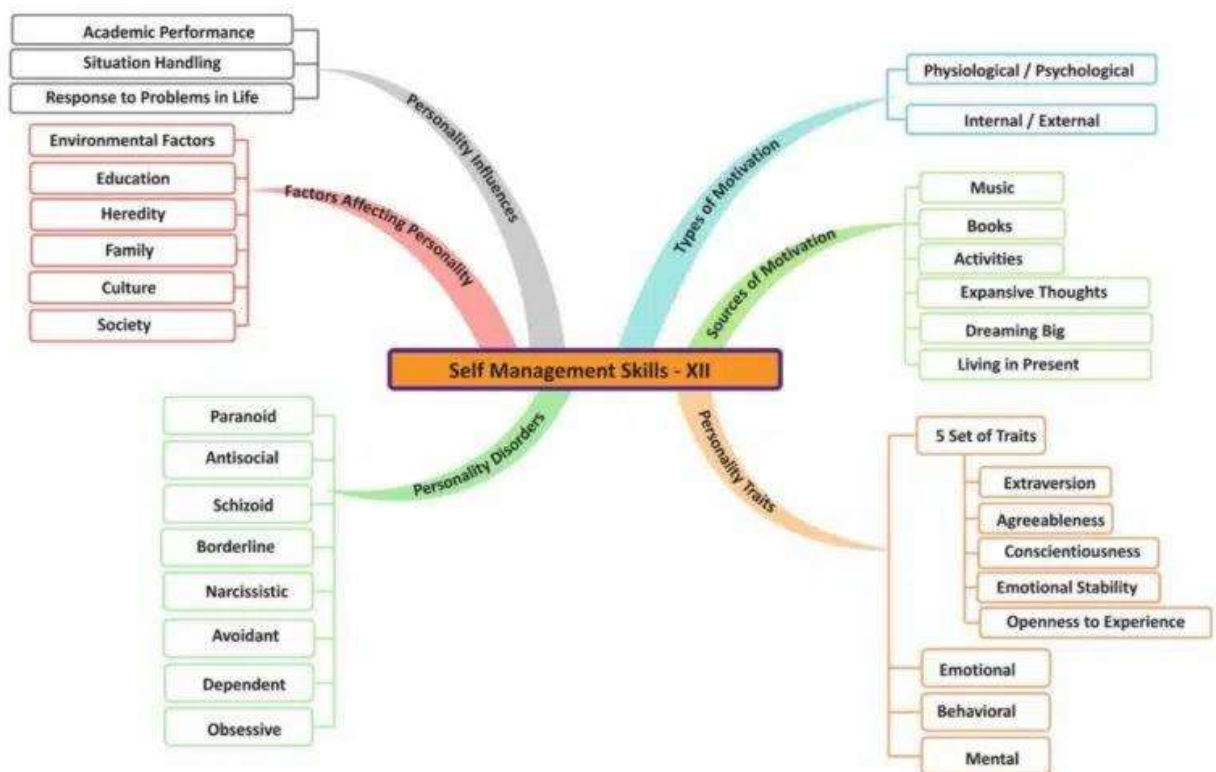




Self Management Skills Class 12 Notes

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Self-motivation is the capacity to complete tasks without external pressure from other people or circumstances. Motivation is the inner need to do something.

Self-motivation is important because

- It increases individual's energy and activity.
- It directs an individual towards specific goals.
- It results in initiation and persistence of specific activities
- It affects cognitive processes and learning strategies used for completing similar tasks.

Finding and listing motives

Different authors categorise motivation into different forms, such as motivation based on physiological and psychological demands. Physical urges to quench thirst or satiate hunger are the foundation of physiological drive.

Motivation is also classified as internal or external motivation. In case of internal motivation, an individual demonstrates a desire to do his/her work without any external reward. External motivation occurs when we feel driven by outside forces, performing an activity either to obtain a reward or to avoid punishment.

Finding sources of motivation and inspiration

Following are the sources of motivation and inspiration.

- **Music** – Music is the language of the soul. A good inspiring piece touches every heart and can help create miracles.
- **Books** – Books are said to be best friends. They expand our horizon of thinking. They help us visualize the unknown and uncharted territories beyond our capacities. Books about heroic acts, inspiring lives and stimulating creativity help readers move beyond their routine lives. **Activities**
- – Engaging in positive and skill enhancing activities keep our spirits high. Competitions, games, simulations, interviews for various committee positions are found to encourage, motivate and inspire students.

- **Expansive thoughts** – Thinking and discussing big and positive ideas motivate us to reach our highest potential.
- **Living in the present** – Being present where we are rather than where we are not, brings in peace and calmness in our life. A calm and peaceful mind can help us achieve wonders. This quality of being aware and conscious of one's self in present moment is also called mindfulness. Mindfulness helps students to pay attention, reduce stress and helps promote thoughtful approach towards life.
- **Dreaming big** – Dreaming big is a journey not a destination. Dreaming big helps us to be mentally prepared to take that big leap forward. Only when we aim high, we get motivated to work hard and achieve big things in life.

Personality Types, Traits and Disorders

Meaning of personality

Personality is a rather stable collection of characteristics. These characteristics are a combination of emotional, behavioural, and mental traits.

It has been discovered that heredity determines personality independently of environmental factors.

Influence of personality

Every facet of a person's performance, including how they respond to real-world events, is influenced by their personality. People must make clear goals for themselves and work hard to achieve them. Academic performance may be impacted by behavioural inclinations including stress, anxiety, perseverance, and conscientiousness that are mirrored in personality traits.

Basic personality traits

According to trait theory, an individual's personality is created by grouping together a variety of observable features. Big Five is one well-liked personality classification.

The Big Five, universal characteristics are –

- **Extraversion:** Gregarious, assertive and sociable. (Opposite reserved, timid, quiet.)

- **Agreeableness** : Cooperative, warm and agreeable.(Opposite cold, disagreeable and antagonistic)
- **Conscientiousness** : Hardworking, organized and dependable(lazy, disorganized and unreliable)
- **Emotional stability** : Calm, self-confident and cool(insecure, anxious and depressed)
- **Openness to experience** : Creative, curious and cultured(narrow interests)

Common personality disorders

Following are the common personality disorders. If anyone is identified with these disorders, counselling shall be provided by family members, teachers and counsellors.

- **Paranoid** – Feeling extremely nervous and worried because you believe that other people do not like you or are trying to harm you.
- **Antisocial** – Is characterized by a pattern of persistent disregard for and violation of the rights of others. Schizoid Is characterized by a lack of interest in social relationships and people tend to be distant, detached and indifferent.
- **Borderline** – Is marked by an ongoing pattern of varying moods, self-image and behaviour. These symptoms result in impulsive actions and problems in relationships.
- **Narcissistic** – Is a condition in which people have an inflated sense of their own importance, a deep need for excessive attention and admiration and lack of empathy.
- **Avoidant** – Avoidant personality disorder is characterized by feelings of extreme social inhibition, inadequacy, and sensitivity to negative criticism and rejection.
- **Dependent** – Dependent personality disorder is a condition marked by an overreliance on other people to meet one's emotional and physical needs.
- **Obsessive** – Obsessive-compulsive personality disorder (OCPD) is a personality disorder that's characterized by extreme perfectionism, order, and neatness.