

# **PROFESSIONAL COMMUNICATION**

## **ASSIGNMENT-02**

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Assignment on various ways in which the “Johari window helps in the process of self-awareness and interpersonal communication.”

To begin, what does Johari Window imply? The Johari window model is a tool for getting to know a person better and emotionally understanding them. The Johari window can be used in a variety of ways, as shown below.

1. To gain a deeper understanding of ourselves and our emotional side, i.e. self-awareness.
2. To emotionally understand and analyse a buddy or peer so that we can interact with him appropriately.
3. To learn and know how colleagues perceive him in order to become an effective leader.

When it comes to self-awareness, everyone has to know who they are. One can gain a better understanding of oneself by adopting the Johari window paradigm. A person might become a good team member or a good person by becoming aware of himself. Using the Johari window to understand and analyse

peers or friends can help you communicate with them more successfully. The Johari window is extremely important for interpersonal communication among people in teams, especially for a team leader who wants to understand their teammates and win their hearts with their actions.

Effective communication between people, without a doubt, acts as a glue between them, allowing them to become closer and collaborate. Communication and getting to know one another are critical in these digital age. We need a better understanding of ourselves and others in order to communicate effectively, which the Johari window can help us with. The Johari window's main goal is to increase communication between individuals by helping them understand themselves and others.

Johari Window was designed in 1955 by two American Psychologists "Joseph Luft" and "Harry Ingham" and the name "JOHARI" was from the initial parts of their names. The Johari window contains four parts which are represented as four quadrants. These quadrants are present inside a large square. As this model looks like window panes, this was named as Johari window.

Johari window contains four quadrants:

1. OPEN AREA – known to self and known to others.
2. BLIND SPOT – not known to self but known to others.
3. HIDDEN AREA – known to self but not known to others.
4. UNKNOWN AREA – not known to others and not known to self.

The first quadrant or pane of these Johari window panes is referred to as the open region or arena. This open region comprises attributes that you are aware of, which you transmit into the environment so that others are aware of you. In the Johari window, the desired conclusion is to increase your open space, which can be accomplished successfully by discussing yourself with your friends.

The blind spot is the second quadrant or windowpane of the Johari window. These are the characteristics that people notice about you but that you are unaware of. To develop your self-awareness, such attributes should be moved to an open arena. In general, having a blind spot allows you to have a deeper understanding of oneself. It also provides you with an excellent opportunity to discover more about yourself. There are a variety of reasons why you can have a blind spot, including

- When the other person has no idea who you are or knows nothing about you. They write a blind area as a result of this disease. You can correct this by talking to the person and letting him know who you are.
- When your actions don't reflect your personality. People often form opinions about you based on your activities, habits, and behaviour. So, in order to solve this problem, one must examine his behaviour and solicit input from others. If he believes that quality is good, he should move it to the arena later; if not, it must be moved to the facade.
- You have wonderful strengths that people admire that you couldn't find on your own. Others, on the other hand, discover your strengths as they observe and are aware of

you. These characteristics are beneficial because they assist you in expanding your arena.

Creating self-awareness and efficient communication among teammates in a group is the ideal outcome of the Johari window. As a result, it is vital to expand the open area or arena by soliciting comments on the blind spot. You may modify yourself by asking others for opinions about yourself. This allows you to learn more about yourself. Your strengths can be moved to the arena, and your deficiencies to the facade.

The Hidden area or facade is represented by the third quadrant or windowpane. This quadrant contains qualities that you are aware of but that others are unaware of.

People may not know much about you at times. This condition is more likely to appear in a new relationship. It may take some time for others to learn about you. Otherwise, we may simply solve this situation by transferring qualities from a secret location to an open one by talking to people about your hidden area. This is where we keep track of our strengths and weaknesses. As a result, you must use extreme caution when dealing with the facade's qualities.

Self-disclosure is the process of bringing hidden qualities to the surface. In general, revelation entails bringing out characteristics that he already possesses. This practise of disclosure makes it easier for your teammates to learn more about you.

You may occasionally receive feedback that is dissimilar to your arena or hidden area. In that scenario, you should be cautious in

your actions and gain a better understanding of yourself. This state can also emerge when your actions are inconsistent with your personality. This situation can be readily managed by talking to your teammates or peers about your concealed area or facade, so increasing your self-awareness.

The Unknown area is represented by the fourth quadrant or windowpane. This section contains characteristics that you and others are unaware of.

These characteristics are not a concern for us. However, depending on the conditions or people present around you, or when you meet new people in your neighbourhood, these features may transfer to the concealed area or blind spot over time. When moving to another quadrant, such as a facade or blind spot, one must consider the features present in the unknown area.

As a result, the Johari window model can be used to learn about oneself (self-awareness) and one's coworkers (team awareness) in order to become a competent leader. This aids in good interpersonal communication, which is critical in today's digital environment in many ways.

THANK YOU