

Spiritual Approach: Indispensable in Leading to Enhancement of Personality and Living Standards of the Individuals

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Abstract

Throughout the lives of the individuals, irrespective of their communities, categories and backgrounds, one needs to put emphasis upon the spiritual approach to personality development. When the individuals acknowledge the meaning and significance of the spiritual approach to personality development, they will contribute in a significant manner in emerging into good human beings and productive citizens of the country. Furthermore, spiritual approach will enable the individuals to implement morality and ethics. These traits will prove to be beneficial to the individuals in achieving desired goals and objectives in both personal and professional spheres; do well in one's job duties; form cordial and amiable terms and relationships with others and lead to up-gradation of one's overall quality of lives. Within homes as well as outside the homes in educational institutions and in employment settings, one is putting emphasis upon imparting information in terms of various aspects that would lead to reinforcement of spiritual approach to personality development. The individuals need to understand this approach and implement it in their lives. Therefore, one can understand that spiritual approach is indispensable in leading to enhancement of personality and living standards of the individuals. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of spiritual approach to personality development, measures to lead to up-gradation of spiritual approach to personality development and spiritual approach to personality development contributes significantly in emerging into productive human beings.

Keywords: Appropriately, Competencies, Ethics, Morality, Personality Development, Productive, Spiritual

Introduction

Spiritual is referred to divine and mystical. The spiritual approach to personality development is the approach that puts emphasis upon the traits that enables the individuals to be good human beings and productive citizens of the country. From the stage of early childhood throughout the lives of the individuals, it is apparently understood that all individuals aspire to carry out good deeds. The spiritual approach to personality

development puts emphasis upon the traits of morality and ethics. When the individuals recognize the meaning and significance of the traits of morality and ethics, they augment their skills and abilities to carry out various tasks and activities in a competent and well-ordered manner. Furthermore, when the individuals are moral and ethical in their conduct, they depict honesty, righteousness and truthfulness in their job duties and activities (Truthfulness, 2021). One

is able to deal with other individuals in an appropriate manner. Hence, it is well-understood, when the individuals are moral and ethical in their conduct, they are able to render an important contribution in the implementation of various job duties and achievement of goals and objectives. Therefore, in order to up-grade spiritual approach, one needs to put emphasis upon the traits of morality and ethics.

All individuals need to be self-aware in terms of themselves. Self-awareness enables the individuals to conduct an analysis of their strengths and limitations (Forsey, 2018). One needs to put emphasis upon reinforcement of strengths and elimination of limitations. The individuals are putting emphasis upon leading to enhancement of their career prospects and bringing about improvements in their overall quality of lives. For this purpose, they need to ensure, they reinforce their strengths and positive points. As good points will prove to be beneficial to the individuals to a major extent. On the other hand, limitations may prove to be impediments within the course of achievement of goals and objectives. When the individuals are putting into operation any job duties or are dealing with others, they need to develop motivation. The development of motivation will stimulate the mind-sets of the individuals. They will develop enthusiasm towards the implementation of various tasks and activities. Motivated individuals will not form any negative viewpoints in terms of various factors. In addition, they will put in their best abilities to do well in their jobs and generate the desired outcomes. Therefore, it can be stated, when the individuals will put emphasis upon the factors of self-awareness and motivation, one is putting emphasis upon up-gradation of spiritual approach.

In educational institutions at all levels and in various types of organizations, there are individuals in leadership positions. These individuals have the main aim of ensuring their subordinates are proceeding in the right direction (What are the Top Leadership Skills that Make a Great Leader, 2020). The leaders make provision

of adequate information and guide their subordinates in a well-ordered and regimented manner. Apart from making provision of information in terms of various aspects that are work-related, the leaders put emphasis upon the factors that are necessary for the individuals to emerge into principled human beings. Hence, when the leaders are putting into operation their job duties, they need to put emphasis upon inculcation of honesty, decency, kindness, and generosity among individuals. In this manner, they are focusing upon spiritual approach. The spiritual approach to personality development puts emphasis upon the factor that individuals should form cordial and pleasant terms and relationships with others. One needs to communicate with others in an effective manner and treat others with respect and courtesy. When there are occurrence of any types of problems, then also the individuals need to form constructive viewpoints in terms of various aspects. Therefore, it is well-understood, when the individuals put emphasis upon inculcation of the traits of honesty, decency, kindness, and generosity, they will be able to reinforce spiritual approach to personality development.

