

# Personality Development the Common Need of Modern Era

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**Abstract –** *The world is one among influencing a part of our energy which is employed within the preservation of our bodies. Outside that, every particle of our energy is day and night in influencing others. Our bodies, our virtues, our intellect, and our spirituality, of these, are always influencing others then, conversely, we are being influenced by them. The science of yoga claims that is covered the laws and methods which certainly develop the personality of each person by giving proper attention and guidance. It could enable scholars to grow and strengthen their personality. The purpose of education is to equip students with the potential to fulfill challenges in their lives. When someone is fully equipped with education, he could understand his capabilities, strengths, and weakness so there would be less scope for all such mishaps that might disturb his life. So, education leads students towards the role of personality development. As far as students are concerned, effective personality development programs can aid them in managing the challenges of the skin world more effectively and efficiently. This can also help them in understanding the small print involved within the corporate world. Personality Development is most vital that each one other sort of development of economic, educational, and rural, etc. because of these other forms of development are undertaken just for the advantage of man. Most people don't purposely develop their personality as they are not tuned in to it our appearance, speech and action become apparent to us only through others as we don't see ourselves or our behavior. This Research work is undertaken with the objective of making analysis of factors that could impact personality of any person. This article also provides various measures which could help anyone to develop their personality, to make them perfect for today's growing need.*

**Key Words –** *Personality, Mindset, Behaviour, Development, Individual, Social Status, Education.*

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## INTRODUCTION

An individual with self-reflection interacting with others particularly though work is during an analysis position and develop personality. One must define an individual first before talking of personality. An individual encompasses a body, a mind, and includes a level of energy, this is often called body-mind composite. All the three may be a coagulation factor in each one people which runs like a thread running through a garland of experiences. The foremost apparent amongst personality is that the body of someone. The structure is the most significant thing about the primary impression of someone naturally a healthy, strong, proportional body is an asset to an individual. Further, the external appearance is judged by the action and communication of an individual a friendly and welcome personality has likable postures, gesture, facial expression, and smile to its credit. The entire external appearance inters of its social inference though work and other interaction are judged by various bodily actions and reactions its speech and conversation. Postures and gestures are perfected as actor

practices before a mirror; co-ordinate the movement of various limbs especially hands, feet, head, and eyes can create a pleasing appearance. Behavior and manners may be a little deeper proposition. It is addicted to the character of an individual and social traditions put together. Behavior and manners can't be the same in different and place. Hence a person must ensure that he or she maintains a kind of personality which is acceptable in the society and which helps in growing his career to heights. Your attitude is defined by your personality. Hence this is the foremost and important aspect of today's modern world.

## WHAT IS PERSONALITY DEVELOPMENT

Personality is the most vital affectionate feature of a person's being. It indicates their nature, behaviour, character, habits, relationship, and performance publicly likewise as personal life. It is the personality, which determines clear suitability, suitability, and responsibility of an individual in his or her career moreover as service period. This human feature is commonly highly emphasized and becomes ultimately the foremost

significant criteria for selection during the general public interviews and later assignment in services in any organization and industry. The explanation for emphasizing the personality aspect is that it demonstrates its efficient role in bringing out certain significant personal qualities, which are connected to behavior, character, conduct, habits, bearing, health, and expression. Incidentally, these qualities can't be experienced in written examinations during which the stress is on written appearance about their knowledge of the events, intellectual ability, and that I. Q. level. As such, criteria of the personality became a determining aspect for assessing the candidate's abilities, strength, expression, and attitude together with the presentation in single likewise as group actions. It is therefore evident that everyone's efforts should be made to develop the personality. Now, the question is where and the way to direct your efforts and full concentration for its development. Before the problem is obsessed with its development, allow us to attempt to understand its true meaning and various features deeply. The personality of a private is seen and examined from two angles. One angle is the outer side, which is visible and perceptible. Another is the internal side, which is invisible and imperceptible. As such, personality gets two-dimensional views and if you add time factor, it gets three-dimensional views for deep consideration. You are born with a specific given personality and you are trying to develop it over the amount as you grow and pass during the various stages of the life cycle and its corresponding situation. Two factors, one being genetic or hereditary and the other being the environmental implying planetary location as existing at the emerald of birth play important and crucial role in the formative personality of a baby and lay down the scope for allowing its development later. Since no two persons are alike all told respects, they need observably different personalities thereby indicating that they possess different outer and inner attributes. Outside attributes are demonstrated within the observable and perceptible forms like figure features, bearing, behaviour, habits, movements, and performance. Inner attributes are perceived within the style of intelligence, expression, tenacity, abilities, character, skill, response, and temperament. The importance of both inner and outer attributes is recognized because they are supported by genetic differences in personal appearance and tendencies and respond differently to variations in environments like learning, upbringing, and training. When you start analyzing intensely and take a look at to grasp the cause, which is prompt and driving to indicate off the above-confirmed traits, its genesis is addressed to inner traits, which are mostly in command of them to occur externally within the demonstrative form. The cause remains unseen but its effect is seen within the variety of specific user behaviour and performance. Internal traits remain always at their back within the background and are manifested to us in their equivalent physical features. As

