

## **Personality development**

### **CONCEPT OF PERSONALITY DEVELOPMENT DURING ADOLESCENCE:**

The concept of personality refers to the profile of stable beliefs, moods, and behaviors that differentiate among children (and adults) who live in a particular society. Personality development during adolescence is the result of continuous interactions of traits (heredity) environment, culture and particular experiences. Personality is acquired by the individual as a result of his participation in group and social life. Many conditions in the adolescents' life are responsible for moulding the personality pattern through their influence on the self-concept.

An individual's personality is the sum total of the person's qualities, characteristics, attitudes and quirks, psychological traits, beliefs and motives which make up his identity. Personality development therefore means an improvement in all spheres of the individual's life.

The real meaning of personality development can be described as a process in which you can refine and polish your own persona building the best possible image.

### **Meaning Of Personality Development**

Personality development is a field of much research and practice. It is a dynamic, constantly evolving field of study and one in which new practices come to the fore every day. It goes beyond self-help to encompass helping others.

The real meaning of personality development is to enhance self-esteem, improving social skills and developing potential.

### **Meaning of personality Development – at an individual level**

1. Self – Knowledge.
2. Building self- identity and self esteem.
3. Spiritual Development.
4. Talent development.
5. Identifying potential.
6. Acceptance of responsibility for self.
7. Enhancing the quality of life.
8. Improving physical and mental health.
9. Aspiration fulfilment.
10. Improving social abilities.

Man is a social animal and people skills are an essential part of any personality development initiative. Projecting an approachable, pleasant, assertive and confident personality while dealing with others, is an essential skill which can be learned.

## Personality development during adolescences

According to E.B. Hurlock, the significant conditions influencing the adolescents self concept which helps in personality development of adolescents are :

1. **Age of Maturing** : Early matures, who are treated as near adults, develop favourable self-concepts and thus make good adjustments. Late matures, who are treated like children, feel misunderstood and martyred and thus are predisposed to maladjusted behaviour.
2. **Appearance**: Being different in appearance makes the adolescent feel inferior, even if the difference adds to physical attractiveness. Any physical defect is a source of embarrassment which leads to feelings of inferiority. Physical attractiveness, by contrast, leads to favourable judgments about personality characteristics and this aids social acceptance.
3. **Names and Nicknames**: Adolescents are sensitive and embarrassed if members of the peer group judge their names unfavourably or if they have nicknames that imply ridicule.
4. **Emotional Development** : Adolescents become more aware of their own feelings and the feelings of others. They also develop the skills to observe, measure, and manage their emotions.
5. **Cognitive Development** : Adolescents develop new cognitive skills, including abstract thinking. They also establish moral values and norms.
6. **Peers**: Peers influence the adolescent's personality pattern in two ways. First the self-concepts of adolescents are reflections of what they believe their peers' concepts of them are and, second, they come under peer pressures to develop personality traits approved by the group.
7. **Family Relationships**: An adolescent who has a very close relationship with a family member will identify with this person and want to develop a similar personality pattern if this person is of the same sex, the adolescent will be helped to develop a sex-appropriate self-concept.
8. **Creativity**: Adolescents who have been encouraged to be creative in their play and academic work as children develop a feeling of individuality and identity that has a favourable effect on their self-concepts. By contrast, adolescents who have been forced to conform to an approved pattern since earliest childhood lack a feeling of identity and individuality.

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