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THE ROLE OF YOGA IN DEVELOPMENT OF A HOLISTIC PERSONALITY WITH SPECIAL REFERENCE TO ACHIEVE CARRIER GOALS

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Abstract

Personality is a combination of characteristics or qualities that form some distinctive characters in an individual. Personality is an important theme to achieve carrier goals in modern scenario. In modern psychology, various approaches have been enacted to understand the theme of personality. Yogic point of view, a holistic personality is a multidimensional entity comprises morphological, physiological, emotional, intellectual, social, behavioural and spiritual dimensions. This article tries to discuss the role of Yoga in personality development with special reference to achieve carrier goals. Yoga offers a measured conscious process to solve the ominous problems of unhappiness, restlessness, emotional upset, hyperactivity, hypo-

activity and the other issues that arise in our daily lives which cause unbalance in our bodies. Yoga is helping to evoke the hidden potentialities and energy of individual in a systematic and scientific way through which individual can become a fit and complete individual.

Keywords: Yoga, Dimensions of personality, Morphological, Physiological, Emotional, Intellectual, Social and Spiritual dimensions, Personality.

Introduction

Personality is a combination of characteristics or qualities that form an individual's distinctive character. American psychologists Randy Larsen and David Buss¹ defined “personality is a stable, organized collection of psychological traits and mechanisms in the human being that influences his or her interactions with and modifications to the psychological, social and physical environment surrounding them. Development of personality is an important issue in modern scenario. Personality starts developing since birth, but it assumes great importance during adolescence, when reorganization of personality takes place. Personality is a very common term which is used in our day-to-day life. It tells us what type of person one is. Personality differs from individual to individual². We know that each person generally behaves consistently in most of the situations. Such a consistent pattern of behaviour is termed as personality. Thus, Personality can be called as the sum total of behaviours that includes different body postures, attitudes, emotions, thoughts, habits and traits³. Personality development in an individual is a multilevel process that involves patterns of changes or modifications that begin at the formation and continues throughout life span. Development is a multi-dimensional process that consists of evolution of personality on several levels. It is a multidirectional process that is characterized by both growth and decline⁴. During infancy, childhood, adolescence and early adulthood, growth is the centre-stage of all development.

However, as the person grows into middle and late adulthood, maintenance and regulation become more important (Santrock, 2007)⁵. Yoga is a spiritual science for the integrated and holistic development of morphological, physiological, behavioural, mental and spiritual aspects of human beings. Personality development is a multi-dimensional phenomenon. There are several dimensions which need to be integrated through Yoga practices. Absence of any one dimension makes individual's personality incomplete, imbalance and asymmetrical⁶. For a holistic personality, the following dimensions are required to be integrated such as

morphological and physiological dimension, intellectual dimension, emotional dimension, social dimension, spiritual dimension. Each dimension has specific activities and processes which undergo certain changes and modification. These changes normally take place in an orderly sequence through various rates. It is important to the development of a holistic personality in an individual that all dimensions of personality should be overlapping, inter-dependent, and strongly interwoven⁷.

Aims and Objectives:

The purpose of these studies is to emphasize the role of Yoga in a holistic personality development with special reference to achieve carrier goals in Indian youth. It also highlights various dimension of personality development.

1. The development of physical characteristics of personality through Yoga.
2. The development of emotional characteristics of personality through Yoga.
3. The development of social characteristics of personality through Yoga.
4. The development of intellectual characteristics of personality through Yoga.
5. The development of spiritual characteristic of personality through Yoga.
6. The role of a holistic personality in achieving carrier goals in Indian youths

Discussion:

Physical dimension of personality is mainly concerned with the development of body from morphological, anatomical and physiological point of view. It means that all external and internal organs and systems of our body should be properly developed and functions. It implies a healthy body without any disease.

Cleanness, fairness and smoothness of skin, body orientation and posture, proportionate body form, Changes in height, weight, and motor skills, development of brain, hormonal changes, cardiovascular changes, proper metabolic activities etc., all are aspects of the physical development of personality. The physical dimension is concerned with health and fitness of body without any disease. It gets reflected in healthy and proper functioning of the body where different systems of body work in a coordinated way. For a holistic physical personality, a person requires following body features that are achieved through correct Yoga practice; a proportionate body form with all skin surface and muscles relaxed in a normal state, the muscles must be soft like a flower and flexible but instantaneously these can acquire hardness like diamond. All internal organs and systems in the body are working in harmony with no

abnormalities, all chronic and acute ailments vanish and become absent in such a pure body. There is a series of Yogic practices such as asanas, pranayamas and bandha which help to improve morphology, anatomy and physiology of the body. Thus, Yogic practices improve our body language need to achieve our carrier goals.

