



Education and Personality

Ranjit Kaur Malhotra¹ and Daljeet Kaur¹

¹Faculty of Education, ICFAI University Dehradun, Rajawala Road, Selaqui, Dehradun-248197

*Corresponding Author Email: ranjitmalhotra@gmail.com

Received: 13.07.2017; Revised: 20.09.2017; Accepted: 10.11.2017
©Society for Himalayan Action Research and Development

Abstract: *Gandhi once said, "Education means all-round drawing out of the best in child and man-body, mind, and spirit". As such, education becomes the basis of personality development in all dimensions-moral, mental, and emotional. Education means the process of development of the individual. Personality it is physical, mental, emotional and social characteristics of an individual. It is the totality of qualities and traits, as of character or behavior that are peculiar to a specific person. The individual's personality, character, thinking, commonsense, skills, habits depends upon education whether formal or informal. Education enriches the child's personality with daily experiences which provide him with a wider understanding of his world. The core aim of education is to foster all round development of a personality. All round development essentially means intellectual, physical, moral, sensible and social development. The main objective of the study is to highlight the importance and role of spiritual development. Personality has three dimensions Viz., physical, intellectual and spiritual. All the three can be developed by education. Though the present education system help in physical and intellectual development. But an often ignored aspect of personality development is spiritual development. However with changing lifestyles and increased violence, moral degradation, stress levels, the importance of spiritual development has increased a lot. Spiritual development is very essential for personal growth, as a stress buster, contentment, etc. Since ancient times, it is said "Sa Vidya Ya Vimuktaye", which means that with education we finally attain salvation. Education is a medium for spiritual development which can change the life and make it peaceful and happy which in turn enhances the personality. For all around development of personality there is a prime need of striking a balance between syllabus, curriculum, books for the aesthetic development like character building, spiritual and moral values, physical growth, and creativity should be included,*

Keywords: Education, Personality, Spiritual Development

Introduction

Gandhi once said, "Education means all-round drawing out of the best in child and man-body, mind, and spirit". As such, education becomes the basis of personality development in all dimensions-moral, mental, and emotional. Education is the process of educating or teaching. The purpose of education is to develop the knowledge, skills and character of students. In ancient time education was interpreted in the sense of transmitting information to the student, while for modern educationist education means the process of development of the individual. Personality it is physical, mental, emotional and social characteristics of an individual. It is the totality of qualities and traits, as of character or behavior that are peculiar to a specific person. The individual's personality, character, thinking, commonsense, skills, habits depends upon education. Whatever acquired in human life is the result of formal, non-formal and informal education. Educational institutions, social, cultural and religious organizations play an important role in shaping the personality of an individual. Education is more than the transmission of a storehouse of information. It enriches the child's personality with daily experiences which provide him with a wider understanding of his world. Education is a pretty broad concept that surpasses the four walls of a classroom. The core aim of education is to foster all round development of a child. All round development essentially means intellectual, physical, moral, sensible and social development.

Impact of Education on Personality

Human personality has three dimensions viz., physical, intellectual and spiritual. All the three can be developed by education. The physical dimension of human personality refers to man's physical needs and growth of human personality which can be developed by education. Right education helps in developing a strong stamina and healthy habits. Strong physical constitution helps one accept and face challenges of life. One also learns the importance of physical exercises and games. The intellectual dimension refers to a person's thinking, reasoning, logic and memory skills. Reading articles, books and journals, visiting places and interacting with men of intellectual eminence all these go a long way in one's intellectual growth which again is fulfilled by education. If one is given right direction at the primary level itself, it goes a long way in making one intellectually strong. Lessons in concentration and self-discipline play a key role in developing one's intellect. The spiritual dimension refers to two main heads: morality and ethics. It is our attitude whereby we view and consider things from the perspective of the invisible realities which guide our daily activities in all facets of our life on certain moral principles. Moral and ethical knowledge is the first point on which Mahatma Gandhi's concept of value education is based. Any education system that lacks these two cannot be termed as good without morality and without ethics, no student, in a real sense, can be considered to be healthy in mental and physical terms because, for it, self-control and good character are essential.

