

Role of Communication in the Improvement of One's Personality

Dr. Prabha Parmar, M.A., Ph.D. (English)

=====

Language in India www.languageinindia.com **ISSN 1930-2940 Vol. 13:6 June 2013**

=====

On Personality

To improve personality, it is important to know something about it. Basically, the personality is the way of thinking, feeling and behaviour that make a person different. Everyone in this world wants to be attractive. It is a myth that if you are good looking, only then you have a good personality. In fact, more than 70% of one's success and happiness will be a result of how well you interact with the world. Finally, it is your personality that determines whether people are attracted to, or shy away from you. When we say that someone has a 'good personality' we mean that they are likeable, interesting and pleasant to be with.

Personality Can Be Developed

If one wants to add attraction in his/her personality s/he should have to develop it. While talking about the need of personality development, the first thing which clicks into our mind is to face the interviews. To get the real success in them one should have an impressive personality with confidence, to cast an everlasting impression in the mind of a panel. Secondly, the need of personality development arises in creating tight bonds in society. As all of us know that the man is a social animal, so if we want to have good social interactions and relations, personality plays a vital role. Our good personality is the true reflection of our good attitude, kindness, compassion, patience, perseverance, courage, honesty, determination, enthusiasm, logical sense, admitting own mistake and correcting it, self-confidence, gratitude and many other valuable human qualities. Thirdly, in this highly civilized and competitive world, if one wants to survive, can she/he survive without developing his/her personality? The answer to this simple question is- 'No'. We can't even think of such a thing. How can it be possible if we want to live well in this world?

Personality Defined

As all of us know that personality is the sum total of one's physical self, energy self, mental self, intellectual self and spiritual self. The physical self relates to our senses, we can get it by proper nourishment and growth of body; the energy self relates to metabolism and the gross manifestations of energy; the mental self is related to stress and psychology and for it calmness and concentration of mind is a must; the intellectual self indicates the understanding power and thinking power of a person; last, but not least the spiritual self is the one that keeps one happy in all kinds of circumstances, and guards the spirit of man from breaking and splintering. Thus the

Language in India www.languageinindia.com **ISSN 1930-2940 13:6 June 2013**

Dr. Prabha Parmar, M.A., Ph.D. (English)

Role of Communication in the Improvement of One's Personality

word ‘personality’ comes from the Latin word ‘Persona’; the meaning of the word is an actor’s mask. Just as a person can play the role of an actor in any play, in the same manner every person in the world is wearing a mask on his/her face and they act their parts in their lives. Shakespeare himself said in his poem *The Seven Ages of Man*:

“All the world’s a stage,
And all the men and women merely players,
They have their exits and entrances,
And one man in his time plays many parts,
His acts being seven ages.”

Two Phases of Life

Everyone has two phases of life: - 1) Inner self and 2) Outer self. So, for improving our personalities we have, to spend time on some self-improvement efforts. For such improvement, or to get perfection in all these selves, self-effort is the only key.

A person should follow some tips to improve his/her personality, like having a friendly connection with all; be a leader and guide; be positive always; carry an opinion; and other common tips:

- Be a good listener.
- Read more and more increase your interests.
- Carry an opinion.
- Show sincerity when connecting with people.
- Be yourself.
- Have a positive attitude.
- Be fun loving and see the humorous side of life.
- Be helpful.
- Have integrity and give respect to others.
- Be a good Conversationalist.

The last point, to be a good conversationalist, is a very important point to improve one’s personality.

Functions of Communication

In the absence of communication, human beings will have to exist as lone individuals, never benefiting from the sharing of emotions, experiences, knowledge etc. that could be gained only through connection with others; that involves the transfer or exchange of ideas, information and understanding between individuals. It can be defined as: “Communication is not merely a transmission of meaning from one agent to another through sounds and symbols. It establishes the fact that there is a system of language commonly owned, perceived and recognized for communication by the members of a community.”¹

Personality and Communication

It is true that there are many factors that contribute to the development and shaping of a personality, like heredity, environment, child rearing, gender differences and in some cases some unique situations. Some genetically inherited physical and mental capabilities have an impact on how others see you and, subsequently, how you see yourself. Environment affects acquisition of values, beliefs and expectations due to socialization, and interaction with others. Gender differences encourage children, preparing them for their future in jobs fitting their gender. Good rapport with others as children grow, will enable them to receive messages from caregivers and other adults as to what is appropriate for them to do in life. When children have been abused during childhood or experienced some horrifying, life-threatening event, or witnessed a tragic event which could leave mental scars that make one be fearful, less trusting, less confident and so on. If a person wants to remove the evil effects of these experiences, she/he has to communicate, get counseling, and meet with people who could encourage, uplift the spirit and bring healing into their lives.

Conversation

Communication including conversation is an important step in developing one's personality. Conversation can often be the making or breaking point resulting in either solidifying a bond with new people, or putting them off in an uneasy uncomfortable awkward position; and one would walk away from there, wanting to slap oneself.