Yogic practices are very effective for development of emotional aspects of body such as behaviours, communications, feelings, attitudes and emotions etc. There are two kinds of emotions; positive and negative. Love, attraction and kindness are positive emotions, while hate, anger and fear (exam phobia) are negative emotions. Similarly, our feelings and attitudes may be positive and negative. For the development of emotional features of personality, positive feelings, attitudes and emotions should be developed and negative ones should be controlled and checked by our nervous system because the negative attitudes and emotions work as a psychological block for the development of personality. Yoga plays a crucial role in development of positive emotions. It brings emotional stability and also helps to control negative emotions. Yogic practices such as yama, niyama, asana, pranayama, pratyahara and meditation help in emotional management. Yogic principles of non-violence protect human from negative emotions and develop positive feelings of love and kindness. Similarly, other principles of yama and niyama also help to develop positive emotions and attitudes in our personal and social life and therefore help in the management of emotions.

Positive emotions are indispensable tools in the way of achievement of carrier goals successfully. Intellectual development is probably the most important aspect of the personality development in youth. It is concern with the development of our mental abilities and nerve processes such as critical thinking, memory, observation, decision making, imagination, creativity. Development of this dimension of personality is very important because it enables individual to learn things, create new ideas and acquire knowledge and skills. Yogic practices such as asana, pranayama, dharana, dhyana help to develop mental attentiveness, improve long term memory and thereby develop intellectual personality in youth to achieve their carrier goals easily.

Socialization starts during infancy within the family especially by mother. The child learns the language and many of the basic behaviour patterns of life from mother and surroundings. After approval by their parents and grandparents, they follow it throughout life. The process of socialization continues throughout life and teaches the growing child and

adolescent about the principles of the society in which they live. The process of socialization includes respect for others, listening carefully to other persons, being interested in them and voicing your thoughts and feelings politely and honestly. 11 Principles of Yama are very important as these help youth in the betterment of our relationships with our friends, parents, teachers and even panelist during interview. Social person makes relationship easily with others.

Spiritual characteristics of personality development are related to the development of values and culture. It concerns with self-actualization which is related to recognizing one's potential and developing them gradually to the maximum level. Proper development of spirituality helps the person to realize one's true identity in universe. For spiritual development, Yogic practices are helpful, especially meditation. Yama and niyama help to develop our moral values while pranayama, and meditation help us to realize our true identity.

Conclusion:

The process of personality development begins from birth and continues throughout life till death. There are different aspects of personality development in different ages of life cycle. During childhood, a child learns the language and many of the basic behaviour patterns of life from mother and surroundings along with physical and mental growth.

Interactions and communications with parents and other members of family and emotions are the key features of earlier development of personality. During adolescence, the development of morphological, physiological, emotional, intellectual, social and behavioural characteristics are the key dimensions in personality. During infancy, childhood, adolescence and early adulthood, growth is the centre-stage of personality development. However, as the person grows into middle and late adulthood, maintenance and regulation of personality become more important. The evolution of spirituality at older age maintains individual's personality. Normally, an entire life is spent to develop a holistic personality because it requires all dimensions of personality such as morphological, physiological, intellectual, emotional, social and spiritual dimensions, should be integrated and these should also be overlapping, inter-dependent, and strongly interwoven. A holistic personality development is a long term process with many complications such as materialistic thinking. Yogic practices such as yama, niyama, asanas, pranayamas, dhyana and bandha, help to develop a holistic personality easily and at any age. In modern scenario, a holistic personality is a very common phenomenon among youths as it supports them to achieve their career goals. It changes and modifies their lifestyle in such a way

that helps to make their distinctive identity in all situations. Development of interaction and communication skill, decision making, passion and tolerance power, love and kindness elements, fearless etc. is need of time in personality of youths to achieve their carrier goals successfully. Thus, Yogic practices improve our body language and other characteristics; need to achieve our carrier goals.

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