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Personality Development: A key Aspect of Human Life

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Abstract

Personality is a quality that starts playing its role from the childhood itself. Its development depends on various factors in around the individual. Besides physical factors parents play an important role in developing then personality of an individual. A good personality equips one to face the challenges with strength and courage.

Keywords: Personality, Child hood, environment, genetic, parents

Introduction

Personality development is a process through which one shapes his/her mindset, behavior, and interactions to bring out the best version of oneself. It's not only improves one's physical & outward appearance but also refines inner qualities. This process helps building confidence, sharpen communication skills, and develop a positive attitude towards life. Such development sharpens naturally over the years during the life period. However with consistent effort and the right mindset, one can nurture and develop it over time to create a lasting impact. Personality development is an unending journey that starts from child hood and continue up to end of life. This journey is unique for each individual & varies from person to person.

Personality development plays a crucial role in shaping one's personal and professional success. It enhances one's ability to interact with others, build meaningful relationships, boost self confidence, increases career opportunities, fostering positive attitude, help in reducing stress as well as handle challenges effectively. It keeps one learning, adapting, and growing in all areas of life.

Stages of Personality Development:

Personality development is a continuous process begins from birth and continues through out the life. The stages of life that has a lot of contribution in personality development of an individual can be broadly classify in to three stages such as childhood, adolescence and adulthood.

Childhood

Childhood is the foundation stage where the seed of the personality development starts to take shape. During childhood a child being small, he/she is looked after by the parents or guardians who are the first person to be guide in this journey. During the period a child learns so many things by watching minutely and imitating them which have a greater impact on the development of the child's personality.

Adolescence

This Adolescent stage is marked by significant physical, psychological, and social changes in individual as it is a transition period from childhood to adulthood. During this period an individual start thinking and exploring many things from friends relatives within his /her surroundings, able to judge and take decision accordingly, able to analyse right and wrong, etc. However there is a lot of fluctuation in their behavior which are to be taken care of.

Adulthood

Adulthood is a stage where an individual attains maximum of his/her psychological,

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cognitive, physical changes and is able to behave like an independent person. During this period one keeps growing and getting stronger with its attitudes and behavior through inter personal relation with friends, relatives or whom ever we met during our day to day dealings, outside exposure, personal involvement in social functions etc that contribute a lot in shaping the personality for remaining of her/his life.

Factors Influencing Personality Development

Personality is a unique feature that everyone possess, however it is different in each individual. Such differentiation depends on various factors in and around. The major factors genetics, environment, & Mass media.

Genetics

The foundation of the individual personality lays by the genetic factors of the parents. Our genes, which we inherit from our parents, lay the foundation for our personality. The skin color, hair, physical appearances, to some extent behavior, likings, disliking etc of parents have their impact on the personality development of a child.

Environment

Environment is another factor which plays an important role in personality development of the child next to genetics. The places where we grow up and the people around us. rearing pattern, relation with family members, interaction with parents. behavior of the family members as well as persons with whom the child come across, school environment, habit such as book reading, involvement in sport activities, attitude of teachers, peer group activities and last but not the least own life experiences plays a greater role in personality development of an individual.

Mass Media

Films, television, radio, newspapers and magazines are the means of mass media through which one's personality can be influenced. Films, episodes in T.V etc. are being replica of the day to day life pattern of the people which has both positive and negative aspects. It depends on the individual which aspect he/she will accept or reject. Such acceptance and rejection has a lot of impact on the development of their personality.

Effective Means to Develop Personality

As earlier mentioned Personality development plays an important role in shaping ones life through empowering him/her in all walks of life. One has to focus on some traits that contributes in personality development such as self assessment, communication skill, Positive thinking, knowledge, helping nature, straight posture etc.

Self assessment

Self-assessment is a crucial aspect of personality development through which one can analyse his/her own traits, characteristics, and behaviors to understand self and identify areas of improvement. It helps in find out one's strengths and weaknesses for setting up of realistic goals and develop strategies accordingly for its betterment.

Communication skill

Communication is nothing but exchange of feelings/ideas through verbal and non verbal means. It is an important aspect for both personal and professional life of an

individual which plays a major role in personality development. For developing communication skills facial expression, patience listening, good eye contact, writing capability, speaking ability etc are to be taken care of.

Positive thinking

Positive thinking plays an important role in shaping an individual's personal growth and success. It occupies the bright side of the life. Such attitude will give strength to cope with any sort of situation with courage and confidence. Some of the positive thinking are " I can do it", " I have ability to do", "I can be successful if I work at it" etc.

Knowledge

Knowledge and confidence are the universal concepts for success. Undoubtedly knowledge make one confident to speak fearlessly in any forum with courage. It can be acquired through reading books, magazines, news papers etc.

Help someone out

Helping some one in need is such a trait that creates a positive image in society which contribute a lot in personality development. Simply listen to them, give some positive advice mean a lot for the needy one. It's amazing how much our personality is boosted when we do selfless things without any expectation.

Sitting Posture

Sitting posture can tell the hidden personality of a person. People who always sit upright or straight seems very confident, strong and influential, helpful which are the characteristics of a good personality.

Roles of parents in personality development

Parents are the first guide, philosopher and teacher of the child. A child first imitate the behavior of his/her parents and follow them as a role model. Such imitating nature of the child help in building his/ her personality from child hood itself. Positive parenting is a constructive approach that focused on nurturing a strong relationship between parent-child by passing on values, guiding how to use free time in a constructive manner, inculcate sharing nature etc. by understanding their nature, encouraging safe evaluation, and modeling right behavior.

Positive parenting strongly helps in developing children's emotional health, encouraging adaptive behavior, developing self confidence, developing socialization attitude and at the same time lowering risks related to drug addiction and destructive behaviors. Further it benefits adolescents by nurturing self confidence, self-respect, liberty as well as flexibility which are vital during adolescent period and beyond.

- Parents to share good emotional, religious, societal rules with children that helps them in determining right and wrong for themselves that impacts on development of moral values.
- Create a peaceful, healthy, friendly and encouraging home environment which helps in stimulating child's physical and mental growth.
- Respect the creativity, innate sense, empathy, enthusiasm etc of the children they reflect from time to time and give support as and when they require.

- Encourage and guide them in taking independent decision that helps in developing self esteem in child.
- Excess screen timing may be replaced with sports, reading books, playing games etc.
- Support the child during emotional turmoil and help him/her to move on by solving the problems..
- Appreciate good behavior when observe in your child or their friends.
- Be a role model by inculcating moral values like honesty, kindness, caring and sharing etc from the childhood.
- Discipline the child with positive thinking rather physical punishment. Further one has to make the child understand the thing logically.

Conclusion

Personality development goes ahead of self-improvement. It's about equipping one to face life's challenges with confidence to achieve the goals. It is a significant step towards success., Personality development is continuous process and subject to related factors. It can be seen as a continuum varying in degrees of intensity and change.

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