



THE STUDY OF THE ROLE OF HEALTH IN PERSONALITY DEVELOPMENT

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ABSTRACT:

Personality is a very important and major subject of modern psychology. Based on the study of personality, the behavior of a person can also be predicted. Every person has some special qualities or characteristics. Which is not there in another person. It is because of these qualities and characteristics that each person is different from the others. The set of these qualities of a person is called the personality of a person. Personality is not a static state but a dynamic entity. Which is affected by the environment and for this reason it can change. A person's personality is reflected in his conduct, behavior, actions, and activities. All the behavior of a person is for adjustment in his environment or surroundings. In general, the meaning of personality is taken from the external form of a person, but in psychology, the meaning of personality is from the set of qualities of a person, that is, both the qualities of the person's outer covering and the inner elements are considered. In this research paper, the role of health in personality development has been studied.



KEY WORDS: Personality Development, Environment, Physical Appearance, Health, Heredity.

INTRODUCTION :

Personality is a psychological concept. It is widely used by people. A person's personality is often told based on external features like complexion, physical appearance, costume, beauty, etc. In this way, the external appearance of a person's body is understood as his personality. But this is not completely true and appropriate. Because for a person with a good personality, apart from his physical appearance, his inner feelings, his thinking, his mindset, thinking power, sociability, behavior, self-confidence, self-reliance, and dominance are also seen. Personality is formed by internal and external forms and he becomes a person with a good personality. A person has both good and bad qualities and based on these qualities of a person, the personality of that person is told.

The development of mental health science has changed the old concepts of personality. So what should be the basis of personality? This question had become a complex one for psychologists. He studied the person from different forms and perspectives and established a new concept by abolishing the ancient concepts of personality. Freud is the originator of the psychoanalytic view of personality, who has divided personality into three parts – Idam, Ego, and Param Ego. Idams are the Prakrit forces situated in the conscious mind, which are dead in the state of ignorance. It should be satisfied soon. The ego is that conscious and conscious power, in which logic and intelligence are included. It is related to both Idam and Aham. The ultimate ego is the ideal of the individual. It criticizes the ego based on morality and shows it the right path.

Personality is taken to mean the qualities of influence of a person, which help win over the hearts of others. Because of this, it is said that personality is the motivational value that one person holds for another. In this way, the aspects of human personality include physical aspects, intellectual aspects, emotional aspects, social aspects, collective aspects, and moral aspects.

Personality is the most typical organization of an individual's constitution, patterns of behavior, interests, attitudes, abilities, and mannerisms. Personality is the total mental organization of the individual, which occurs at any stage of his development. The study of personality has become indispensable for managers because human personality is made up of many factors. Perception of a process of change through personality, especially as it relates to the psychological development of the individual. Personality is a broad and complex psychological concept that includes all psychological processes. How a person influences others, basically depends on their external shape and behavior. Personality development as an important area of understanding human behavior has been a major subject of study and research over the years. A development concept is a form of personality theory that is research-oriented. Unlike classical psychoanalysts, who included heredity, environment, maturation, and learning in personality, developmental psychology holds that it includes psychological and philosophical interaction parts of the human being. Thus factors like heredity, environment, maturation, and learning contribute to human personality. Everyone is unique by birth; everyone has something special that sets us apart from the rest. These characteristics determine who we are and how we will behave in a given situation. Most of the time, we become more sensitive to those characteristics that harm us and then start underestimating ourselves. Although we know that everyone is unique in their way, all that is needed is to wake up the dormant aspirations within and enhance your personality. This is where personality development processes and techniques come in helpful.

Data Collection Method Used for Research:

The research paper has depended on secondary data.

Objective of Research:

- 1) To study the role of health in personality development
- 2) To study the influence of ancestral qualities on the personality development of an individual
- 3) To know the importance of psychological needs in the personality development of an individual

The Role of Health in Personality Development:

Health also has an impact on personality development. A person who is physically fit leads a good social life and develops sociability. A healthy person achieves his objective by completing his work on time. On the contrary, the personality of an unhealthy person remains incomplete. Due to illness, he is not able to complete his tasks on time, due to which he is not able to achieve his goal on time. There is also less interest in working in it. An unhealthy person cannot even influence others. Thus, physical constitution and health have a great influence on personality.

