



Swami Vivekananda's Mantra for Personality Development in Youths

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Swami Vivekananda's Mantra for Personality Development in Youths Introduction
Human personality is a complex entity with diverse elements manifesting themselves through various activities. That man has mind, body and spirit is characteristic of Indian thought. All schools of Hindu philosophy hold that essential nature of man is divine and different from body and mind and is called as Atman.

Abstract

Human personality is a complex entity with diverse elements manifesting themselves through various activities. That man has mind, body and spirit is characteristic of Indian thought. All schools of Hindu philosophy hold that essential nature of man is divine and different from body and mind and is called as Atman. Every human being has an inner individuality, which is unique, and no two persons can have identical inner individually. This is personality of the person. The individuality is connected to I- consciousness or ego. It is this ego' which gives the sense of individuality to the human personality. This is the uniqueness of man. Personality could be divided into the following three types Personality, True and Mature Personality, Unstable Personality, Artificial Personality. For proper development of man it is very important that the personality should not be unstable or artificial or weak one.

Key Words

Personality Development, Idealism, Spirituality, Importance of Physical Training, Social Relationship.

What is personality?

1. **Unstable personality:** If not properly developed, the personality becomes very weak. In that case under the influence of mass, men behave like mass, which is known as mass hysteria. This happens because of inner instability or weakness.
2. **Artificial personality:** Such a personality is found when freedom of growth is withdrawn. Many a times parents impose their own thinking and mode of life on their child without allowing him to grow according to his own unique natural

tendencies following his own law of growth. As a result he does not develop confidence in himself and the growth of his personality gets crippled.

3. **Slavish personality:** Artificial personality may be due to slavish mentality or inferiority complex. When somebody Imitates others way of behaviour, culture, ideas without assimilation or learning, it gives rise to slavish personality. Learning and imitation are completely different. Swamiji has said, "Learn everything, which is good, from others, but bring it in and in your own way absorb it, do not become others".

Factors contributing to Personality Development

There are many factors that contribute to making up of personality either positively or negatively. These can be classified as follows:

1. **Samskara:** Following Vedantic way of analysis of life, a person can be considered to consist of the entities each forming a shell. Shell consisting of physical body of flesh, bone, blood etc. Body of spirit consisting of consciousness Shell consisting of subtle body-mind, intellect etc. According to the above analysis the death destroys the physical body but the mental body with the spirit at its core is not destroyed. During rebirth a new physical body is accepted by this mental body with the body of consciousness. The impressions derived from the past life and stored in mental body, shape or contribute to personality of man as he grows from childhood to maturity. Swami Vivekananda said : "What I am just at this moment is the effect of the sum total of all the impressions of my past life. This is what we mean by character. Each man's character is sum total of all these past impressions"
2. **Environment:** The environment or association plays an important role in personality development. In Sanskrit there is a saying Satang SangohiVeshajam - meaning that good company acts as medicine After seeing a fossil of (small) animal in the museum, Sri Rama Krishna said "See the power of association. The association or company of stone has made the animal also a stone"
 - 2.1. **Work:** Work is one of the basic necessities of life as food is. It is only through work that we can manifest our inner potentialities, and talents which imperative for the proper development of personality. There is a Sanskrit saying "KriyaVihino no ca Yatidhanyatam" which means that one who does not work cannot reach blessedness.
 - 2.2. **Education:** Swami Vivekananda defines education was the manifestation of the perfection already in man". All knowledge, perfection, purity, goodness, love and strength are potentially present in man and education is the process of making them manifest. It is training of the will that enables man to make use of his knowledge to benefit himself and society. Education should be oriented more towards shaping the personality of a student than making him professionals with a greed to amass money by fair and foul means.
 - 2.3. **Experience:** In life, we get different kind of experiences, both pleasant and unpleasant, which also play a major role in shaping our personality. So Swami Vivekananda said "you will find that misery and happiness are equal factors in the formation of character and in some instances, misery is a greater teacher than happiness. In studying the great characters, the world has produced, I dare say, in the vast majority of cases, it would be found that it was misery that taught them more than the wealth. It was blows that brought out their inner fire more than praises"
3. **Ideal in life:** What ideal we adopt in our life is also very important in moulding our personality. Swami Vivekananda says "If a man with an ideal commits a hundred mistakes, a man without an ideal commits a thousand." Even the worst man, if he takes a higher spiritual ideal, can gradually change his ways and experiences a wonderful transformation in his life. Ideals of human life

depends on concept of man. According to all western schools of thought man is a special type of animal only. But according to Hindu School of thought, man is essentially a divine entity having an ultimate ideal to unfold this inner divinity.