Deliberate Transfer of Knowledge

Communication is a deliberate transfer of knowledge. It can be called a very dynamic process to interact with the internal or the external world. Every moment of life people are communicating either verbally or nonverbally. It has been assumed that facial language contributes 55% of total communication, 38 % paralinguistic and 7% spoken language. Now effectiveness of language must not be concentrated upon only in the case of spoken language. All of the extent and behavior style of our communication determines one's personality. Personality is the sum of total of the ways in which an individual reacts to and with others. Personality means a dynamic concept of describing the growth and development of a person's whole

Language in India www.languageinindia.com ISSN 1930-2940 **13:6 June 2013**

Dr. Prabha Parmar, M.A., Ph.D. (English)

Role of Communication in the Improvement of One's Personality

psychological system. Every time people are interacting with an outsider, and his/her interior attitude or state of mind is continuously being reflected.

So, communication is a medium upon which anyone's personality is reflected. Communication really matters for improving the personality. Anyone who can express his feelings and emotions, address real output of what remains inside his brain, can develop a personality by himself to get appreciation and encouragement from others. But some people lack this potential to interact with others, and so they face problems of double personality. Inside they are one person and outside they are communicating or interacting totally differently. One's attitude, behavior and personality can be noticed and evaluated by the communication skills he/she possesses.

Personality Development

It is not wrong to say that if one wants to develop his personality, he has to develop his communication skills first, because if one cannot express one's views to others, it is not possible for anyone to understand one and one's talent. If you have talent or experience, you have to tell others and without communication it cannot be done.

Personality development is the developing a personality cult so as to create a strong positive impression about self with the targeted group, or in general; and more pertinent aspect of such personality are to maintain and prove in a long run. If one wants to take hold of the benefits of social environment; to develop oneself; to influence others and to get promotions in one's work place, one has to develop one's communication skills. This is what a North Carolina state university sponsored study had to say about the importance of communication in work place:

"Communication skills were considered more important than either technical knowledge...or computer skills."²

Only the development of one's skill can develop one's personality. With the help of communication now anybody can develop a winning personality and change his or her future.

In every aspect of our life, a good personality holds a great value. Whether you are a budding professional, an established career person, or perhaps a home-maker, it is something that will help you develop and maintain solid relationships with others.

Oral Expression

One of the key facets of personality development is communication. This is the ability of a person to effectively communicate verbally. Some people are gifted with verbal communication skills, while others are simply too shy and unsure of their abilities to even want to try. Speech is important in so many ways; be it at home, at school, or at the workplace, one needs to be able to articulate well the thoughts and ideas one has. In personality development, the

importance of speech is summed up into two parts: to gain positive perception from others, and to put our thoughts and ideas in the form of oral expression.

It is, without doubt, very difficult to improve our personality if we cannot even verbalize what it is we want to say. If we hesitate to speak for fear of being misjudged by others, if we are too shy to open our mouth in a gathering, it will really be difficult for us to develop our personality, life and future.

Part of our development is derived from what we learn from others, but if we have poor oral communication skills and do not want to improve it, then we are blocking the doors our own growth. Being able to express ourselves through speech is essential for building relationships with people, but if we continue to hold ourselves back and decline all kinds of opportunities to improve, then no development will be seen.

It is said ‘where there is a will, there is a way’. There is always a way around a problem, and if speech is something you are finding hard to deal with, you should not worry as there is a way to solve this. By following some tips you can achieve your goal to communicate effectively by these means of communication. By following these, you can kill two birds with a single stone: Improve your speech and develop your personality.

Some Steps Suggested

First of all, one should be confident about oneself. One needs to believe that one is capable of expressing oneself. Secondly, use polite speech and good body language. Now this is something other people miss out on; the words one uses and one’s body language will show the type of person one is. So this is something one should be careful about. Thirdly, one must modulate one’s voice and should not speak either too fast, or too slow. Voice quality, along with body language and content, always plays a very crucial role on how people will perceive one when one speaks.

Personality development is a broad field and if one really wants to win it, one has to address all the aspects related to it. Communication is one of the many areas that should be given sufficient attention, because without it, people’s perception of a person and that person’s ability to express himself/herself would be deeply affected.

References

1. Bhattacharya, Indrajit. An Approach to Communication Skills. Dhanpat Rai & Co. (p) Ltd.2007-2008. Print.1.

2. Importance of Communication Skills. <http://www.communication-skills-4confidence.com/importance-of-communication-skills.html>.Web. 30 April 2013.

Language in India www.languageinindia.com ISSN 1930-2940 **13:6 June 2013**

Dr. Prabha Parmar, M.A., Ph.D. (English)

Role of Communication in the Improvement of One’s Personality

=====

Dr. Prabha Parmar, M.A., Ph.D. (English)
Lecturer
Department of Applied Sciences
Punjab Institute of Engg. And Appplied Research
Lalru Mandi
Mohali 140501
Punjab
India
prabhaparmar12@gmail.com