SOCIAL PROCESS AND SELF

Sushil Kumar Dadhwal, PhD.

Assistant Professor, Shanti College of Education, Kailash Nagar Nakroh, Distt. Una (H.P.)

-- *Abstract* --

In the past time, people were very innocent and they have very limited scope to think and always busy in their work. They are ready to help each others in the time of problem. They sit together and always talk about their society. Every member had positive thinking. They were very hard workers and enjoy of every function and every moment. They share the sorrows and happiness to each others. They had basic and social self. In the present time, people have no time. They have no time to spare even family members. Nowadays there is trend of nuclear family. it is result of advancement of science and technology. The definition of the self has been changed. In the past time self was filled with the values, but nowadays values is disappearing from the self. Each and everything has been changed in the age of science and technology.

Introduction

Self means feelings, attitude, thinking, beliefs, values and as total perceptions of an individual towards himself. in the other words we can say that himself and his relation to the world about himself. Even we can say that personality of an individual is the self. As sum total of all that he can call his ,is called self. Perceptions about an individual himself is also called self.

" Self or empirical me" is the sum total of all that a man can call his-his body, traits and abilities, his material possessions: his family, friends, and enemies, his vocations and avocations and much else"

William James

" A Portion of the total perceptual field gradually becom differentiated as the self" self refers to individual's perception or view of himself.

Carl Rogers

In the simple words we can understand the self as under;

1 Individual's perceptions of himself.

2 Attitude of an individual towards   self

3 Sum total of the personality of an individual

4 Beliefs, values, attitude and feelings of an individual.

5 sum total of all that he call his.

7 key stone of the personality is the self.

Kinds of self

There are various kinds of self, but basically self is of four kinds.

1 **Basic self**

 it means self in the real sense. it is also called "real self image". Values, aspirations, beliefs, status, abilities and disabilities of an individual's is called the basic self. An individual sees himself as in the real sense. Future plan is not included in the basic self.

2 **social self**

Social image of an individual is included in the social self. Social image of an individual is among the society   members. The social self concept assists to the basic self .it is developed by peer groups, family members, teachers and other members of the society.

3 **Transitory self**

It means, unstable self. It may be favourable or unfavourable. It depends upon the mood, circumstances, situations and emotions. The self of an individual, which holds for a time and then relinquishes. It refers to the "self he hopes, he now is and he fears he now is". In te transitory self hope and fear both type of situations, are included.

 4 **Ideal self**

 The ideal self may be related to the physical self image and psychological self image or both. The ideal self image depends upon the perceptions of what a person aspires to be and what he believe ought to be. It is most realistic in the sense that it is within the reach of the person. The ideal self is related to the basic self, because it is based on capacities and abilities. It is less in the childhood. In the adulthood and middle age self concept usually has a little impact on the individual's concept of himself.

Role of self in the development of society

It is very important concept of the self. It is like a drop of water, which makes sea. The society development depends upon the self of the each member of the society. Positive self of the society members contribute directly and indirectly in the development of the society. It means that positivity propagated positivity and negativity propagated negativity. The role of the self in the development of society is as under-

1 **Development of values**

Self of members of the society help in the development of values. Positive thinking, feelings and attitude to the others and their help in the development of values like brotherhood ,justice, equality, team sprit, peace, love ,righteous conduct, non violence, truthfulness, patriotic, sincerity, confidence, courage etc.

2 **Proper use of science and technology**

if self of the society members is positive then there will be proper use of science and technology in the society rather than destruction .People will think about the society than anti social welfare.

3 **Cultural development**

Positive self of the members of the society always help in the culture development. Good things, beliefs, rituals and traditional, norms and standard are accepted and changes have been brought as per accordance of the society.

4. **Economic development**

Self of the members of society is positive then economic development can take place very easily. All members will contribute to the society directly and indirectly and economic development will take place in the society. Self, through knowledge and activity can contribute in the development of the society.

5. **Social development**

Positive attitude, thoughts, fillings and values always help in social development, men is social animal. He lives in society and die in the society. Positive attitudes of the members of the society develop the social concept and contribute in the social development by developing the social quality among the members of the society

6. **Emotional development**

Emotional development is part of society development. If emotion the members of society is control and stable even strong then emotional development of the society will take place.

7. **Understanding and integration of the society**

The self play important role in the national understanding and integration.

8 **Education Development**

Self of members of the society play an important role in the education development by imparting the knowledge to the members of the society., as per the requirement of the society. Education development is the major part of the society development, because education is the key stone of the development of the society. Self of the members of the society in the basic sense are considered the importance of the education and directly and indirectly contribute in the development.

9. **Good habits**

Self develops good habits among the members of society and himself. Good habits help to lead a happy and peaceful life. Good habits are formed and examples are set for others. Self of the members of the society having good habits then formation of the good habits may be completed in the society. Benefits can be told to the members of the society.

10 **Emotional development**

Emotional development is very must for the development of the society. Emotions should be controlled for the balanced personality. Emotions should be stable. Self play an important role in the development of the emotions. Self by training, education and camps, can control over the emotions and bring the maturity among the members of the society.

11 **Religious development**

Self can do each and every thing, if is positive. Self of the members of the society can impart the knowledge of religious development. Self play an active role in the religious development through knowledge of the secular states .every person has a right to adopt and left any religion as per constitution preamble. Self of the members of the society paying the respect to all the religions without any suspense. It is filled with values of respect, brotherhood, team spirit ,peace,love,non violence,righteous conduct and truthfulness.

