCEAN are explored. Communication skills are part and parcel of these personality traits. Let us understand these traits in brief. **Openness** describes an individual's openness to experience. **Conscientiousness** is the degree to which a person is characterized by dependability, efficiency, and purposeful action. This dimension is a good predictor of successful individual performance in the workplace. **Extraversion** refers to a person's comfort level with his or her environment. A person high in extraversion is usually comfortable talking with new people. He or she likes to look at the big picture and is a successful influencer. This trait is usually seen in many CEOs and entrepreneurs. **Agreeableness** measures how well a person gets along with others, competitiveness, and cooperation. People who scored high in this spectrum are empathetic and work well in a team. Highly agreeable individuals may thrive in roles that may involve counseling, social work, and leadership. **Neuroticism** measures a person's emotional stability. High neuroticism can lead to issues in the workplace. But just because an individual scored high in neuroticism, doesn't mean they should be disregarded completely.

Communication is an essential skill that everyone needs to develop and master to get ahead in life. It has a direct effect on personality traits in general and Big Five Personality Traits in particular. Communication is an important part of the human experience. It helps us build and maintain relationships with others. A person with good communication skills is able to develop a good harmony with people around. Such a person has good convincing power. People with great communication skills tend to have a better and impressive personality than those who have problems in communicating as interacting with others is not a challenge for them. Effective communication skills strengthen the bond among individuals. It is also said to improve interpersonal relationships with other people. Careful selection of words is essential for effective communication skills. Thinking before speaking and using polite words may lead towards perfect communication. Rude words, boasting, gaudy words and pedantic words may disrupt communication. Taking care of body language is very essential. Correct body language exudes confidence which further hones an individual's personality. Pronouncing words in the right manner is also necessary. Wrongly pronounced words create a bad impression on others.

One really does not need to speak with a fake accent to prove that one has excellent communication skills. One should avoid copying others. An individual should have his/her own style to stand apart from the rest. Speaking articulately enhances one's personality and makes him/her different from others.

It is important to be a good and patient listener for effective communication skills. Observe whether the other person is listening to you or not. Allow the other person to speak as well in case of queries or confusions.

In a nutshell, we can say that interpersonal communication plays an essential role in enhancing one's personality because it helps in building reputation. Communication skills help to achieve success at work and in personal life, which ultimately improves the quality of life. If one communicates effectively with others, one is respected and trusted by all.

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## Effects of Recreational Exercises on Personality Development

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### Abstract

Personality development is a complex and dynamic process that significantly influences an individual's overall well-being and interpersonal interactions. This abstract provides an overview of the research exploring the impact of recreational exercises on personality development. Recreational exercises, defined as physical activities undertaken for leisure and pleasure, have garnered attention for their potential to not only enhance physical health but also shape psychological aspects of individuals. This study reviews existing literature to examine the intricate relationship between engaging in recreational exercises and the molding of personality traits, such as self-esteem, self-efficacy, resilience, and emotional regulation. As sedentary lifestyles and mental health concerns continue to rise, understanding the role of recreational exercises in promoting positive personality development becomes increasingly important. This research contributes to the field of positive psychology by shedding light on the transformative potential of recreational exercises and offers valuable insights for individuals seeking to improve their well-being through leisure activities.

**Keywords:** Personality Development, Recreation, Recreational Exercises.

## **Introduction**

In an era marked by increasing awareness of the holistic well-being of individuals, the relationship between recreational exercises and personality development has garnered substantial attention from researchers and practitioners alike. Personality development, a multifaceted construct encompassing traits, behaviors, and emotions, plays a pivotal role in shaping an individual's overall quality of life and interpersonal interactions (Roberts et al., 2007). Recreational exercises, comprising a diverse array of physical activities undertaken for leisure and pleasure, have been recognized not only for their physical health benefits but also for their potential to influence psychological aspects, including personality traits and emotional well-being (Hassmen et al., 2000; Netz et al., 2005).

