

DEPARTMENT OF HISTORY

III B A HISTORY VI SEMESTER CORE – I BASED ELECTIVE –

PERSONALITY DEVELOPMENT (18BHI65S)

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Personality

Personality means the constitution of mental as well as the physical health of an individual. Personality may be defined as the characteristic pattern of behaviour that determines an individual's adjustment to the environment or situation.

Learn about:- 1. Introduction to Personality 2. Meaning of Personality 3. Definitions 4. Concept 5. Nature 6.

Characteristics 7. Determinants 8. Stages of Personality Formation

9. Attributes 10. Theories 11. How to Predict Personality Traits? 12. Big Five Personality Traits 13. Methods Used for Measuring Personality 14. Development of Personality 15. Variables.

Personality: Introduction, Meaning, Concept, Characteristics, Theories, Traits, Stages, Development, Attributes and Theories

Personality – Introduction

In modern organisations, personality attributes of a manager are considered important, since they affect the entire behavioural pattern of the person. In common parlance, personality refers to the impression, which an individual forms on others through his personal attributes making attractive or unattractive view.

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It is a fact that psychological factors of an individual are rarely known to others. An individual's personality is not a superficial fact or occurrence that can be easily understood, merely on his personal appearance. Personality is the whole aspect of an individual from general point of view. It includes a person's physical, psychological and emotional aspects. Personality has come from a Latin word 'Persona' meaning to speak through (mask). As in the ancient days masks were worn in Greece and Rome by actors, while enacting. Thus, personality is used for influencing others through external appearance. However, personality is not the external appearance alone.

Personality, which makes an individual to stand apart, is the impression of characteristic attributes. It is an aggregate of an individual's physical, psychological and behavioural aspects contributing to his 'good personality' or no personality, according to the presence or absence of the characteristic attributes. Some of these, which are of significant nature, are worth mentioning.

This personality view is the aggregate of recognizable DEVELOPMENT

- ∕ The personality pattern is founded on the individual's hereditary endowment, but it is not
- R** inherited. It is the product of leaning during the course of prolonged social relationships with
- O** people both within and outside the home. As Anderson
- **L** has pointed out, personality is organized around nodal points or experiences
- ›, **E** which have received specific emphasis.
- O** At the moment of conception each new human being receives a genetic inheritance which
- F** provides all the potentialities for his behaviour and
- › development throughout his life time. This endowment includes potentialities for an individual's
- H** bodily equipment, for the development of specific skills, abilities and kinds of behaviour and
- E** for patterns of growth and change throughout a predictable life cycle.
- ' **Mechanics of Heredity R**

E At Fertilization, the male and Female germ cells unite to form a fertilized ovum containing
D about 46 chromosomes, half from each parent. The chromosomes are minute, threadlike
I structures containing many hundreds of ultramicroscopic particles called 'genes',
 which are the real
T carriers of a person's heredity. Together, the chromosomes probably contain from 10 to 15
Y thousand genes, of them a complex molecule consisting of thousands of atoms in special

// .ii arrangements. The genes carry the blueprint for an individual's development

I and direct his growth from a one-celled unit to an adult. Within this inherited structure, lie the
N potentialities for behaviour.

Heredity

P

E The personality pattern is inwardly determined by and closely associated with the maturation of
R physical and mental characteristics which constitute the individual's hereditary endowment.

S Although social and other environmental factors affect the form a personality pattern takes, it is

N ot instilled or controlled from without but evolves from the potentials within the individual. The
 pattern of personality-physique, intelligence and temperament are the products of heredity. How a person will
 develop depends on the environmental influences within which a person grows.

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The significance of hereditary foundations in determining the personality pattern has been stressed
 by many researchers. It is generally held that personality is developed from the interaction of sig-
 nificant figures (first the mother, later the

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father and sibling s, later extended to other familial figures) with the child. The child brings to his inter-
 action biological constitution, a set of needs and intellectual capacities which determine
 a the way

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Determinants of Personality : Role of Heredity and Environment

conditions influence the way a group lives, we may assume that they also exert some

effect, at least indirectly, on the personality development of individual

members. However, the precise effect is difficult to assess, for again we typically find cultural factors complicating the total situation.

It becomes very difficult to evaluate the effect of physical environment on individual and group differences in development. Except in cases where unfavourable conditions lead to actual bodily damage, as in malnutrition and disease, the role of the physical environment seems a less important than that of the sociocultural environment.

Socio-cultural Environment

In much the same sense that man receives a genetic heritage which is the end product of countless million years of evolutionary history, so he receives a sociocultural heritage which is the end product of many thousands of years of social evolution. This heritage varies dramatically from one social group to another, but the various cultures of the world have enough in common to enable us to speak meaningfully of "human culture". Every group, for example, has its language, family and social structure, customs, values, music and art. These "institutions" are characteristically human and tend to be transmitted by similar means in every society. Sometimes the instruction is deliberate, but just as often it is not. Following are the chief means by which the sociocultural environment exerts its influence on individual development. Both deliberately and unconsciously, each society teaches its concepts, values and accepted behaviours to its children: This instruction is largely accomplished by the social institutions such as home, school and temple or their equivalents. Thus systematic instruction, together with the examples set by adults or other "models" tend to make for some degree of uniformity and to establish what

may be called the basic personality type of the particular society.

