

PERSONALITY DEVELOPMENT: A PROMINENT FACTOR FOR SPORTS

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Human being is a complete biological entity engulfed with heredity and environment. Again the origin of man is an imponderable quest.

According to Theory of Evolution of Charles Darwin human being is descendent of ape. It is a theory accepted, but researchers are still missing a linkage chain of fossils through which the theory is proven.

Van Danikan in his research quotes that many mysteries are unsolved like construction of pyramids etc. (explain about the details of pyramids and plank's constant $E=h\nu$).

Coming to the point of Heredity we have laws of heredity and I am to quote only two at this moment.

- (1) Like begets like: cats will give birth to cats and dogs to dogs and human beings to human beings.
- (2) Laws of variation: tall parents will give short, whites to blacks, ugly parents to smart etc.

The believer of heredity quotes various arguments in their favor: for example:

- (1) Wedgewood = Galton = Darwin.
- (2) Dudgale studied family of a fisherman named Juke. Mr. Juke's son married feeble minded lady and found their off-springs degenerated.
- (3) Goddard a psychologist studied the family of a soldier named Kallikak. He married two women, first was a feeble minded lady and the second lady with balance mind. Around 500 descendents were studied and found that the descendants from the first combination occupied low positions in society where from the second were all men of eminence.
- (4) To quote daily life example: a doctor works in mental hospital. A jailer lives virtually amongst prisoners, but both remains unaffected.

Now we will consider the second factor through which a personality is affected and that is environment.

We have basically three types of environment:

- (1) Natural environment (physical or geographical).
- (2) Social environment- society.
- (3) Cultural environment- your traditions, customs, taboos etc.

The supporters of environment quotes example of:

- (1) Hilly children are also born with the same IQ, but latter their mental side remains un-nurtured because of proper education.

- (2) Ramu, the wolf boy: Found in railway compartment at Lucknow. Doctors tried their best to humanize him but failed and later he died at Balrampur Hospital in 1968 at the age of 12.
- (3) Study of Donald and Gua by Kellog: Donald was name of child and Gua was the name of the chimpanzee. Both were reared in same environment and found that after 16 months that chimpanzee could outdo human child in many fields.
- (4) Hogo fish- a type of fish normally have two eyes but if incubated in abnormal temperature develops one eye.
- (5) Fruit fly- it normally have six legs, but if reared in abnormal temperature the number of legs increases.

The very reason behind quoting these examples is to conclude that both the factors i.e., heredity and environment are responsible for building your personality.

(II) The another factor of building your personality is your growth and development.

Let me first differentiate what is growth and what is development through the definition.

Growth is defined as a process of structural changes, quantitative to measure and anatomical in nature.

Development is a process of qualitative transformation which brings about progressive changes towards maturity and functional improvement in the organism of human being.

To understand a human being in complete is difficult but it is possible to certain extent for which we are obliged to know his growth and development right from womb to tomb i.e., from conception till death.

Elizabeth Hurlock a psychologist has given certain stages of development:

- (1) Before Birth (from conception onwards) (a) Germinal Stage (0-2 weeks) (b) Embryonic Stage 2+ to 12 weeks. (c) Fetal Stage 12+ to around 280 days or total gestation period.
- (2) After Birth:
 - (a) Infancy – first 2 months again in 2 stages (i) Partunate – first fifteen minutes till the cutting of naval cord. (ii) Neonate – from 16th minute to 2 months.
 - (b) Baby hood – 2+ months to 2 years (Infancy and babyhood)
 - (c) Early childhood – 2 to 6 years.
 - (d) Later childhood 6 to 12 years.
 - (e) Puberty – 13th year or onset of adolescence.
 - (f) Adolescent period 12+ to 19 years.
 - (g) Adulthood 19+ to 40 years.
 - (h) Middle age – 40+ to 60 years.
 - (i) Old age – 60 and above.

Let me tell you that development has got certain principles:

- (1) Development is continuous: You can locate or note changes in behavior from birth till death; hence it is a continuous process.
- (2) Development is a product of heredity and environment.
- (3) Development is predictable: We generalize certain changes in certain age group if they are not seen than you say that the human being is ill or retarded.
- (4) Development follows a pattern: It is from Cephalo-Caudal i.e., from head to toe and from Proximo-Distal i.e., from spinal cord to dermal.
- (5) Development is rapid in early years and tapers in later years.
- (6) Development proceeds from general to specific example schooling, specialization, and super specialization.
- (7) Development is cumulative (or compounding) in case of experiences.

Our entire development is under five major heads:

- (1) Physical and motor development (something related to kinetics or movements of body in relation to speed, strength, endurance, flexibility and coordinative abilities.
- (2) Emotional.
- (3) Social.
- (4) Moral.
- (5) Character.

Emotion:

- (1) Subjective: emotions are subjective/ personal experiences (* When men cast long shadows of experiences it signs the west sun of their life*). No human can deny the presence of emotions and are different from person to person.
- (2) Range: emotions have a wide range from extreme anger to over joyfulness / affection, and they occur at all stages of life.(*Add story of the boy nailing in fence*).
- (3) Duration: Every emotion has duration after sometime it vanishes. Example of any person's death, or failure in love.
- (4) Body and Mind: In any emotion both body and mind are involved. (Extreme excitement, secretion of various hormones).
- (5) Onset of emotions is sudden and may leave slowly.
- (6) When you are emotional- level of intelligence is lowered i.e., capacity of reasoning is reduced and perfection is damaged.
- (7) Emotions are pleasant or unpleasant.

