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## MENTAL HEALTH AND PERSONALITY DEVELOPMENT

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### **Abstract:**

What is the nature of relationship between personality and mental health? It is clear that personality traits and characters of individuals affect their mental health. But the question is that how these personality traits and characters affect individuals in a way that promote mental health and wholesome behaviours. The importance of personality to mental health entails accurate definition of both personality and mental health. According to World Health Organization (WHO) health is defined as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health and mental well-being are included in the foregoing definition of health which emphasizes on considering mental health as a construct interconnecting with other variables in a unified context. Personality development plays an essential role not only in an individual’s professional but also personal lives. It makes an individual disciplined, punctual and an asset for his/her organization. Thus presence and absence of mental health can alter the appearance and expression of personality traits. Finally, recent evidence even suggests that the relation between life events and subjective well-being may be bidirectional.

**Key Words:** Mental Health, Personality, Personality Management

### **Definition of Mental Health:**

WHO famously defines health as: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Three ideas central to the improvement of health follow from this definition: mental health is

an integral part of health, mental health is more than the absence of mental illness, and mental health is intimately connected with physical health and behaviour. “Psychological health”, “well-being”, “subjective well-being” or “happiness”, “Psychological well-being”, “mental hygiene” and “psychological wealth” are terms and concepts in the realm of mental health each one points to psychological functioning and determines styles of behaving leading to healthy state. Therefore, personality which directs our ways of thinking, feeling and behaving is an undeniable construct in determining these healthy states.

**Definition of Personality:**

Every person has his very own function manner of behaving, responding to emotions, perceiving matters and searching at the sector. No people are similar. You would possibly like going out for events however your pal would possibly select staying returned at domestic analysing his/her favourite book. It is certainly now no longer important that if you want partying round, your pal can even just like the same. Here comes the function of character.

What a person sees in his formative year’s days and most significantly his/her developing days from his character. How a person is raised performs a crucial function in shaping his/her character. Personality is not anything however the mixture conglomeration of reminiscences and incidents in a person’s whole existence span. Environmental elements, own circle of relative’s historical past, monetary conditions, genetic elements, conditions and situations additionally make contributions to a person’s character. In a layman’s language, how we behave in our daily lives displays our character. How a person behaves relies upon on his own circle of relative’s historical past, upbringing, and social fame and so on. You certainly can’t blame a person for now no longer being an extrovert. It is critical to test his/her historical past or beyond existence. It is pretty viable that as a child, he turned into now no longer allowed to exit of his domestic, play and freak out with friends. These people begin believing that their domestic is their simplest global and they’re now no longer secure outside. Such a mind-set quickly will become their character. Personality additionally impacts what we think, our beliefs, values and expectations. What we consider others relies upon on our character. Personality is a sum of traits of a person which

makes him extraordinary from the others. It is our character which makes us particular and facilitates us stand aside from the crowd.

**Personality Types:****ANALYSTS**

- “Architect”- Imaginative and strategic thinkers, with a plan for everything.
- “Logician” - Innovative inventors with an unquenchable thirst for knowledge.
- “Commander”- Bold, creative and strong-willed leaders, constantly locating a manner – or making one.
- “Debater”- Smart and curious thinkers who cannot face up to a highbrow challenge.

**DIPLOMATS**

- “Advocate”- Quiet and mystical, but very inspiring and tireless idealists.
- “Mediator”- Poetic, type and altruistic humans, constantly keen to assist an amazing cause.
- “Protagonist”- Charismatic and galvanizing leaders, capable of mesmerize their listeners.
- “Campaigner”- Enthusiastic, innovative and sociable unfastened spirits, who can constantly discover a cause to smile.

**SENTINELS**

- “Logistician”- Practical and fact-minded people, whose reliability can not be doubted.
- “Defender”- Very devoted and heat protectors, constantly geared up to protect their cherished ones.
- “Executive”- Excellent administrators, unsurpassed at handling matters – or humans.
- “Consul”- Extraordinarily caring, social and famous humans, constantly keen to assist.

**EXPLORERS**

- “Virtuoso”- Bold and sensible experimenters, masters of all sorts of tools.
- “Adventurer”- Flexible and captivating artists, constantly geared up to discover and revel in something new.

- “Entrepreneur”- Smart, active and really perceptive humans, who actually experience dwelling at the edge.
- “Entertainer”- Spontaneous, active and enthusiastic humans – existence is in no way dull round them.

### **Determinants of Personality**

Following are the elements which assist in shaping one’s character:

1. Heredity - Heredity refers to elements which might be decided as soon as a person is born. A person’s physique, attractiveness, frame type, complexion, frame weight relies upon his/her mother and father organic makeup.
2. Environment - The surroundings to which a person is subjected to at some stage in his developing years performs a crucial function in figuring out his/her character. The various cultures wherein we're added up and our own circle of relatives backgrounds have a vital function in shaping our personalities.
3. Situation - An person’s character additionally modifications with contemporary situations and conditions. A person could behave in an extraordinary manner while he has sufficient financial savings with him and his behaviour could robotically alternate while he's bankrupt. A person’s appearance, character, intelligence, attractiveness, efficiency, fashion decide his/her character.

### **What is Personality Development?**

Personality improvement is described as a technique of growing and improving one’s character. Personality improvement facilitates a person to benefit self-belief and excessive self-esteem.

Personality improvement is also stated to have a high-quality effect on one’s communicate abilities and the manner he sees the sector. Individuals generally tend to broaden a high-quality mind-set because of character improvement.