The individual's basic personality structure is affected not only by the larger social group but also by the various subgroups to which one belongs—groups

based upon his family membership, religion, occupation, social class, age and

Human Growth and Development sex. Each subgroup tends to foster certain values, beliefs and approved behaviour patterns which may in turn be subject to the restrictions imposed by society as a whole. The fact that each individual belongs to somewhat different type of subgroup tends to produce individual differences, just as common membership in the larger cultural group makes everyone somewhat alike.

The groups with which an individual identifies, or with which he would like to be identified, are called 'reference groups'—for it is in reference to the norms and values of that group that he sets his goals, models his behaviour and evaluates his worth. Sometimes reference groups from which the individual is excluded have greater influence on the person.

i) Status and Role

In every social structure there are a variety of distinguishable positions - doctor, teacher, carpenter, parent, student, child and so forth - each of which contributes in some way to the total group functioning and is accorded a certain 'social status'. Status brings with it both privileges and responsibilities. For example, the medical doctor has the privilege of practicing medicine and also is held in high regard by other members of society. In return, he is expected to follow the ethical code of profession. If he fails to do so, he may have his medical license revoked and be relegated to an inferior social standing.

To clarify what is expected of a person with a given position and status, society establishes various roles for its members to play, each associated with a certain pattern of expected behaviour. Thus the role of an army officer calls for loyalty, decisiveness, courage and resourcefulness. Each person of the society, young or old, tends to develop the skills, behaviour and values that his role

seems to demand. If he deviates too far from what is expected of him, he is likely to run into difficulties in his social relationships.

The extent to which role expectations can influence personality development is well illustrated by Margaret Mead's study (1949) of the Tchambuli, a New Guinea tribe in which the sex roles are practically the reverse of ours. Women are supposed to earn the living, handle business transactions, take the initiative in courtship, and in general, act as head of the family. Men on the other hand, are expected to be coquettish, glib, prone to gossip, good homemakers and interested in dancing and theatricals. The established roles for men and women among the Tchambuli, obviously tend to channel personality development along lines very different from those in our culture.

i) Interpersonal Relationships

Man is a social animal and much of his personality development reflects his experiences with other people. In many societies a certain pattern of interpersonal relationships may predominate over others — for example, the norm may be for competition or cooperation, hostility or friendliness. In general, however, interpersonal relationships contribute to individuality rather than similarity of development, for no two of us have exactly the same acquaintances nor do we have an identical relationship with the people we do know in common. Even parents relate to each of their children in somewhat different ways. The experiences of love and hate, of friendship and distrust, of shared experience and misunderstanding that characterize our associations with other people are in each case unique.

Although we have many kinds of interpersonal relationships in the course of our lives, those that have the greatest influence in shaping our development are those with our parents and with members of our peer groups. Apart from that many other types of interpersonal relationships — with brothers and sisters, grandparents, teachers, neighbours — may play a significant part in shaping personality. Even a chance meeting with someone may change the direction of our life

Importance of Heredity and Environment

The relative importance of heredity and environment in the moulding of personality pattern depends on at least three variables — the trait that is affected, the feature of the environment that is brought to bear on the developing trait and the scope and intensity of environmental forces. Some traits are relatively stable. They vary little, regardless of environmental influences. Others are unstable and easily influenced by environmental conditions. Even the same trait may in some people, be primarily the result of hereditary conditions, while in others, it is the product of environmental conditions. One person may be retiring and inclusive because of inborn qualities, while another may become so because of conflict with environment.

Thus, it is apparent that, in some traits, training outweighs the influence of heredity, while in others, the reverse is true. In general, however, the more directly a trait is bound to structural inheritance, the less it can be modified and changed by environmental influences.

The kind and intensity of environmental influences likewise affect the degree to which different traits will change. Whether the environmental influences are physiological, intellectual or emotional will determine how much they can change different traits. Structural characteristics are usually more stable than traits that are more functional in nature.

Healthy Mind And Healthy Body Helps Personality Development

1. HABITS FOR A HEALTHY MIND IN A HEALTHY BODY

Daily Physicality: Exercise for at least 20 minutes most days of the week.

- * **Intellectual Curiosity:** Spend some time in focused thought, exploring new ideas every day.
- * **Foster Creativity:** Challenge your mind to connect unrelated ideas in new and useful ways.
- * **Human Unity:** Create and maintain close-knit human bonds and a social support network.
- * **Spiritual Connectedness:** Identify a Source of inspiration that is bigger than you.
- * **Energy Balance:** Balance Calories in/Calories out, and reduce your carbon footprint.
- * **Voluntary Simplicity:** Embrace the liberty that comes with wanting and needing less.