Understanding the Meaning and Significance of Spiritual Approach to Personality Development

In India as well as in other countries of the world, the individuals form the viewpoint that when they will put emphasis upon the spiritual approach to personality development, they will be able to render a significant contribution in doing well in their job duties, achieve desired goals and objectives, emerge into moral and ethical human beings and bring about improvements in one's overall quality of lives. In one's lives, the individuals should aim to perform good deeds. They need to possess positive feelings in terms of all individuals and eliminate the feelings of antagonism and hatred. It is necessary for the individuals to differentiate between appropriate and inappropriate. Hence, spiritual approach enables the individuals to make selection of appropriate aspects. Furthermore, one ensures that these prove to be

beneficial and meaningful to them on a wide scale. Therefore, the individuals are able to acquire an efficient understanding of the meaning and significance of spiritual approach to personality development, when it proves to be meaningful in leading to up-gradation of one's overall quality of lives.

The individuals, belonging to all age groups, genders, communities, categories and backgrounds are imparted information that they need to possess strong religious beliefs. One should have faith in the Almighty and offer prayers on daily basis. In schools, the assembly is organized in the morning, when students, teachers and other staff members are present. When the individuals are going to the office or are to participate in any task, they worship the Almighty. Worshipping and offering prayers are regarded as vital, when the individuals are determined and dedicated towards leading to enrichment of their overall quality of lives. The individuals form the viewpoint that blessings from the Almighty will help them to achieve success. One of the important aspects that needs to be taken into account is, offering prayers contributes in inculcating positive energy. Positive energy is regarded as indispensable for the individuals to perform good deeds and enhancing one's overall living conditions. Therefore, the individuals are able to acquire an efficient understanding of the meaning and significance of spiritual approach to personality development, when they are able to put into practice their job duties in a successful manner.

Measures to lead to Up-gradation of Spiritual Approach to Personality Development

The individuals need to be well-versed in terms of various measures to lead to up-gradation of spiritual approach to personality development. The information in terms of these measures can be acquired either through conducting research or through communicating with others. The communication takes place with family members, instructors, supervisors, classmates, colleagues, neighbours and other community members. In the implementation of this task, one needs to ensure, one puts into

operation the measures in an adequate manner. As up-gradation of spiritual approach to personality development is useful to lead to enrichment of the overall living conditions. In some cases, when there are occurrence of various types of problems and difficulties, which cannot be dealt with on one's own, one needs to obtain support and assistance from others. The research studies have indicated, when the individuals are able to put into practice the measures in an appropriate manner, they will benefit to a major extent. On the other hand, when the individuals are unable to lead to reinforcement of spiritual approach to personality development, they are likely to experience unfavourable effects. Hence, it is of utmost significance for the individuals to be well-equipped in terms of these measures. The measures to lead to up-gradation of spiritual approach to personality development are stated as follows:

Recognizing the Meaning and Significance of the Traits of Morality and Ethics

When the individuals recognize the meaning and significance of the traits of morality and ethics, they augment their knowledge and abilities to carry out various tasks and activities in a competent and well-ordered manner. Furthermore, when the individuals are moral and ethical in their conduct, they depict honesty, righteousness and truthfulness in their job duties and activities. Hence, the traits of morality and ethics are regarded as indispensable. It is necessary for the individuals to differentiate between appropriate and inappropriate. Hence, morality and ethics enables the individuals to make selection of those aspects, which prove to be beneficial and meaningful to them on a wide scale. In addition, one understands that they are required to deal with other individuals in an appropriate manner. Problems and difficulties need to be coped with in a calm and composed manner. Hence, it is well-understood, when the individuals are moral and ethical in their conduct, they are able to render an important contribution in the implementation of various types of job duties and achievement of goals and objectives.

Therefore, recognizing the meaning and significance of the traits of morality and ethics is a measure to lead to up-gradation of spiritual approach to personality development, which has been acknowledged by the individuals on a comprehensive basis.

Development of Motivation

When the individuals are putting into operation any job duties or are working in collaboration and integration with others, they need to develop motivation (Motivation, 2021). It is comprehensively understood that they aim to do well and generate the desired outcomes. For this purpose, the development of motivation is regarded as effective and meaningful. Motivation is referred to the enthusiasm, which the individuals need to strengthen. This will enable them to do well in one's jobs, fulfil the expectations of their instructors and supervisors and generate the desired outcomes. The development of motivation will stimulate the mind-sets of the individuals. They will develop enthusiasm towards the implementation of various tasks and activities. Motivated individuals will not form any negative viewpoints in terms of various factors. In addition, they will put in their best abilities to do well in their jobs and generate the desired outcomes. Hence, it is understood, when the individuals will put emphasis upon the factor of motivation, one is putting emphasis upon up-gradation of spiritual approach. Therefore, development of motivation is a measure to lead to up-gradation of spiritual approach to personality development. This has been recognized by the individuals within the course of implementation of job duties in both personal and professional lives.

