

DYDW 3206

Asia Regional Module 1
Personality Development and Communication

কৃষি ও পল্লী উন্নয়ন স্কুল

School of Agriculture and Rural Development



বাংলাদেশ উন্মুক্ত বিশ্ববিদ্যালয়

Commonwealth Secretariat

Asia Centre

Sector 12

Chandigarh - 160012

India

© CYP : Asia Centre, June, 1999

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or otherwise without the permission of the publisher. If any reference is not properly acknowledged, we can make amends on information.

The views expressed in this document do not necessarily reflect the opinion or the policy of CYP : Asia Centre, Commonwealth Secretariat.

Published by the CYP : Asia Centre, Printed in India.

Copies of this publication may be obtained from:

Commonwealth Youth Programme

Asia Centre

Sector 12

Chandigarh - 160012

India

Tel: 91-172-541482/541463/545505/546796.

Fax: 91-172-545426

E-mail: cypasia.chd@rmm.sprintprg.ems.vsnl.net.in

The Commonwealth Youth Programme's Vision and Mission :

CYP works towards a society where young women and men are empowered to :

- Develop their potential, creativity and skills as productive and dynamic members of their societies.
- Participate fully at every level of decision-making and development, both individually and collectively, successfully promoting Commonwealth values.

Acknowledgements

Module writers

Asia Regional Module 1 : Personality Development and Communication : **Prof. Vidhu Mohan**

Edited and final review : Prof. Buddhi Weerasinghe, Open University of Sri Lanka & Dr. Bhagbanprakash CYP: Asia Centre.

Instructional design work : **Dr. V.V. Raghavan**, Indira Gandhi National Open University

The CYP-HRD team : Jane Foster, Dr. Bhagbanprakash, Yinka Agaga-Williams, Kala Dowlath, Cristal de Saldanha.

Bangladesh Open University, School of Agriculture and Rural Development (SARD)

Diploma in Youth Development Work (DYDW) Programme

DYDW 3206

Personality Development and Communication

Published Year : 2016

Cover Design : Masud Mahmood Mallick

Cover Graphic : Md. Ruman Robin

Published by :

Publishing, Printing and Distribution Division

Bangladesh Open University

Printed by :

Foraji Press & Publications

Matuail, College Road, Jatrabari, Dhaka.

Personality Development and Communication

Table of Contents

Module Overview

Unit 1	—	Personality Development
Unit 2	—	Personality Development and Childhood
Unit 3	—	The Concept of Self
Unit 4	—	Understanding Self - The Johari - Window
Unit 5	—	Self-actualisation
Unit 6	—	The Communication Process

Module Summary

Personality Development and Communication

Module Overview Contents

	<i>Page</i>
Module overview	i
Learning outcomes	ii
Knowledge	ii
Skills	ii
Assessment	iii
Learning journal	iii
Unit 1 : Personality development	iii
Unit 2 : Personality development and childhood	iii
Unit 3 : Concept of Self	iii
Unit 4 : Understanding self - the Johari-window	iii
Unit 5 : Self-actualisation	iv
Unit 6 : The communication process	iv
Prerequisites	iv
How long will it take?	iv
If you need help	iv
Learning tips	iv
About this module	v
Activities, case studies and self-help questions	v
Studying at a distance	v
Learning Contract (LC)	vi
Check Yourself	vii
Self Test	vii
LC Sample Form	i

Personality Development and Communication

Module Overview

Welcome to this module on Personality Development and Communication. This module as well as the next module on 'Population and Family Life Education' are designed to meet the requirements of Asian students. This module should enable you to acquire an understanding of the problems associated with personality development and the importance of effective communication in personality development. Also the influence of childhood experience in shaping personality as well as the role of the family and socio-cultural environment in the development of personality are analysed. The module lays greater emphasis on the concept of 'self' and the actualisation of 'self'. The four panes of Johari-window which analyses the relationship of 'self' with others and the methods to overcome personal liabilities also form the subject matter of this module. The last unit of the module emphasises the importance of the communication process in personality development.

