

# Analyzing the Role of Yoga in Self-Personality Development

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**Abstract** - There is not a single aspect of life where Yoga is not applicable. It alters our perspective on existence. It boosts our imagination and improves our interpersonal partnerships. Nothing stays mundane under the light of Yoga, but everyone gains a hint of the sublime. We learn self-control and moral growth. Through this sense, the concept of self is no longer limited to personal functioning. It goes into that, as it has to do with the social environment in which we live. Stress has been shown to lead to the growth of significant illnesses such as cardiac failure, depression, and obesity, as well as worsen chronic health problems, according to research. We have noticed that children are very adept at concealing their anxiety and mental discomfort from their parents, since they do not want their parents to be concerned with them. Personality is a stable collection of traits and tendencies that define certain commonalities and inconsistencies in people's psychological behaviour (thoughts, emotions, and actions) that persist over time and are difficult to explain solely as a function of social and biological influences. The aim of this paper is to shed light on personality formation from a contemporary viewpoint. Yogic sciences highlight important concerns related to personality refinement and development in modern human existence.

**Index Terms** – Yoga, Personality Development, Human Life, Mental Peace, etc.

## I. INTRODUCTION

The word personality applies to a person's general effect on other people. Personality is the aggregate of all physical, constitutional, psychological, motivational, academic, and other traits, including tastes, likes, dislikes, and attitudes. Yoga teaches you how to exercise your mind and body to achieve spiritual equilibrium. Yoga is said to bring in alignment and peace. According to a recent study, yoga will help you listen to your ears. We claim that children and teenagers need some assistance in order to listen inward to their bodies, emotions, and thoughts. As a result, yoga will aid in the creation and maintenance of good mental health in children; health promotion for children can involve the enhancement of their focus, self-esteem, empowerment, and self-regulation. We conclude that children and teenagers must grow and evolve in accordance with their own identities, interpreting and achieving a compromise between their own talents and social standards. Yoga can help them grow in a healthy way, improve themselves, and contribute as social beings.

## II. PERSONALITY

A pleasing personality is a combination of a person's attitude, behavior and expression. It is apparent in the way a person walks and talks, his tone of voice, the warmth in his behavior and his definitive level of confidence. Some people never lose their attractiveness regardless of age, because of flows both from the face and heart. 'The personality is the sum total of ways in which an individual reacts and interacts with others.' Thus, human personality includes:

- The particular pattern or organization of measurable traits, both 'inner' & 'outer'.
- External appearance and behavior or social stimulus value.
- Inner awareness of self as permanent organizing force.

Personality is defined as a deeply ingrained pattern of behaviour that includes modes of perception, relating to and thinking about oneself and the surrounding environment. Personality traits are normal, prominent aspects of personality.

### III. YOGA AND SELF-DEVELOPMENT

Human beings, most of them will believe, have a self. Normally, people use the expression 'Self' to refer to the personality, but the term 'self' refers to more than just the ego. The ego in us, according to Indian philosophy, is the actor, knower, and experiencer. "The 'I' or 'Ego', which conducts all of the roles of the body and mind, is just a manifestation of the absolute regarded as Brahman or pure consciousness. 'The ego is said to be the reflection of the spiritual spark inside us that brings us life and allows it to perform both mental and physical tasks. It is considered as a separate body with distinct characteristics and roles. People establish their own sense of self when they get older, which influences how they interact with others and carry out different activities. We see others as people, connect to them, and form friendships and other intimate relationships with them. Our self-concept, on the other hand, does not stay unchanged across our lives; however, it evolves as we progress through them. Let us have a look at how self-development happens at various periods in existence.

Childhood and Adolescence: During early childhood children start defining themselves on the basis of certain psychological attributes. They start thinking about attitudes. During adolescence representations of the self-become much more subtle. Some adolescents establish their identities after considerable soul searching and introspection. Others commit early without much effort. This forecloses the process of identity development.

Infancy: Children of different age groups respond differently to the images they see. Infants are found to have a visual self-recognition by the age of two years, but clear self-awareness is not found even in the third year of age. During childhood the idea of self remains concrete.

Middle Age: During this stage of life people become concerned with relating to the next generation and one's contribution to society. During this period a person faces crisis of engaging with generative activities. In fact, midlife crisis has become a popular phrase. It brings an interruption in the normal rhythm of life. For some, the changes are gradual and for others quite drastic in nature.

Early Adulthood: This stage of development is characterized by the challenge of intimacy v/s isolation. Intimacy refers to the establishment of a committed relationship which is enduring. It includes both romantic as well as friendly relationships. In the course of development, one needs to redefine his or her role as father / mother, uncle / aunt.

Old Age: In view of social mobility and disintegration of traditional family ties, many aged people lack social support and suffer from poor self-concept. However, those who look back upon their life with a sense of satisfaction that they have lived it well, experience a sense of integrity. Others may have regrets and despair.