Implementation of Job Duties in a Well-organized Manner

The individuals are different from each other in terms of number of factors. Whether they are pursuing education or are engaged in employment opportunities or are having their own business or are implementing the household responsibilities, they aspire to put into operation their job duties in a well-organized and satisfactory manner. For this purpose, there are

various aspects that need to be taken into account by the individuals, i.e. being well-aware in terms of methods and approaches; generating information regarding modern and innovative methods; augmenting skills and abilities; making wise and productive decisions; taking out time for all tasks and activities; depicting efficiency, diligence and conscientiousness; forming cordial and pleasant terms and relationships with others; coping with problems and difficulties in an appropriate manner; forming constructive viewpoints in terms of various factors and promoting a normal mind-set. When these factors are implemented, one is not only able to do well in one's tasks and activities, but also lead to enhancement of the spiritual approach to personality development. Therefore, implementation of job duties in a well-organized manner is a measure to lead to up-gradation of spiritual approach to personality development. This has been identified by the individuals within the course of putting into operation various tasks and activities within as well as outside the homes.

Forming Cordial and Pleasant Terms and Relationships with others

The spiritual approach to personality development puts emphasis upon the factor that individuals should form cordial and pleasant terms and relationships with others. This is necessary within as well as outside the homes. In this case, one needs to communicate with others in an effective manner and treat others with respect and courtesy. Furthermore, one needs to form constructive viewpoints in terms of various aspects and accept each other's cultures and norms. When there are occurrence of any types of problems, then also the individuals need to ensure they communicate and deal with others in a respectful manner. As when they will need help in providing solutions to various problems, one will be able to interact with others in an effective manner. When the individuals will form cordial and pleasant terms and relationships with others, they will develop motivation towards putting into operation various tasks and activities in personal and professional spheres. Hence, they will be able to incur the feelings of pleasure and

contentment. Therefore, forming cordial and pleasant terms and relationships with others is a measure to lead to up-gradation of spiritual approach to personality development. This needs to be categorised by the individuals, particularly when they are focused upon leading to enhancement of their personalities and overall living conditions.

Generating Self-awareness

All individuals need to be self-aware in terms of themselves. In other words, one needs to know oneself in an adequate manner. One of the important aspects that needs to be taken into account is, one needs to learn and augment their knowledge, skills and abilities throughout their lives. Self-awareness enables the individuals to conduct an analysis of their strengths and limitations. One needs to put emphasis upon reinforcement of strengths and elimination of limitations. The individuals are putting emphasis upon leading to enhancement of their career prospects and bringing about improvements in their overall quality of lives. For this purpose, they need to ensure, they reinforce their strengths and positive points. As good points will prove to be beneficial to the individuals to a major extent. On the other hand, limitations may prove to be impediments within the course of achievement of goals and objectives. When the individuals are putting into operation any job duties or are dealing with others, they need to make sure, they do not let limitations to give rise to barriers. Therefore, generating self-awareness is a measure to lead to up-gradation of spiritual approach to personality development, which needs to be ascertained by the individuals, irrespective of their age groups, gender, communities, categories and backgrounds.

Putting into Operation Leadership Functions in an Effective Manner

In educational institutions at all levels and in various types of organizations, there are individuals in leadership positions. These individuals have the main aim of ensuring their subordinates are proceeding in the right direction. The leaders need to focus upon various aspects, i.e. providing solutions to the problems

of the subordinates; managing resources in an appropriate manner; providing infrastructure, amenities and facilities within the workplace; taking out time for all job duties; communicating with the subordinates on regular basis; implementing grievance redresser procedures; augmenting technical skills; making wise decisions; creating an amiable environment within the workplace and promoting well-being and goodwill. The leaders make provision of adequate information and guide their subordinates in a well-ordered and regimented manner. Apart from making provision of information in terms of various aspects that are work-related, the leaders put emphasis upon the factors that are necessary for the individuals to emerge into principled human beings. Hence, when the leaders are putting into operation their job duties, they need to put emphasis upon inculcation of honesty, truthfulness, decency, kindness, and generosity among individuals. In this manner, they are focusing upon spiritual approach. Therefore, putting into operation leadership functions in an effective manner is a measure to lead to up-gradation of spiritual approach to personality development, which needs to be practiced on a regular basis by the individuals in leadership positions.

