

Self Development through Soft Skills

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Abstract :- As scientific research in personality goes forward, there is a growing realization that the personality pattern of the individual is a product of learning through life experiences. Now a days every life roles. Personality is of major significance. Even before he finishes first grade, the school child knows that the most popular children are those with a “good” personality. In junior high school, student realize that a pleasing personality is more desirable than intelligence, scholastic achievement. With the growth of big business and the inevitable decline of individual enterprise gifting along well with one's fellowworkers and making a good impression on the boss. Reaching the top of the business ladder depends more on personality than on intellectual ability. One each and every step of life positive personality reflects our life day by day such personality can improved with the help of soft skills.

Key words:- Personality, soft skills, development

Introduction :- The personality pattern is composed of a core or center of gravity, called the “concept of self” and an integrated system of learned responses, called traits. These are interrelated with the core influencing the traits, which are the individual's characteristic methods of adjustment to life situations. Many years ago, James called the core of personality patter, which provides its unity, the “self”.

The importance of the self concept in the personality pattern is evidenced by the labels usually given it. It is referred to as the core or center of gravity of the pattern.

Components of the self concept :- The concept of self has three major components : 1) The perceptual 2) The conceptual 3) The attitudinal. The perceptual component is the image the person has of the appearances of his body and of the impression he makes on others. The conceptual components is the person's conception of his distinctive characteristics, his abilities and disabilities his background and origins, and his future. The attitudinal components are the feelings a person has about himself, his attitudes about his person status and future prospects, his feelings about his worthiness and his attitudes of self-esteem.

Kinds of self-concept :- James was the first to suggest that a person has many selves. The “real self” for example is what a person really believes he is his “ideal self” is the person he aspires to be and his “social self” is what he believes others thinks other think of him and how they perceive him. The basic self concept correspond to Jame's concept of the real self. It is the person's concept of what he really is.

Need of self skills to develop self :- Soft Skills are learned behaviours which require training and focussed application. Soft skills will enable students with a strong conceptual

and practical framework to build, develop and manage teams. They play an important role in the development of the students' overall personality, thereby enhancing their career prospects. Training in soft skills provides strong practical orientation to the students and help them in building and improving their skills in communication, the effective use of English, business correspondence, presentations, team-building, leadership, time management, group discussions, interviews and interpersonal skills. It also helps students in career visioning and planning, effective resume writing and dealing with placement consultants and head hunters.

Parts of Soft Skills :- Soft Skills have two parts. One part involves developing attitudes and attributes, and the other part involves fine-tuning communication skills to express attitudes, ideas and thoughts well. Crucial to successful work is the perfect integration of ideas and attitudes, with appropriate communication skills in oral, written and non-verbal areas. Attitudes and skills are integral to soft skills. Each one influences and complements the other.

Companies are looking for candidates who are smart and can present themselves well. Soft Skills training has become a must for the students who want to go for job or higher studies. Soft skill is not a visible skill like the domain subject content in a student but it helps in improving the personality of the person. It gives finishing touch to the personality. It includes communication skills, interpersonal skills, group dynamics, team work, body language, etiquettes, selling skills, presentation skills, confidence building etc. Soft skills along with grammar, pronunciation and vocabulary exercises will boost the confidence of students

Development of Human potentials :- Soft skills help in improving human potential. Soft skills for students increase their comfort level. It is the acronym for situational awareness, presence, authenticity, clarity and empathy. Team debates, team presentations and self-reflections are essential for developing soft skills. Soft skills play a crucial role in making students employable as it enables them to be flexible, positive to change, handle ever-increasing expectations of employers and to stay globally competitive.

Self improvement through soft skills :- The various self-concepts described in the preceding sections develop at different times, depending on the individual's life experiences but the pattern of development from one person to another is fairly predictable with the help of implementation of soft skills from school level it helps to improve personality from earlier stage.

Conclusion :- The term skills refers to the entire spectrum of talents, traits and practical knowledge that each of us possesses. Skills are specialized abilities to do things well and the know-how to perform a given task effectively. Soft skills is a sociological term relating to a person's cluster of personality traits, social graces and optimism that characterize relationships with other people. Soft skills are imparted to fine-tune the person's attitudes. Values, beliefs, feelings, desires, willingness to share, persuasion so that person will be able to deal with different situations diligently and responsibly.

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