### IV. YOGA AND PERSONALITY DEVELOPMENT

The term 'yoga' is derived from the Sanskrit root yuj, which means 'harness.' Yoga can be included in many ancient philosophies, including Vaidic Shastra, Four Vedas, Upanishada, Smiritis, and Puranas. Maharshi Patanjali's thoughts place a strong focus on yoga activities for personal growth. Various ideas, forms, rules, and Sadhana, as well as Human Purushartha, are ways to enhance the facets of Personality Development in ancient philosophy. Sports, warm-ups, outdoor activities, 'Yoga,' a healthy lifestyle, and Human purushartha Dharma, Artha, Kama, and Moksha are examples. Yoga is one of the easiest and most practical ways to change one's attitude. Yoga

can be described as a method of assisting an individual in the formation of their personality:

- Yoga is providing control over the fluctuation of human mind and sensual desires.
- Yoga provides the means and methods for integration of soul.
- Yoga can help to create energy of humankind.
- Yoga has played an important role in the purification of thoughts and feelings by winning over the evil intentions.
- Yoga is the means of seeking way of the knowledge for successful lifestyle of humankind.
- Yoga is helpful universal spiritual sense.
- Yoga helpful for promotion and concentration power of mind towards Samadhi supreme attainment of moksha.

Role of Astang yogic activities provide immense help in assisting an individual to seek his all-around growth and development personality dimensions (Aspects).

- Yoga helps in the spiritual growth of the individual.
- Encourages an inward journey in order to achieve the ultimate state of Samadhi, which is said to lead to kaivalya or liberation.
- Develops introspection and altruism.
- Yogic practices to develop this aspect of personality are: dharana, dhyana, Samadhi, samyama

Yoga was never meant to be a workout for the body. The ancient Indian Yogis who created the Yoga way of life saw the body as merely a vehicle for the spirit. They looked after the body, and they tried to hold it going as much as possible so that they could experience the spiritual development they desired. Yoga is a road to enlightenment and development, according to Patanjali's Yoga Sutras, which are the cornerstone of Hatha Yoga. We will attain immense personal, mental, and spiritual growth and development by pursuing the direction he lays out for us. Yoga will help one flourish personally in a variety of ways:

Awareness of body: You gain a strong sense of your body, how it feels, and what it requires through practicing Asana (postures) and Pranayama (breath

control) on a regular basis. When you become more in contact with your body, you will be able to properly listen to its needs, recognizing the messages it sends you regarding your physical and emotional well-being.

Connection to self: Yoga practices help you to take off the mask you wear in daily life, the one that stops you seeing your true self. We wear masks all the time, we are constantly hiding parts of ourselves from others and ourselves, and, conversely, often revealing parts of ourselves without knowing it. Yoga helps us to see the parts we are not aware of, so that we can decide if we want to keep them or change them. It also helps to promote better self-esteem.

Awareness of thoughts: It is said that we have roughly 60,000 thoughts racing through our minds on an average day. Most of these are unheard by the conscious mind, but all absorbed by the subconscious, and go on to create our emotions. If a thought you have every day is 'I'm not good enough', even if you are not aware of it, it is going to impact how you feel about yourself. Through stillness and self-study, you can bring those thoughts to your conscious awareness and process them healthily and transform them into something more helpful.

Awareness of emotions: The emotions have a powerful impact on how the body feels (think of how you feel when you are stressed, angry, upset, or feel desire, happiness, excitement, you feel it in your body don't you?) They also guide most of our actions. When we can recognise our emotions for what they are, we can choose how we are going to respond to them.

Stillness in the mind: It is so easy to get overwhelmed with the endless stimulation the world presents us today. If the ancients thought they needed stillness in the mind, imagine what they would have to say about a world in which people are connecting to the world wide web before they have even got out of bed! The mind needs stillness and rest to be healthy.

Awareness of behaviour: Much of our behaviour is based on programming in the subconscious mind, and

conditioning from society. Yoga helps us, through the Yamas and Niyamas, to examine how we behave to ourselves and to others, and invites us to look at ways we can live more in line with our values.

**Resilience:** These stress management strategies and practices will increase your resilience to stress and upset so that you will be able to weather the storms of life. Resilience is not about not having any problems, yoga does not give you a ‘get out of jail’ card to excuse you from a difficult life, but it gives you the strength to get through it, and to learn the lessons that each difficulty in life presents us with.

**Stress management strategies:** The practices and concepts of Yoga offer a range of strategies to help to release stress and tension, both on the short term to help you manage a specific situation, and in the longer term to reduce your stress levels and bring your nervous system into balance.

#### V. CONCLUSION

Human identity is a complicated topic. Personality may be described in a variety of ways. Simply put, it is a set of physical, emotional, and behavioral characteristics and patterns that we show during our lives. A person's personality is a collection of characteristics that distinguishes them from others. The activity and the philosophy of yoga are two sides of the same coin in yoga theory. Both are essential for personality formation. “The philosophy aids man's confidence in practice, and actual knowledge aids in understanding the concept in subtle ways.” Yoga exercise on a regular basis aids in the maintenance of physical and mental health, all of which are essential for overall personality development. Yoga aids in the growth of a fully developed personality. Yoga could not only be used as a medicine but also adopted as a way of life in order to attain the ideal harmonious condition of mind and body.

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