This module will cover the following broad areas :

- Theories of personality and factors which influence the development of personality in individuals.
- Influence of childhood experience and the role of family, social and cultural environment and heredity on personality of development.
- Concept of 'self' through the words of several thinkers and the different scales used to measure 'self'.
- Further explorations on the concept of 'self' through the 'Johari-window'.
- The concept of 'self actualisation' and the traits which characterise 'self actualisation'.
- Communication process - an important tool for personality development.

Learning outcomes

Learning outcomes are statements telling you what knowledge and skills you should have when you have completed the module.

Knowledge

When you have successfully completed this module, you should be able to

- distinguish between different types of theories of personality
- list factors that play a role in the development of personality
- explain the concept of 'self'
- discuss some of the theories on the concept of 'self'
- measure 'self' with a view to improve one's personality
- describe the Johari-Window
- explain methods to change quadrants of Johari-Window
- explain the concept of self-actualisation
- list the important ways of communication
- describe the way of improving one's own communication

Skills

When you have completed the unit, you should have acquired the following skills. You should be able to

- analyse how studies on personality development enable you to understand others better
- appreciate the importance of childhood experience in the development of personality
- orient yourself to the concept of 'self'
- analyse yourself using Johari-Window
- orient yourself to the concept of self-actualisation
- try to enlarge your own personal or public 'self' pane
- enhance your communication skills

Assessment

This module is divided into chapters called units. Each unit will address specific learning outcomes. You are expected to complete various tasks that are provided in the units so that you can self-estimate your competency in relation to learning outcomes. The study material should help you to successfully complete your assignments as well as provide information for writing your term-end examinations.

Learning journal

It would be of immense value to you if you keep a learning journal in the form of a note book or file or diary where you record your thoughts and feelings as you are learning. You should include your responses to the study guide activities and self-help questions. The learning journal provide evidence of the work you have done over the period of this diploma programme and may be required by your tutor/centre for evaluation of your work.

This module *Personality Development and Communication* is divided into six units. Each unit will address one or more of the module learning outcomes.

Unit 1 : Personality Development

This unit highlights definition and theories of personality. Also the factors that influence personality development are discussed.

Unit 2 : Personality Development

The influence of childhood experience on the development of personality as well as the role of family, heredity and the socio-economic environment are analysed.

Unit 3 : Concept of Self

This unit defines 'self' Maslow's triangle of 'needs hierarchy' is discussed in detail. 'Self' has been quantified by using different scales.

Unit 4 : Understanding Self : The Johari-Window

The concept of 'self' is further explored through 'Johari-Window'. How changes in the window bring about changes in the personality of the individual and methods to bring about changes are discussed. Methods to move away from self-liabilities form the subject matter of this unit. Also meaning of the term - 'conflict within self' - is explained and measures to tackle the 'self conflict' are discussed.

Unit 5 : Self-actualisation

This unit discusses the mechanisms by which one can achieve the self-fulfilment or realisation of one's full potential. The parameters for self-actualisation and a score sheet to assess oneself on the basis of these parameters are also discussed.

Unit 6 : The Communication Process

The last unit is devoted to the communication process. The different types as well as ways of communication are dealt at length. The effects of break down in communication are also indicated.

Prerequisites

It is recommended that before you start commencing the study of this module, you become familiar with the first three core modules.

How long will it take ?

It should take about 37 hours to work through this module. During this 37 hour period, besides studying the module, you should have also completed the various items provided in the units, such as, activities, case studies and self-help questions. All the units in this module are more or less of same length.

If you need help

In case you face any problem with this study material, do not hesitate to contact your Tutor or academic counsellor at the study centre. The counsellor will provide all the help that you require in the study of this module.

Learning tips

You may not have studied by distance education before. We provide you some information to help you to study this module.

About this module

As stated earlier this module has five units and each unit, besides the course content also includes activities, case studies and self-help questions.