Social Development:

(*Add examples of boxing as sublimation to the animal instinct*)

Psycho-Social Stage	Task of Crisis	Social Conditions	Psycho-social Outcomes
Stage – 1 (Birth to 1 year) Oral-Sensory	Can I trust the world?	Support and provision of basic needs. Lack of support and deprivation.	Basic trust. Basic distrust.
Stage – 2	Can I control	Permissiveness and support.	Autonomy

(2 – 3 years) Muscular-Anal	my own behavior	Over protection and lack of support.	Shame and doubt.
Stage – 3 (4 – 5 Years) Locomotor- Genital	Can I become independent of my parents by exploring my limits?	Encouragement to explore. Lack of opportunities to explore.	Initiative. Guilt.
Stage – 4 (6 -11 Years) Latency (confused)	Can I master the necessary skill to adapt?	Adequate training and encouragement. Poor training and lack of support.	Industry. Inferiority.
Stage – 5 (12 – 18 Years) Puberty and Adolescence	Who am I? What are my beliefs and attitudes?	Internal stability and feedback which is positive. Confusion of feedback and unclear feedback.	Personal identity. Role Confusion.
Stage – 6 (Young adulthood)	Can I give fully to myself to another?	Warmth and sharing. Loneliness.	Intimacy. Isolation.
Stage – 7 (adulthood)	What can I offer succeeding generations?	Purposefulness and productivity. Lack of growth and regression.	Generative. Stagnation.
Stage – 8 (Maturity)	Have I found contentment and satisfaction through my life's work and play?	Unity and fulfillment. Disgust and dissatisfaction.	Integrity. Despair.

Moral Development:

Morality is ideals and rules that governs one's life or human conduct. It is the thinking of what is right and what is wrong. It is defined by a social group. It is a Latin word 'mores' meaning manners, customs, or folkways. It is related to your conscience.

Character Development:

Character is said to be the end of all social development. All system of education builds character.

Ross defines "Character is just organized self"

Kolesnik States "It is acquired component of personality which inhibits impulses of an immoral or unsocial nature and disposes an individual to act in accordance with relative principles".

Characteristics of Good Character:

- (1) Consistency.
- (2) Reliable.
- (3) Courageous.

- (4) Self decisions.
- (5) Master sentiments.
- (6) Intellectual Judgment (*When you judge another you do not define them you define yourself*).
- (7) Responsive.
- (8) Simplicity. (*Simplicity is the highest form of civilization*).

Individual differences:

- (1) Difference in Physique.
- (2) Difference in intelligence.
- (3) People differ with achievements
- (4) People differ in attitude.
- (5) Differences in motor ability.
- (6) Differ in interests.
- (7) Learning ability difference.
- (8) Race and nationality.
- (9) Developmental difference.
- (10) Sex differences.
- (11) Vision differences (* the most pathetic person in the world is one who has sight but no vision*).

Ideal personality traits:

- (1) Sociability: A social person is warm hearted, good natured, easy going, ready to cooperate, attentive to people, trustful and adaptable.
- (2) Dominance: Self assertiveness, self assurance, toughness, competitive spirit/ aggressiveness and leadership qualities.
- (3) Extraversion: Out going, impulsive, uninhibited, sociable, involved in group activities, friendly, craving for excitement, having many social contacts, optimistic, aggressive, laugh a great deal, act on spur of the moment (*Story of Albert Einstein and Driver*).
- (4) Self-confidence: Self consciousness, fearlessness, cheerfulness, toughness, optimistic, calmness.
- (5) Mental toughness: Not easily getting upset about losing or being spoken harshly, Can accept strong criticism without being hurt and doesn't need much encouragement from people.
- (6) Conventionality: Being alert to the proper way of doing things, being very practical in most situations, narrowing of interest to immediate problems, realistic, dependable, being concerned about issues in hand.
- (7) Emotional stability: High tolerance of frustration (*It is so because it cannot be otherwise* - an inscription on a cathedral wall in Amsterdam) emotional maturity, calmness, unaffectedness, optimistic, self discipline and absence of neurotic fatigue.

*Add figure from Page no. 184 of SCMMA

Lastly I would like to suggest to value time which will value you. People say time is money, but one of my teachers says time is not money, it can't be reimbursed.

Quote on value of time.

I also suggest you to change thinking to change your life.

When you change your thinking, you change your beliefs,
When you change your beliefs, you change your expectations,
When you change your expectations, you change your attitude,
When you change your attitude, you change your behavior,
When you change your behavior, you change your performance,
When you change your performance, you change your life.

A quote to develop: "First deserve then and than desire".

Speaking about development of personality I remember theory of relativity of Albert Einstein which quotes: "Nothing is absolute in this world and I add up even personality".

A SMALL CHART OF BEHAVIOR FOR DEVELOPMENT OF PERSONALITY:

- (1) Good manners.
- (2) Industriousness.
- (3) Sense of responsibility.
- (4) Clear vision and clarity of mind.
- (5) Concentration of mind.
- (6) Empathy (ability to share in others emotions, thoughts, feelings) and sympathy.
- (7) Calmness and composure.
- (8) Self control and life style.
- (9) Tolerance.
- (10) Relaxed and easy nature.
- (11) Balance of humility and self respect.
- (12) Balance of love and law.
- (13) Balance of flexibility and firmness.
- (14) Strong will power.
- (15) Habit of sharing good things of life.
- (16) Time sense.
- (17) Innovativeness and imaginativeness.
- (18) Initiative.
- (19) Strong intuition.
- (20) Eye on excellence or perfection analysis.
- (21) Power to organize self.
- (22) Justice, Fair-play and impartiality.
- (23) Honesty, integrity and high character.
- (24) Balance of ambition and pragmatism (meaning and truth of all concepts by practical consequences).