As the world grapples with escalating rates of sedentary lifestyles and related mental health issues, exploring the interplay between recreational exercises and personality development has become increasingly pertinent. This investigation delves into the intricate connections between engaging in recreational exercises and the molding of personality traits, encompassing aspects such as self-esteem, self-efficacy, resilience, and emotional regulation. By examining the existing body of literature, this research aims to shed light on the transformative potential of recreational exercises, elucidating how they can serve as catalysts for positive personality development.

Personality development is an intricate and ongoing process that encompasses the transformation of an individual's thoughts, emotions, behaviors, and overall disposition over time (Erikson, 1963). While genetics and environmental factors play significant roles, recent research has underscored the influence of recreational exercises, encompassing physical activities and sports, on personality development (Huta & Ryan, 2010).

The subsequent sections will provide an in-depth analysis of the influence of recreational exercises on personality development, synthesizing findings from empirical studies and theoretical frameworks. This exploration not only contributes to the burgeoning field of positive psychology but also offers valuable insights for individuals seeking to enhance their well-being through recreational activities.

## **Psychological Mechanisms**

### **Self-Efficacy and Self-Confidence**

Recreational exercises have been linked to improvements in self-efficacy and self-confidence (Bandura, 1994). Engaging in physical activities provides individuals with opportunities to set and achieve goals, fostering a sense of competence and mastery. As individuals consistently surpass physical challenges, they often experience a transfer of this self-belief to other domains of life (Feltz, 2007). This increase in self-efficacy can contribute to enhanced personality traits such as assertiveness and resilience.

### **Stress Reduction and Emotional Regulation**

Participation in recreational exercises has well-documented stress-reduction effects (Salmon, 2001). Physical activities stimulate the release of endorphins and reduce cortisol levels, leading to improved mood and stress management (Hamer & Steptoe, 2009). Over time, individuals who engage in regular exercise often exhibit better emotional regulation and lower

levels of anxiety and depression (Reed & Buck, 2009). These emotional benefits can positively impact personality traits related to emotional stability and openness.

### **Social Interaction and Communication**

Recreational exercises often involve social interactions, whether through team sports or group fitness classes (Reeve & Deci, 1996). These social interactions contribute to the development of strong interpersonal skills, including communication, cooperation, and teamwork (Eime et al., 2013). Engaging with others in physical activities can foster the development of extroverted traits and enhance an individual's ability to navigate social situations effectively.

### **Empirical Evidence**

Numerous empirical studies support the notion that recreational exercises have a positive impact on personality development. For example, a longitudinal study by Rhodes et al. (2009) found that adolescents who participated in team sports displayed higher levels of self-esteem and social competence compared to their non-active peers. Another cross-sectional study conducted by Wilson et al. (2015) demonstrated that adults who engaged in regular exercise reported lower levels of neuroticism and higher levels of conscientiousness.

Furthermore, research by Smith and Fleeson (2018) showed that individuals who incorporated physical activities into their daily routines experienced significant improvements in their levels of agreeableness and extraversion. These findings align with the psychological mechanisms discussed earlier, suggesting a direct link between recreational exercises and personality development.

### **Implications**

Understanding the effects of recreational exercises on personality development has significant implications for individuals and society as a whole. Encouraging physical activity as part of daily routines, especially during formative years, can contribute to the cultivation of desirable personality traits. This can lead to enhanced well-being, greater career success, and improved relationships (Segerstrom & O'Connor, 2012).

In addition, policymakers, educators, and healthcare professionals should recognize the importance of promoting physical activity as a means of fostering positive personality development. Developing targeted interventions and support systems to facilitate exercise engagement can lead to long-term benefits for individuals and society.

### **Conclusion**

Personality development is a complex process influenced by various factors, and recreational exercises have emerged as a potent force in shaping personality traits. The psychological mechanisms of self-efficacy, stress reduction, and social interaction provide a framework for understanding how engaging in physical activities can impact personality development positively. Empirical evidence supports the idea that recreational exercises can lead to improvements in self-esteem, emotional regulation, and interpersonal skills.

Recognizing the benefits of recreational exercises for personality development has broad implications for individuals and society. Encouraging physical activity from an early age and promoting its integration into daily life can contribute to the cultivation of desirable personality traits, ultimately leading to improved overall well-being and societal outcomes.

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