Spiritual Development an Ignored aspect

As Glenn Cupit notes, "spirituality is generally ignored in human development texts and never treated as an essential component of development", while Kimball, Mannes, and Hackel point out there is a vacuum in this "important and understudied domain of human development". An often ignored aspect of personality development is spiritual development. However with changing lifestyles and increased stress levels, the importance of spiritual development has increased a lot. Spiritual development is very essential for personal growth, as a stress buster, contentment etc. Since ancient times, it is said "*Sa Vidya Ya Vimuktaye*", which means that with education we finally attain salvation. This small Sanskrit phrase essentially contains the thought and essence of spiritual education that is relevant in all perspectives. Education in itself means all round development of personality whether it is social, moral, emotional, physical, mental and spiritual also. But since time immemorial spiritual development was ignored in comparison to other dimensions of development in contemporary education. This is not the case of religious education where main emphasis is laid on spiritualism. In today's modern world of globalization, spiritual development is the need of the hour because of competition, educated unemployed etc. that leads youths towards anxiety, frustration, depression etc., which leads them towards committing suicide sometime. At that time it may be realized that there is some failure in the system mechanism etc., of contemporary education which leads youths towards committing suicide such types of heinous acts. The increase in child crime is also on the rise due to lack of spiritual education. There is no teacher taught relationship as was seen during the Vedic age, students no more respect the teachers and elders. Even after scoring 80-90% marks there is no satisfaction level seen in students. The present education fulfills the material aim but lacks in spiritual aim which is so essential for happy and peaceful life.

Role of spiritual development in personality

This kind of education brings the values of forbearance, tolerance, and reverence in one's character.

Self Confidence: Education gives power of positive thinking and self-confidence. Positive thinking allows a person to deal with difficulties successfully. They believe they are accountable for good things and that good things generally come in their way. If bad things occur then instead of being frustrated they believe things will better in future. They use their feedback and negative experience as self-enhancing manners.

Personal growth: Following a religious/spiritual way of life encourages people to be a better person. Most religious/spiritual teaching propagates giving up bad habits and embracing the good ones. It also

encourages looking at things positively and taking failure in stride. Following this has a constructive impact on life helping people to be opened minded and hence encourages an individual's personality to grow.

Stress buster: People who are spiritually inclined have been known to be better equipped to handle stress. There are two key reasons for this. Meditation and pray are great ways of keeping stress at bay. Regular meditation has been proven to prevent stress related health problems. Another important reason is because spiritually developed people do not focus all their attention on a single aspect. For example – career. Hence if they are faced with work related stress, their balanced life helps them handle the situation better. All of this also promotes a healthier lifestyle.

Controlled focus: Spirituality encourages people to keep their lifestyle simple and non-cluttered. This helps them focus on and manage various aspects of life such as career, family, friends etc. Moreover when they face failure or obstacles in one aspect, this healthy approach allows individuals to handle them better.

Contentment: People with a strong spiritual influence are content with their lives. Content and satisfied people perform better and work and often use their core talents best. It is quite common for people today feel that their lives have no meaning. Several of these people have turned to spirituality and have gotten rid of the feeling of discontentment.

Better team players: When individuals are deeply involved in spiritual or religious activities, they grow to respect and understand various religions and cultures. In today's multicultural environments this is very important for team spirit and leadership. Be it a school or an office, respecting and understanding other cultures and religions helps people bond and work better.

Conclusion

Thus we see that present education lays more stress on the intellectual, physical, social aspects but it is lagging behind in spiritual and moral aspect which is very essential because changing lifestyles and increased stress levels, for all around development of personality. All round development of personality can be achieved only through education. To fulfill these objectives, there is a prime need of striking a balance between syllabus, curriculum, books for the aesthetic development like character building, spiritual and moral values, physical growth and creativity.

References

De Raad, H.C. Schouwenburg (1996) "Personality in learning and education", *European Journal of Personality*, 10, 303-336.

Manoharan P. K. (2008) "Education and personality development."

Thorpe, Louis P. Schmuller, M. Allen (1958) "Education as a determinant of personality formation".