an example, intellect is seen from the broad and wide forehead with big shining eyes and long size nose. Your forcefulness is seen from your appearance and manners. Your initiative, alertness, and awareness are seen from your body movements and sharp observation. Your leadership traits are seen in your presentation within the group activities. Your sense for common regards and humane relationship is seen from your behavior through your friends, colleagues, relatives et al. it is apparent that while applying the tactic for developing personality, you have got to put a highlight on its cause then attempt its source at the basic level instead of managing and correcting its physical features from outer.

### WHY PERSONALITY DEVELOPMENT IS IS IMPORTANT?

Personality may be a blend of your nature, emotion, ethics, and behavior. You begin rising a personality after you are a baby. This personality is soon molded, supported by the force of various positive and negative factors in life. However, the importance of this considerate is that you will be able to forever keep improving your personality. In other words, if you suspect that there are some features in your personality that requirements to be worked upon, then it is done. Personality development plays an important role in the three most important aspects of life:

1. **Social Relationships:** An individual could be a social animal. Getting from friends and society is very significant for an individual, unless you are burly enough, to not care about others. However, at some point or the opposite, you are doing feel aloof and unobserved. A character with an attractive personality has charm, with an attractive power, to draw people towards him and construct them know what he requirements. Who doesn't feel huge after you are recognized and traditional by society? If you are shy and nervous, that shows require self-confidence in your personality.
2. **Family Relationship:** the house environment is warm and enjoyable when a friend has an energetic and positive personality, filled with enjoyment and happiness. The happiness and amusement make the house environment to measure on. The way you interrelate along with your partner, parents, or children, speak plenty about your quality. A weak relationship shows a lack of self-assurance and trust.
3. **Professional Relationship:** To keep up the nice relationship within the specialized area that is meeting deadlines, maintaining good quality

members along with your boss, reliability is a number of the challenges that a person needs to features within the place of labor. It is not the figure of challenges that matters. If you get disturbed on simple matters, you'd simply quit. Personality development acting such an important role in organizations today, that you just will locate Personality Development preparation courses for all workers, to develop their skills and lift their inspiration level. With the right personality and skills, it becomes easier to interrelate with customers, colleagues, and executives. Additionally, helps to appearance the challenge with a positive approach.

A kid must also develop to be educated, that the personality must begin to sprout before it will be trained. And this is often where the danger begins. For we are handling something unpredictable, we don't know the way and in what direction the budding personality will develop, and that we have learned enough of nature and therefore the world to be somewhat chary of both. Even enlightened psychologists like Freud give us a particularly unpleasant picture of what lies slumbering within the depths of the human psyche. So it's rather a bold venture to place in an exceedingly good word for the event of personality. Attribute, however, is filled with the strangest contradictions. Individualism isn't and never has been a natural development; it's nothing but an unnatural usurpation, a freakish, impertinent pose that proves its hollowness by crumpling up before the smallest amount obstacle. What we've in mind are some things very different. Nobody develops his personality because somebody tells him that it might be useful or advisable to try to do so. The sole thing that moves nature is a causal necessity, which goes for attribute too. It's tremendously conservative, to not say torpid. Only acute necessity is ready to awaken it. The other development would be no better than individualism. That's why the cry of "individualism" could be a cheap insult when flung at the natural development of personality.