Reinforcing the Traits of Helpfulness and Co-operation

Reinforcement of the traits of helpfulness and co-operation is necessary for the individuals throughout their lives. When the individuals are helpful and co-operative in nature, they will contribute in an effective manner in forming a social circle. When the individuals are overwhelmed by any problems and difficulties and are not able to provide solutions to them on their own, they approach others. On the other hand, when others are overwhelmed with various types of problems and difficulties, they also need support and help, hence, it is of utmost significance to reinforce these traits throughout their lives. In educational institutions at all levels, in various types of organizations and within households, when the individuals focus upon reinforcement of these traits, they are able to

form cordial and sociable terms and relationships with others. Furthermore, they will be able to do well in their job duties, achieve desired goals and objectives and incur the feelings of pleasure and contentment. The family members, relatives, friends, instructors, supervisors and other individuals make provision of information regarding these traits. Therefore, reinforcing the traits of helpfulness and co-operation is a measure to lead to up-gradation of spiritual approach to personality development. This needs to be implemented by the individuals, throughout their lives, irrespective of their communities, categories and backgrounds.

Coping with Problems and Difficulties in an Appropriate Manner

Problems and difficulties are regarded as an integral part of the lives of the individuals. The individuals need to ensure that various types of problems and difficulties are solved and they do not cause any unfavourable effects. When the individuals are overwhelmed by any problems and difficulties and are not able to provide solutions to them on their own, they approach others. In other words, when the individuals are wholeheartedly determined towards making provision of solutions to various types of problems and difficulties, they augment their knowledge and understanding in terms of various types of methods, approaches and strategies. One of the important aspects that needs to be taken into account is, one needs to have faith in oneself and formconstructive viewpoints in terms of various factors. Positive thinking and possession of adequate information will contribute in an effective manner in coping with problems and difficulties, doing well in one's job duties and in generating the desired outcomes. Therefore, coping with problems and difficulties in an appropriate manner is a measure to lead to up-gradation of spiritual approach to personality development. This needs to be accepted by the individuals within the course of implementation of tasks and activities, which are personal as well as professional in nature.

Forming Constructive Viewpoints in terms of various Factors

In the lives of the individuals in both personal and professional spheres, they do experience situations, which may not be pleasant and favourable. But when the individuals are motivated and determined, they will formconstructive viewpoints in terms of various factors. In educational institutions at all levels and in various types of employment settings, there are various factors, which the individuals do not appreciate. But formation ofconstructive viewpoints will facilitate in achievement of goals and objectives and leading to up-gradation of the overall structure of the organizations. They feel that constructive viewpoints will enable them to bring about transformations in an appropriate manner. One of the important aspects that needs to be taken into account is, one needs to have faith in oneself and formconstructive viewpoints in terms of various factors. Implementation of constructive viewpoints and possession of adequate information will contribute in an effective manner in providing solutions to various types of problems and difficulties, doing well in one's job duties and in generating the desired outcomes. Therefore, forming constructive viewpoints in terms of various factors is a measure to lead to up-gradation of spiritual approach to personality development, which needs to be documented by the individuals, particularly when they are overwhelmed by various types of problems and challenges.

Managing Psychological Problems in an Effective Manner

In the lives of the individuals in both personal and professional spheres, they do experience situations, which may enable them to experience the psychological problems of anger, stress, anxiety and frustration (Types of Mental Health Issues and Illnesses, 2020). These are natural and individuals do experience them at some point of time in their lives. These are experienced on a frequent as well as on a less frequent basis. But the individuals need to be well-equipped in terms of measures and approaches to curb them and prevent them from assuming a major form. The psychological problems should not prove to be impediments

within the course of putting into operation one's job duties in a well-ordered manner, achievement of goals and objectives, enhancing one's personality traits and bringing about improvements in one's overall quality of lives. In managing psychological problems in an effective manner, one needs to obtain guidance and support from the other individuals as well, i.e. family members, relatives, friends, instructors, supervisors, employers, medical practitioners, health care specialists and professional counsellors. Therefore, managing psychological problems in an effective manner is a measure to lead to up-gradation of spiritual approach to personality development, which needs to be documented by the individuals, when they are overwhelmed by these problems and are experiencing problems in curbing them.

