



# REVIEW OF RESEARCH

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## HAPPINESS OF ONE 'SELF': JOURNEY FROM DARKNESS TO THE LIGHT

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### ABSTRACT:

*The Gandhian core values of Self-belief, Integrity, Respect for all, Leadership, Simplicity & Humility help one to establish the principles of one's thought process leading to a healthy and conducive environment around one's persona. Overall, self-concept assumed as a multidimensional constructs that having one general facet and numerous specific facets.*

**KEYWORDS:** *Self-belief, Integrity, healthy and conducive environment.*

### INTRODUCTION

The concept of "Self" means "one's own person. **Mahatma Gandhi**, a global icon revered across continents, showed through his life examples, the path to discovering and respecting one's true identity. Individuals have various imagine about themselves; as well as, this fact impacts on their behaviors, attitudes, and reactions.

One of the main factors that develop this imagines is self-concept. In contrast to this, the concept of "Selfie" is an artificial portrayal of one's identity showing no signs of semblance. The digital generation has lead to moral decline in the value system.

### OBJECTIVES OF THE STUDY

- To understand the thought process of one's mind.
- To understand the core values of Mahatma Gandhi with the concept of self and interpret one's true self.
- To understand the journey of the self to the light of happiness.

### REVIEW OF LITERATURE

The aim of the current **literature review** is to focus on individuals' **self-concept**. The results of the present **study** reveal that **self-concept** assumed as an important factor for each and can change his or her belief, attitude, and reaction toward personal and social life.



Mead (1934) stated that we often come to distinguish ourselves by imagining what important others think of us and then incorporating these perceptions into our self-concept.

Furthermore, it is interesting that when Gallup confirmed his apes, those who were raised in separation without exposure to their peers could not identify themselves in the mirror (Seymour, 1973).

Aida Mehrad (2016) rightly concluded in his study that self-concept is one of the principle factors amongst individuals. It should

be considered as a critical issue that can impact on individuals' attitudes toward their life and society. Rogers theorized that psychologically healthy individuals actively move away from roles shaped by others' prospects, and instead look within themselves for justification.

### RESEARCH METHODOLOGY

The method of data collection for the study is mainly secondary as the study is descriptive in nature. Various sources used for this purpose were information from historical literature, books, internet and journals.

### The Core Gandhian Values

One's value system is characterized by one's virtues or vices. A person's self-discipline which based on common sense and wisdom of knowing the moral rules and scruples defines the rules of behavior and values that he will abide by.

#### ▪ Self-belief:

One must have a strong belief in what one does and never change one's mind even if there is nobody's support. There are myriad options available and so many naysayers but that should not deter a person from the right action. It is one's conviction helps one to pull himself together when the times are tough.

#### ▪ Integrity:

Choosing the right course of action from amongst many attractive options that are alluring and enticing yielding short term benefits and rooted in deceitful ways, is what is called integrity. Actions backed by integrity rule out chances of regret and give one a pure sense of pride. Integrity comes from the congruence of thoughts, feelings, words, and actions-when all that makes one's persona springs from the true core values. Gandhiji is one of the greatest examples of integrity in modern times, and there are many moving stories about his life that demonstrate the power of teaching this character trait by example.

#### An example of Gandhiji life is narrated below:

A mother once brought her child to him asking him to tell the young boy not to eat sugar, because it was not good for his diet or his developing teeth. Gandhi replied, "I cannot tell him that. But you may bring him back in a month." The mother was angry as Gandhi moved on brushing her aside. She had travelled some distance and had expected the mighty leader to support her parenting. But she went home and returned after a month. Gandhi took the small child's hands in his own, knelt before him, and tenderly communicated, "Do not eat sugar, my child. It is not good for you." Then he embraced him and returned the boy to his mother. The mother, grateful but perplexed, queried, "Why didn't you say that a month ago?" "Well," said Gandhi, "a month ago, I was still eating sugar. So how do I preach to the young minds?"

#### ▪ Respect for all:

The principle of equality in thought, word and deed leads to looking at everyone with reverence, with no discrimination of any kind. According due respect to every individual irrespective of his stature, exhibits human dignity. Transcending the differences of material possessions and wealth, every person commands respect.

#### ▪ Leadership:

An iconic leader, Mahatma Gandhi had a clear focus and a single vision that helped him traverse the path of glory. He was by far one of the strongest and most powerful leaders our country, India has ever witnessed. He led by example and was never overwhelmed by power. These qualities are much needed in today's corporate, social and political environment.

#### ▪ Simplicity & Humility:

Simplicity was the most striking attribute of Gandhiji coupled with high thinking. He won the hearts of citizens and followers with his simplicity. He would never fall prey to unnecessary publicity, glamour, money etc. He always believed in mutual respect, humility and kindness.

### Emergence of Values From Thought

Anatomy of a **Thought**: When there is a **thought**, an electrical signal passes back and forth in the brain between the various neurons responsible for the emergence of that **thought**. Every time two cells communicate, the brain builds a connection and deciphers the outcome.

### There are three types of thoughts that the human brain produces:

#### 1. Insightful (used for problem solving)

Insightful thinking helps in doing long range planning and problem solving. It is realistic thinking integral to wise actions.

#### 2. Experiential (focused on the task at hand)

Experiential thinking draws attention to the senses of sight, sound and feeling. This is very plausible and crucial in navigating the real world.

#### 3. Incessant (chatter).

Incessant thinking creates unnecessary suffering as focus is attached to the problematic issues of the present. This causes the energy of the brain to sag and deviate from the right action.

### Thought Process of The 'SELF'

It is also referred to as reflection, deliberation, meditation, rumination, consideration, reasoning, or imagination. It is a logical process stemming from one's beliefs which gives one the insight to discern and rationalize one's choice of action.

To function well in the modern world one needs to distinguish between the thoughts that are beneficial for the person and those that are harmful. Experiential and insightful thinking work in favour of human mind, thereby leading to pragmatic decisions. Incessant thinking works against the norms of practicality in decision making process of human mind.

To sum up, **James Allen said, "A man is literally what he thinks, his character being the complete sum of all his thoughts."**

### Consciousness is The Awareness of the Self

Consciousness refers to one's individual awareness of one's unique thoughts, memories, feelings, sensations, and environment. One's **consciousness** is the awareness of oneself and his surroundings. This awareness is subjective and varies from person to person.

One can be hundred percent sure of the rightfulness of the decisions that emerge from true consciousness. That consciousness exists almost everyone agrees. What consciousness means is to take the right thought amidst arguments and disputations. It is consciousness that is radically vital to building a strong value system and thought process.

### Some quotes on 'Consciousness' by Mahatma Gandhi:

"I will not let anyone walk through my mind with their dirty feet."

"The truth is that God is the force. He is the essence of life. He is pure and undefiled consciousness. He is eternal."

"I am conscious of my own limitations. That consciousness is my only strength."

### CONCLUSION

The pivotal and defining element of the values of Mahatma Gandhi is "truth" (Markus, H. 1986). It refers to being truthful in one's thought, speech and action. Gandhiji said: "The truth is far more powerful

than any weapon of mass destruction". We should acknowledge and accept the truth that people are different at all levels ("truth"). One should never resort to wrongful means to settle inherent differences between human beings at any level. The inspirational stories of Gandhiji reveal the power of being "who you are ". Artificial portrayal of one's persona is only sign of self-weakness and lack of confidence. There is a dire need in the society today to delve deep down in one's consciousness and strengthen one's value system. A thought level catalytic change can bring about a colossal change in the global mindset.

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