Activities, case studies and self-help questions

The activities, case studies and self-help questions are part of a planned distance education programme. It is important that you complete all these items during your course of study of this module to enable you to achieve competence in the learning outcomes stated at the beginning of this module. It is strongly recommended that you have a note book specifically for this purpose and keep a record of the progress of your study. The activities may be reflective exercises that will enable you to recall the unit content and case studies may help you to relate what you study to some real life situations. Self-help questions are essentially review questions, the answers for which are found in the unit itself.

Studying at a distance

Distance education offers you several advantages. You get a complete set of learning materials. More importantly both or time and pace of your study could be flexible. Further, your study close to your home in your own community. At the same time, completing your programme of study through distance education is a challenging one. You should be very disciplined and highly motivated. The following are some of the tips that should help a distance learner :

- Make a study schedule and try to stick to it. Allocate specific days and time each week for study and keep them free of other activities.
- Try to attend as many counselling sessions as possible in your study centre. The interaction with your counsellor will enhance your confidence and assure you that you are in right direction. This is also an opportunity for you to meet your peer group and discuss with them the progress of your study.
- Maintain a record of all your study details in a separate note book. As stated earlier, this note book, besides the notes taken during the course of study should also contain the responses for all the activities, case studies and self-help questions.

- Stick to deadlines that you have set for yourself for completing your module. Also complete the assignments in time and hand them over to your study centre co-ordinator for evaluation. You should also receive your evaluated assignments from your study centre well before the term-end examinations and be satisfied that your answers are well received by the counsellor. You may also improve your answers based on the comments or suggestion made by your counsellor.

The Learning Contract (LC)

You will be asked to negotiate a learning contract with your tutor/ counsellor for completing this module. This contract is designed to help you and your tutor to identify the current level of your knowledge and skills and those that need to be developed through this module. The LC should include all the learning outcomes of the module and the ways and means of achieving these. A sample copy of the LC is given in this module for your use.

We wish you all the best in your studies.

Check Yourself

Take a few minutes to try this self-test to understand the present level of your knowledge and skills on the subject of this module.

Self-test

Put a tick (✓) in the appropriate box in answer to the following questions :

	Yes	No
➤ Can you distinguish between different types of theories of personality ?	<input type="checkbox"/>	<input type="checkbox"/>
➤ Do you know the factors that play a role in the development of personality ?	<input type="checkbox"/>	<input type="checkbox"/>
➤ Can you explain the concept of self-actualisation ?	<input type="checkbox"/>	<input type="checkbox"/>
➤ Do you know how to improve your communication skills ?	<input type="checkbox"/>	<input type="checkbox"/>
➤ Can you explain the concept of self and public self ?	<input type="checkbox"/>	<input type="checkbox"/>

Learning Contract

Name of the Learner :

Module Name :

Name of the Tutor/Counsellor :

Module learning outcomes

This specific module outcomes you are required to meet are identified here. Full details of the module are included in the curriculum document.

Knowledge

When you have successfully completed this module you should be able to :

1. understand models for analysing human behaviour and individual differences
2. understand the nature of group dynamics and the roles adopted by individuals
3. be able to analyse the causes and consequences of conflict within group situations
4. be aware of your own preferred roles within group situations
5. be aware of key concepts in community development

Skills

When you have completed this module you should also have acquired the following skills. You should be able to :

6. work effectively as a member of a group
7. play a variety of roles, including the leadership of a group
8. develop your own skills in facilitating a group
9. intervene to resolve conflict in group situations
10. use the techniques of community development
11. promote the participation of young women and men in community activities.

Note : You will cover the learning outcomes that focus on group conflict and conflict resolution skills in Module 10 — Conflict Resolution Strategies and Skills.

Learning Contract

Declaration

The work I have produced is entirely my own. I have acknowledged all sources of information which have contributed to my work.

Agreed and signed by student Date

Agreed and signed by tutor Date