Spiritual Approach to Personality Development contributes significantly in emerging into Productive Human Beings

It is apparently understood that individuals are making selection of different fields in accordance to their skills and abilities. The various types of fields, which are chosen are, education, business, management, engineering, medical, health care, science, technology, law, arts, and so forth. When one is making selection of various fields, they will inculcate the traits of diligence, resourcefulness and conscientiousness. These traits will enable them to do well in their job duties and generate the desired outcomes. When the individuals are putting into practice job duties and responsibilities in these fields, they need to ensure that they promote well-being and goodwill of not only themselves, but also their families and communities. In this manner, they are also recognizing the importance of the spiritual approach. As they are putting into operation the traits of kindness and generosity. Furthermore, one will also be able to lead to up-gradation of personality development as well as the overall standards of living. Therefore, it is well-understood that spiritual approach to personality development contributes significantly in emerging into productive human beings.

In emerging into productive human beings, there are number of factors that need to be taken into account, i.e. generate information in terms of job duties and responsibilities; be well-aware in terms of methods and approaches; generate information regarding modern and innovative methods; augment skills and abilities; make wise and productive decisions; take out time for all tasks and activities; depict efficiency, diligence and conscientiousness; form cordial and pleasant terms and relationships with others; cope with problems and difficulties in an appropriate manner; form constructive viewpoints in terms of various factors and promote a normal mind-set. When these factors are implemented, one is not only able to do well in one's tasks and activities, but also lead to enhancement of the spiritual approach to personality development. Hence, throughout the lives of the individuals, one needs to put into practice these factors on a continuous basis. Therefore, when the individuals are able to benefit through these factors, they will be able to recognize that spiritual approach to personality development contributes significantly in emerging into productive human beings.

It is comprehensively understood, one cannot live their lives in seclusion. In other words, it is indispensable for the individuals to communicate with others in an effective manner and form a social circle. The social circle comprises of friends, relatives and other individuals. The communication processes takes place with these individuals. Within the course of putting into practice various tasks and activities, when there are occurrence of various types of problems, one has to obtain help from others. On the other hand, when one has to generate information in terms of various factors or exchange ideas and viewpoints, one has to put into operation the communication processes in an effective manner. One should treat each other with respect and courtesy. These factors will render a significant contribution in formation of an effective social circle. When the individuals have a social circle, they will lead to up-gradation of their overall personality traits as well.

Therefore, when the individuals implement communication processes in an effective manner and treat others with respect and courtesy, they will be able to recognize that spiritual approach to personality development contributes significantly in emerging into productive human beings.

Emerging into productive human beings is regarded as one of the primary goals of the individuals. Apart from this goal, there are number of other goals as well, i.e. acquisition of good-quality education, getting engaged in well-paid and reputed employment opportunities, promoting health and well-being, physically as well as psychologically, forming an effective social circle, augmenting skills and abilities, inculcating the traits of morality and ethics, and sustaining one's living conditions in an effective manner. In order to achieve these goals and objectives, one needs to be well-aware in terms of various methods, procedures and approaches, form positive viewpoints regarding others and develop confidence to cope with various types of problems and challenges in a well-ordered manner. When the individuals focus upon achievement of all the essential goals and objectives, they will have to lead to up-gradation of their overall personality traits as well. Therefore, when the individuals are determined towards achievement of goals and objectives in personal and professional spheres, they will be able to recognize that spiritual approach to

personality development contributes significantly in emerging into productive human beings.

Conclusion

The spiritual approach to personality development is the approach that puts emphasis upon the traits that enables the individuals to emerge into good human beings and productive citizens of the country. Hence, from the stage of early childhood, throughout the lives of the individuals, one needs to focus upon honing spiritual approach. Measures to lead to up-gradation of spiritual approach to personality development are, recognizing the meaning and significance of the traits of morality and ethics, development of motivation, implementation of job duties in a well-organized manner, forming cordial and pleasant terms and relationships with others, generating self-awareness, putting into operation leadership functions in an effective manner, reinforcing the traits of helpfulness and co-operation, coping with problems and difficulties in an appropriate manner, forming constructive viewpoints in terms of various factors and managing psychological problems in an effective manner. Spiritual approach to personality development contributes significantly in emerging into productive human beings. Finally, it can be stated, when the individuals focus upon up-gradation of spiritual approach, they will be able to bring about improvements in personality traits. Furthermore, one needs to emerge into moral and ethical human beings and productive citizens of the country.

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