Different elements of personality :

Constituent elements of personality can be divided in four main groups:

1. **Consciousness or Ego or Self-awareness :** Consciousness, or ego, which is referred to as individual soul originates from consciousness. What we call the ego is the sense of individuality or self-identity self-awareness that we find specially in mankind. This is not manifested in plant kingdom or animal world even though there is life process manifested. In the higher animals some amount of intelligence is noticed; even then there is lack of self-awareness. In man it plays a dominant role in manipulating his behavioural pattern. The soul is the co-ordinating centre or agent of all functions of the personality system. If the ego does not function properly there will be imbalance in the personality ultimately leading to neurosis or insanity. It is this ego that gives sense of individuality or personal identity or self-awareness to the human personality. The personal identity grows as the ego develops.
 - 1.1 **Sign of maturity:** Proper development of ego is a sign of maturity. An important sign of maturity is self- sufficiency, the ability to take decisions independently, the ability to remain poised in oneself without depending on anything outside. We must be able to retain ours individuality and uniqueness not allowing our self to be swept away by the current of circumstances.
 - 1.2 **Spiritual element in man:** What is the locus of I-consciousness? It must be something different from the body- mind complex because all these physical and mental components can be objectified i.e. the body, the senses, feelings concepts etc. can be objectively perceived. So the observer or witness of the object must be different from all these. According to Vedanta the witness or the subjective element, in us is spiritual. It is divine consciousness as we are conscious of everything else because of its presence. Now a days renowned psychologists like M. Scott Peck, Victor E. Frankl are recognizing the spiritual dimension of man. So our real personality is spiritual. We can have greater mastery over ourselves and greater stability, if we have this spiritual perspective and stride to attain Godliness or Rishihood.
2. **Training of body / physique:** The spiritual development is preceded by development and training of body and mind, the medium through which the spirit manifests. We must take good care of our body by following a disciplined life and must not indulge in restless activities and reckless sense enjoyment.
3. **Training of mind:** Mental development involves intellectual culture and emotional balance. The former is a part of educational training, the later requires development of will power by following disciplined mental life and having love and respect for our own life. But this love for life ensures as a result of having found a certain meaning or objective of life.
4. **Meaningful Life/ Objective of Life:** Living a meaningful life is the most important factor in personality development. As psychologists point out meaninglessness in life leads to three important psychological maladies: 1. Depression 2. Aggression 3. Addiction. When man feels that his life is completely meaningless either for himself or for others, he either kills himself or kills others or becomes addicted to some intoxicant Life becomes valuable only when it fulfils certain felt needs, then it has a certain meaning. Life is more valuable than anything external and it can find its meaning only in something which is more valuable and nobler than the life itself. And what is more valuable than an awareness of the true divine self, i.e. the core of our personality.

Meaningful relation with Society:

Man's life is connected with the society at all levels-physical, intellectual, moral and also spiritual. A society is not merely a collection of individuals but is rather a cultural organization. Man draws cultural input from society when he is young and gives culture to the society by putting good use of his talents and virtues. So he must have a meaningful relation with the society:

1. **Social relationship and love:** Our relationship with others depends upon our attitude towards them and our attitude towards ourselves. If we consider ourselves to be spiritual and our aim is spiritual we naturally tend to regard others also as spiritual and try to help them spiritually respecting their position and level of development. This is true love. What is really good for individual must be good for society at large
2. **Give and Take attitude:** For a meaningful relationship with society, there must be a give and take attitude amongst the people. We receive from the society, so we must give.
3. **Work and Social relationship:** Work links the individual to the society. So a proper attitude towards work is essential for the individual if he is to have a meaningful relationship with others. No work is entirely personal. Every work has got its social dimensions. Every work is a part of the cosmic wheel of action.
4. **Primary Social Link:** Our relationship with society starts from where we are. If we live in a family we must first try to develop a meaningful relationship with the other family members and then gradually we must try to extend our relationship to others. If we cannot live happily with our near and dear ones, our relationship with other people cannot come about genuinely. So our meaningful relationship with society begins from the home or the organization with which we are associated.

Conclusion

We can therefore, define human personality as follows: It is a self-conscious psycho-physical entity living a meaningful life and having a meaningful relationship with the society.

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