### **Importance of Character improvement.**

A person’s character refers to his/her appearance, traits, mind-set, mind-set and behaviour with others.

Let us undergo the significance of character improvement:

- Personality improvement grooms a person and facilitates him make a mark of his/her very own. Personality improvement now no longer simplest makes you

appearance top and presentable however additionally facilitates you face the sector with a smile.

- Personality improvement is going an extended manner in lowering strain and conflicts.
- Personality improvement facilitates you broaden a high-quality mind-set in existence.
- It is critical for people to act nicely with human's round. Being well mannered with others will now no longer simplest make you famous amongst different humans however additionally earn you appreciate and pride. Personality improvement performs a crucial function in growing now no longer simplest your outer however additionally internal self. Human being is a social animal. Personality improvement facilitates you benefit reputation and attractiveness from the society in addition to human's round.
- Personality improvement performs a critical function now no longer simplest in an person's expert however additionally non-public lives. It makes a person disciplined, punctual and an asset for his/her organization. An in-disciplined person reveals it tough to live on with inside the lengthy run. Personality improvement teaches you to appreciate now no longer simplest your Boss and fellow employees however additionally own circle of relative's members, friends, neighbours, loved ones and so on. Never make a laugh of anybody on the workplace. Avoid criticizing and making a laugh of your fellow employees.
- Personality improvement facilitates a person to inculcate high-quality features like punctuality, bendy mind-set, willingness to learn, pleasant nature, eagerness to assist others and so on. Personality improvement facilitates you broaden an outstanding character and makes you stand aside from the rest. Personality improvement additionally performs a critical function in enhancing one's communicate abilities.

### **Personality Traits**

Broadly there are 5 parameters which describe a person's character. These 5 dimensions also are known as "Big Five" Factors, and the version is called Five Factor Model additionally abbreviated as FFM.

The Five Factor Model changed into to start with proposed through Costa & McCrae with inside the 12 months 1992 and regularly describes the relation among a character's character and numerous behaviours.

Following are 5 character tendencies of a character:

1. Openness to revel in

People who rating excessive on openness are pretty broadminded and cutting-edge of their outlook compared to folks who rating low at the identical parameter. Such people are conservative, reluctant to modifications and feature a conventional method in lifestyles.

2. Conscientiousness

As the call shows, people with a Conscientiousness character trait concentrate to their judgment of right and wrong and act accordingly. They attempt difficult to perform dreams and goals in the stipulated time frame. Individuals who rating much less are little laid lower back and aren't plenty aim oriented.

3. Extraversion and Introversion

Carl Jung popularized each the terms - "Extraversion" and "Introversion".

a. Extraversion: Extraversion refers to a country wherein people display greater challenge closer to what's occurring outside.

b. Introversion: Introversion, however refers to a country whilst a character is worried handiest together along with his very own lifestyles and not anything else.

4. Agreeableness

Agreeableness is a character trait which teaches people to be adjusting in nearly all situations.

5. Neuroticism

Neuroticism is a trait wherein people are vulnerable to terrible mind which includes anxiety, anger, envy, guilt and so on.

### **Relationship among character and intellectual fitness and intellectual infection**

We found out definition of character and intellectual fitness. The query is that how their courting is shaped? Many research has proven the impact of character, character tendencies, and character dimensions in intellectual fitness. A

cumulating frame of studies shows that there are variables which includes character tendencies that predispose people to revel in unique lifestyles activities. However, as we know, character is conceptualised as an unchanging factor of the man or woman at the least consistent with dispositional method. According to Widiger and Smith an Axis I sickness can adjust the advent or expression of premorbid character tendencies. Persons who're very anxious, depressed, angry, or distraught will regularly fail to offer a correct description in their well-known character tendencies (i.e., their standard manner of thinking, feeling, behaving, and regarding others). Presence of an intellectual sickness negatively have an effect on people in understanding their talents and handling pressure in addition to making them dysfunctional in essential regions of lifestyles and that is in competition with intellectual fitness. Thus presence and lack of intellectual fitness can adjust the advent and expression of character tendencies. Finally, current proof even shows that the relation among lifestyles activities and subjective wellness can be bidirectional.

Mental infection or, in different word, “psychopathology” is a time period that may facilitate our conceptualization of intellectual fitness. This is greater intelligible whilst we don't forget that intellectual infection (MI) and intellectual fitness (MH) were currently taken into consideration to be bipolar extremes of the identical underlying dimension. By measuring psychopathology signs in intellectual fitness research, we will set the findings in a broader angle of wellness and ill-fitness. The idea of intellectual fitness calls for a know-how of peculiar behaviour main to intellectual infection. Normality and abnormality cannot be differentiated objectively. They live on a continuum and slowly fade into the different. Mental fitness and intellectual infection are the identical. They cannot be taken into consideration separately. A character with intellectual infection does now no longer revel in the country of intellectual fitness. By spotting and analysing the character elements associated with psychopathology, the connection among character and intellectual fitness could be clean in turn.

### **Conclusion:**

Personality improvement performs a critical function now no longer handiest in a character's expert however additionally non-public lives. It makes a character

disciplined, punctual and an asset for his/her organization. An in-disciplined character reveals it tough to live to tell the tale with inside the lengthy run. Personality improvement teaches you to recognize now no longer handiest your Boss and fellow people however additionally own circle of relative's members, friends, neighbours, spouse and children and so on. Never make amusing of anybody on the workplace. Avoid criticizing and making amusing of your fellow people. For higher character, intellectual fitness is primary element. Therefore, thru intellectual fitness man or woman can paintings in addition to behave efficaciously with their exceptional effort.

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