## PROCESS OF PERSONALITY DEVELOPMENT

Personality development is the result of cognitive, emotional, motivational, and unpredictable attributes that decide a child's view about himself, his world, and also the expectations. Constitutionally strong-minded temperament has a direct effect on the outline of kid behavior and growth of personality through childhood. Counting on individual nature, children draw different stimuli from the identical environment, as an example, a baby with inbuilt "dependent nature" will discover disturbed parents and teachers reassuring, whereas a toddler with high levels of power and inbuilt low capacity to regulate will find them invasive and restrictive. The environmental measures during childhood influence children's behavior and

personality formation, which successively influence the environment. Furthermore, the environmental aspects together with the child's natural temperament have a straight effect on the child's "self-concept," a vital factor of a child's personality development. A child's environment is significantly influenced by the child's conception regarding him. During the first years of adolescent development, children construe their Self-concept from how they are recognized by their peers. Therefore, for them to risk peer refusal isn't to endure a bout of aloneness, but that of behind their identity. Parents' maintain and support build up the child's self-concept and parenting could be a single aspect, which is in our control. Positive parenting can positively influence children's ability and environment, which quality to their self-concept and self-esteem. Considerate children's temperament and if, constant support can help them through the disorder of youth and peerages. The self-confidence that reception they are trusted and traditional for what they are helps children obtain a powerful groundwork for best personality development.

## SOME ESSENTIAL QUALITIES FOR PERSONALITY DEVELOPMENT

1. **Faith in Oneself:** Faith in one's potential divinity because the ground tackle of personality development. If one believes that one's real nature is the spirit not the body or the mind one would be a more robust individual with strong character.
2. **Think Positive Thoughts:** Weakness in people in general. Positive, wholesome thoughts supported our inherent divinity are essential for a robust character. Further, in line with Swami ji, the sole sin is to think about oneself et al as weak.
3. **Attitude towards Failures and Mistakes:** it's always advocated upholding the perfect once more whether or not an individual failed thousand times.
4. **Self-reliance:** Man is the maker of his own destiny, we are answerable for what we are, and whatever we wish ourselves to be, we've the ability to create ourselves.
5. **Renunciation and Service:** Selfless service as a paramount means to character development. This, including renunciation of selfishness and desire for the fruits of action, was considered by Swami Vivekananda ji because the twin ideal of our nation. 'Intensify her in those channels,' said he, 'and the remainder will be sure of itself.'

## APPROACHES FOR PERSONALITY DEVELOPMENT

The first step towards that ideal personality is to be truthful to you. You wish to look at yourself and appraise your personality. This may acquaint you of your shortcomings. Some significant features of personality development includes Cleanliness, Sincerity, Unselfishness, Courteous, Respect, Good Health, Kindness, Self-confidence and Open-mindedness. It is difficult to coach yourself and attain beyond features every day or two. You wish to figure durable. Take each excellence one at a time and check out to watch it in your standard of living and any personality is first judged by its physical appearance, so cleanliness, your covering style, the way you walk, how you shut down, etc. is extremely important. 80% of your physical appearance will be enhanced just by a decent posture. If you walk directly along with your head held high, you routinely expand refinement in your movement. Nobody in this world is ideal. However, if you desire to grow in your life, you wish to create manually shine by polishing your nature and behavior.

## CONCLUSION

People believe that the concept of personality development is a new dimension found out for better life. As a matter of act, the concept of personality development is not at all a new topic; it has been emphasized in ancient Sanskrit texts since Vedic age. The people of the past struggled hard to develop themselves in all spheres of life and achieved their goals. Such material can be had from the Upanisads, Puranas, Dharmasastras and so on. In this regard the Bhagavadgita stands out as a fundamental and foremost guide to mankind. Basing on Gita's standpoint, the theory of personality development is taken here into account, in comparison with modern viewpoints. This approach is a quite significant and appealing one. In this sense the study of personality development in the Bhagavadgita marks its novelty. And upholding all such views on the basis of Bhagavadgita is the objective of the present thesis. The research work on the "Personality Development in the Bhagavadgita - A Critical Study runs into different disciplines as mentioned in the contents. The focused personality traits, which encompass a border range of individual differences in thinking, feeling, and behavior. The last decade has been a vibrant, productive period within the study on the links between early. In today's world the role of personality is quite large and a person must not only be educated but should also be owner of a great personality for being part of Society, and Corporate.

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