Some qualities in personality are hereditary or genetic. Body color, form, and body texture can be full of qualities. The reason for this is the chromosomes of the parents received by the child. In the heredity of the child, only the gift of his parents is not there. Half of a child's heredity comes from parents, one-fourth from grandparents, and one-eighth from great-grandparents and other ancestors. Therefore, the personality of the child is influenced by paternal qualities. His appearance or physical constitution may correspond to those of his mother or father or those of his grandfather or grandmother. Similarly, their qualities of intelligence and mental abilities in him can be according to their ancestors. It has been observed in many studies that the properties of mental illnesses of ancestors can appear in any person of their generation. In this way, we see that paternal qualities have more or less influence on the personality formation of a person.

Under the body constitution, the length, texture, complexion, hair, eyes and nose map, etc. of the organs of the person are calculated. These physical features are so obvious that many people understand the person by these only. Although this approach is not correct, these characteristics are

indicative of personality. People get impressed by seeing a physically fit and beautiful person. They admire the constitution of his body. Due to this, the effect of praise on the mental aspect of that person is such that he starts considering himself better than others, and feelings of self-confidence and self-reliance arise in him. Inadequate feeling arises in a person when the physical form is not correct and there is physical disorganization. He considers himself to be inferior and inferior and may lack self-confidence, he is always apprehensive about the success of his work and may adopt anti-social behavior to make up for the lack.

Many elements affect the process of personality development, some determinants affect the axis of personality i.e. 'self-concept' and some factors affect the qualities, but no factor affects any one aspect of the personality, but the entire personality is influenced by it. gets affected. Which factors will have more effective depending on the ability of the child to understand the effect of that factor? For example, if a beautiful child understands that people praise him, then it will have a positive effect on his personality. These factors play an important role directly and indirectly in the development of self-concept and personality.

The physical structure of a person directly affects his personality. If there is any defect in the physical structure of a person, then that person loses his confidence. Sheldon's (1940) work is famous in this regard. Sheldon has divided anatomy into three sections. First, endomorphic, second mesomorphic, and third ectomorphic. Endomorphic individuals are fat, soft, and round. They are determined and sociable by nature. The muscles of 'mesomorphic' persons are compact. They are rectangular and strong in anatomy. Such persons are energetic, hardworking, and courageous. 'Ectomorphic' people are thin, tall, and weak in anatomy, such people are intelligent, and artists are introverts.

The nervous system and functions of the body have a direct impact on the development of personality. It includes body shape, nervous system, vital system, etc. through which a person acquires basic intellectual abilities and manifests himself in later life. It is no exaggeration that physical deficiency has an impact on the personality of a human being. Man's intelligence, mental ability, and mental weakness are directly helpful in the development of personality. The personality of a weak person is not fully developed. In addition to a healthy body, a person's other psychological needs must be satisfied for a proper personality. A person has a desire for affection, approval of teachers and friends, independence, self-respect, prestige, etc.

As much as education is important in personality development, equally important is the importance of sports. Only a physically and mentally healthy person can take advantage of learning and for this, there is a need to connect sports with life. The identity of the player is made by culture and this culture is an aspect related to discipline. That's why there is no need to create an identity for the players who keep sportsmanship and discipline in mind. His identity becomes his own.

The power of the country lies in the citizens of the country, so the overall development of the personality of the children is very important. Children are the future of our country. Along with bookish knowledge, children should get culture-based education. The personality of a child is not shaped by the marks in studies. Personality development is necessary to face various challenges in the coming times. Better health is most important in the development of personality. Sports and yoga have special importance in keeping health better. Sports improve external health and yoga improves internal health. Sports competition develops the spirit of competition in children. The bigger thing than winning and losing in a competition is to participate in the competition. Along with getting first and second place in the sports competition, there is a feeling of moving forward in other participants. That's why all parents should motivate their children to move forward.

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CONCLUSION:

Health also has an impact on personality development. A person who is physically fit leads a good social life and develops sociability. An unhealthy person cannot even influence others. Thus, physical constitution and health have a great influence on personality. Proper personality development of an individual is one of the main objectives of education. Although personality development is dependent on the parents and home environment and the socio-economic status of the family, still teachers can influence the personality development of the students. For proper personality development, first of all, a healthy body is needed. Therefore it is imperative to pay proper attention to the health of the students. For this, nutritious food and proper exercise can be arranged in the schools. Lack of health also leads to a lack of personality. Many people live in a tired, sluggish state without any disease and indifference drips from their faces, they neither have enthusiasm, nor power, they are not familiar with the high emotions of life, nor do they understand the true inspiration. All the days of such people are the same. The happiness of the future is not for them. The life of such people often becomes meaningless and sometimes helpless. Today's education system is stressful for the mental development of students, in which physical activities are completely ignored. The curriculum should include games, sports, and physical health education for the all-round development of the students.

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