12 Character development

Good character is the identification of the goodness. If Self is good ,neat and clean then good character take place. Good character, lamp the light of goodness in the society through knowledge and setting examples of benefits of good character among the members of society. Basic and social Self always play an active role in the character development by developing values among the members of the society from which character automatic is formed.

13 Discipline

Discipline is the identification of development .It is the identification of law and order. It is symbol of peace. Self of the members of the society is filled with the sense of discipline then development of the society is automatic. Self of the members of the society impart the knowledge of the benefits of discipline through books, seminar, workshops, conferences and other activities. Discipline is the path of progress of the society.

Conflict

When An individual is faced with forces in the environment that act in opposite to his own interests and desires, then his mind is not stable, this situation is called conflict. It is unpleasant and painful mental state of not taking decision of an individual.

" conflict may be defined as state of affairs in which two or more incompatible behavior trends are evoked that cannot be stifled family fully at the same way. "

<div align="center">

L.F. Shaffe

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Conflicts means a painful emotional state which results from tension between opposed and contradictory wishes"

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Dougles and Holland

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Type of conflicts

Conflicts are various types, but in the major form are two types

1. **Intra-personal Conflict**

   When and indivisible mind is not stable to take the proper decision then it is called conflict. It is within and individual. It is Psychological. Individual emotions, Thoughts, principles and values are involved in the intrapersonal conflicts. It leads to uneasiness and restlessness, even cause of depression. In this way, the conflict that occurs within an individual is called the intrapersonal conflict. It deals with major decision of life of a person. Example carrier path, selectionof life pattern for marriage, , separation etc.

2. **Inter-personal Conflict**

   When any conflict arises between two individual then this type of conflict its called interpersonal conflict. It arises because both individual have different values, thoughts, feelings, emotions and principles of life.

3. **Intra-group Conflict**

   It arises within a group, example to select the president of the group.

4. Inter-group Conflict

It arises due to misunderstanding within an organization. Example income sources of different departments of the university and honoured as per amount deposited in the university.

Causes of conflict

1. **Family-** unhealthy environment, over protection, negligence, strict discipline and unhealthy relationship.

2. **School** – strict discipline, authoritative attitude of teachers, un-psychological methods of teaching, ego among teachers, denial of opportunities of self expression. Naughty class fellows etc.

3 **Social and cultural causes-**

Much flexibility or more rigidity in social control, mechanism, deprivation of advantages of social contribution for some inequality of opportunities. Over competition, insecurity and anxiety are also cause of social conflict. Financial worries, dissatisfactions of working conditions and career fulfillment are also sources of conflicts.

Ways to Resolving the conflicts

1. **With Competing**: - compaction involves authoritative and assertive behaviours participant should be compete with their participant till the goal is achieved.

2. .**With Compromise**: - conflict may be resolved by making compromise with other participants.

3. .**With Avoiding** :- participant should avoid the conflict. It means that you reject the responsibility that comes with it.

4. . With Accommodating: - it deals with self sacrifice. The participant can self- sacrifice as he wants and adjust it.

5. **With Collaborate** :- it means to find solution to conflict throw the making correspondence and communication with other participants.

6. **With Mediator** :- conflict may be and by putting the mediator, you can talk with mediator and he can show any way or direct talk to other party the resolve the conflict.

Positive thinking

Positive thinking means good feelings, thoughts, emotions to eliminate the negative or destructive attitude and emotions.

"the greatest discovery of my generation is human beings can alter their lives by altering their attitudes of mind".

Williams James

A technique for changing your attitude and fostering optimizing.

Collins

Dictionary

Characteristics of Positive Thinking

1. It keeps mind and body of an individual healthy
2. It is very important thing for whole life of individual.
3. It keeps on mind positive.
4. It can be describe as our thought feelings actions speeches and reactions.
5. It brings favorable results.

Role of positive thinking in the self-development

Positive thinking plays an important role in the self development,following types of positive thinking/tricks wil assist in the development of self.

1. To forgive to other
2. Use the praise words
3. Think before speech
4. Think over your failure
5. Fair in karma yoga
6. Analysis what went wrong.
7. To see green things.
8. To left the place where you feel stress.
9. To read the books /autobiographies of great leader, saints, educationist.
10. To listen good songs.
11. Daily go to the religious places.
12. Redirect your thoughts
13. To make good principles of life
14. Remove all the feelings that hurt you
15. To walk on the right path ,of life.
16. To make practice of affirmations.
17. Try to maintain the health.

18. Think of a failure as gift of God.

19. Daily start your life with happy mood

20. Start your think with success.

21. Looking forward in the positive sense

22. Try to develop positive attitude.

23. Try to develop attitude of gratitude

Conclusion

In modern era, life of individual is very busy and happiness is for a while. There is permanent frustration, confusion, rejection, sorrowfulness, painfulness, stressfulness and under stressfulness in the life of the individual due to the advancement of science and technology. Due to this, there is rat race, not rest. Each and everything has been change. Lifestyle has been changed. Self has been automatically changed. Conflicts have been arisen in the minds of individual. Values are disappearing and there is public cry of erosion. Families are breaking, corruption is spreading, true person are weeping, poor man is crying and rich person are laughing. It is urgent need to resolving the conflict and developing the self. To understand the self is very important because if self of individual is filled with positive thinking then society will be developed. The conflict also depends on the self. The strong self helps in resolving the conflict and making the healthy environment to live and development the society.