2. Healthy mind and body

Eat Healthy

We all know that what we eat has a big impact on our physical Well being, but it also affects your mental happiness. As the old saying goes; a healthy Body makes a healthy mind, so think about your diet and what foods you maybe eat Too much of. Eating three meals a day will keep your

energy levels up and keep you feeling good all day long. As well as eating healthy foods, drinking lots of water will keep you hydrated and boost your metabolism; making you feels and looks better.

Watch what you drink

While a lot of people drink alcohol and caffeine to change their mood, their effect is only temporary. When the feelings of energy or excitement fade you will often feel a lot worse than before you drank, which has a big effect on your mental wellbeing. Most people only drink alcohol or caffeine in moderation which can often be good for you. This is very dangerous and can cause long-term health problems or cover up existing conditions. Try to drink no more than four units of alcohol a day if you are male and three if you are female, and try not to drink caffeinated after seven o'clock at night.

Take some Exercise

Doing a little exercise every day has many different benefits; both mental and physical. When you exercise your body releases endorphins which can greatly improve your mood. You don't have to spend a lot of money and join a gym to get some exercise; walking or cycling to your destination instead of driving, cleaning the house while listening to music and gardening are all easy ways to get the blood pumping. After a while you'll start to find doing tasks easier as well looking better, which in turn will also make you feel better about yourself.

Get a Hobby

So much of our lives are taken up by the pressures of work these days that we can sometimes forget about what we enjoy. Maybe you love to paint, play a musical instrument or have always wanted to build the best railway set in the country. Taking some time out to dedicate just to yourself will help you cope with stress, focus your mind and allow you to express yourself. If you are feeling blue, conveying your thoughts in a painting, a song or in a poem will help you understand how you feel and make you feel much better.

Exercise your mind

Just like the rest of your body your brain needs exercise too in order to stay healthy. There are lots of different ways you can do this; from computer games to doing the cross word. Instead of working out your bills on a calculator straight away, try calculating the sums in your head first before checking if you were correct mechanically. Learning a new word every day is also a good way of making sure your memory stays in full working order, which will help as you get older as well as in day-to- day life. Your mind is your most valuable tool so keeping it fully functioning is very important to staying happy and living an active life.

3. Tips for Healthy body

- * Nutrition – no junk food
- * Personal hygiene

- * Exercising
- * Traditional methods (YOGA, PRANAYAM, etc)
- * Modern methods (GYM, AEROBICS, etc)
- * Walking and Jogging
- * Disciplining of daily routines is a must.
- * Mind control is essential for a healthy body

4. Healthy food maintain body and mind

Keep Almonds on Hand

Store almonds in the freezer to keep them fresh. Spice them up for an appetizer, toss them in salad or eat a handful for a snack. Almonds offer a satisfying carbohydrate-protein combo; plus, they've been shown to reduce cholesterol levels.

Fat Sour Cream

Instead, use reduced-fat sour cream and nonfat plain yogurt. You save calories and fat without sacrificing flavor. Your body uses the protein in sour cream to generate energy to keep you moving throughout the day. It also bolsters your immune function. A half-cup serving of full-fat sour cream contains 23 grams of fat, which includes 13 grams of harmful saturated fat. Because this fat not

only packs in the calories, it harms your cardiovascular system, you should opt for reduced-fat sour cream when possible. A half-cup of low-fat sour cream contains 15 grams of total fat and 9 grams of saturated fat.

Start Your Meal with Soup

Research suggests that starting dinner with a vegetable-based soup may help you to consume 20 percent fewer calories over the course of your meal.

Use Stronger Cheeses

Use cheeses like extra-sharp Cheddar—they give a bigger flavor impact so you can use less and cut saturated fat and calories. Cheese contains a host of nutrients like calcium, protein, phosphorus, zinc, vitamin A and vitamin B12. Calcium is one of the nutrients most likely to be lacking in the American diet. According to government statistics, nine out of 10 women and six out of 10 men fall short of calcium recommendations. The high-quality protein in cheese provides the body with essential building blocks for strong muscles. For a complete listing of the nutrients in cheese, see the table below. If you are lactose intolerant, many cheeses, particularly aged cheeses such as Cheddar and Swiss, contain little or no lactose and are often well tolerated.

Opt for Brown Rice

Opt for brown rice over white rice whenever possible to add fiber to your diet. Per cup, brown rice has 3 more grams of fiber than white. Brown rice is a highly nutritious food. It is a whole grain

that is relatively low in calories (216 calories per cup), high in fiber, gluten-free and can be incorporated into a variety of dishes. Kelly Toups, a registered dietician with the Whole Grains Council, said, "Brown rice is a good source of magnesium, phosphorus, selenium, thiamin, niacin and vitamin B6, and an excellent source of manganese, with 88 percent of your daily manganese in just one cup cooked." She noted that a "good source" food contains at least 10 percent of the recommended daily value of a nutrient in one serving, while an "excellent source" contains at least 20 percent of the recommended daily value of a nutrient in one serving.