

Understanding the Basics of Personality

Corresponding Author:

Dr. Radhika Kapur

University of Delhi, Department of Adult , Continuing Education & Extension PhD

Email: radhikakapur2004@hotmail.com

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ABSTRACT:

The main objective of this research paper is to acquire an efficient understanding of the basics of personality. From the stage of early childhood, throughout the lives of the individuals, it is apparently understood that they aspire to be successful in the implementation of different types of tasks and activities. For this purposes, it is apparent that individuals are to be well-informed in terms of different types of job duties. In addition, one needs to be well-equipped in terms of methodologies and procedures. Furthermore, one needs to put emphasis on promoting enrichment of overall personality traits. Having a pleasant personality and an approachable nature will be facilitating in leading to progression of individuals. This is facilitating to the individuals in communicating with these in an effective manner. In addition, one will obtain assistance from others in cases, they are overwhelmed by various types of setbacks. Furthermore, individuals will render an important contribution in leading to up-gradation of motivation and concentration levels towards tasks and activities. One of the important aspects is, individuals will form positive viewpoints regarding various factors and individuals. Therefore, acquiring an efficient understanding of basics of personality is approving to the individuals to a major extent. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of basics of personality, basics of personality and measures to be implemented in reinforcing positivity in basics of personality.

Keywords: *Implementation, Individuals, Job Duties, Measures, Methods, Personality, Positivity, Reinforcement*

INTRODUCTION:

An aimless life is regarded as the meaningless life. Hence, all individuals, irrespective of communities, categories and socio-economic backgrounds have different types of goals and objectives to achieve. These are in personal and professional lives of the individuals. In order to achieve all types of goals and objectives, the individuals are required to promote enrichment of their overall personality traits. Hence, they are required to be well-informed in terms of different types of methods and procedures, which are necessary in leading to up-gradation of their personalities (Airaksinen, n.d.). It is necessary to acquire an efficient understanding of basics of personality. Personality refers to the enduring characteristics and behaviour that comprise a person's unique adjustment to life, including major traits, interests, drives, values, self-concepts, abilities and emotional patterns. These factors distinguish the person from others. The individuals are required to focus on enhancing their overall personality traits throughout their lives. Therefore, it is understood on a comprehensive basis that promoting enhancement of personality traits is regarded as vital in bringing about improvements in one's overall quality of lives. Personality describes the unique patterns of thoughts,

feelings and behaviours that distinguish the person from others. It is apparently understood that individuals experience variety of situations in their lives, which enable them to experience different types of emotions, i.e. anger, frustration, anxiety, depression, happiness, pleasure, gladness, contentment and so forth (Butts, n.d.). These are experienced in a major or minor form. The individuals are required to manage these in an effective manner. They need to promote a normal mind-set. The individuals are required to be well-equipped in terms of different types of job duties and responsibilities. Furthermore, they are required to be well-aware in terms of different types of methods and procedures, which are facilitating in doing well in one's job duties and generating desired outcomes. The main objective of individuals is to make sure, they render an important contribution in generating desired outcomes. As a consequence, they will contribute efficiently in pleasing others, including family and community members. Therefore, individuals, throughout their lives need to manage emotions in order to promote enhancement of overall personality traits.

Understanding the Meaning and Significance of Basics of Personality:

From the stage of early childhood, throughout the lives of the individuals, they are required to understand the meaning and significance of morality and ethics. These traits need to be acknowledged and reinforced by individuals on a comprehensive basis. The individuals with these traits are appreciated in all settings. Within homes, public places, educational institutions, and employment settings, these individuals are admired and revered on a comprehensive basis. It is apparently understood that the individuals, belonging to all occupations aspire to put into operation their job duties in an efficacious manner. In order to be successful and cope with all types of dilemmas in an efficient manner, the individuals are required to not only be well-informed regarding their job duties and procedures, but they need to form cordial and amiable terms and relationships with each other. Hence, these traits are facilitating in differentiating between appropriate and inappropriate factors. Furthermore, reinforcement takes place of traits of efficiency, honesty and truthfulness. Therefore, individuals acquire an efficient understanding of meaning and significance of basics of personality when morality and ethics are acknowledged and reinforced.

Within personal and professional lives, individuals experience various types of psychological problems, i.e. anger, stress, anxiety, frustration and depression. These are experienced by the individuals, belonging to all age groups. It is necessary for individuals to be well-informed in terms of various types of methods and approaches to control these. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. As a consequence of experiencing these, individuals experience decline in motivation and concentration levels in terms of their job duties and responsibilities. Hence, in order to carry out all types of job duties successfully, individuals need to prevent these problems from assuming a major form. Hence, coping with psychological problems in an effective manner is vital in reinforcing positivity in basics of personality. Therefore, one is able to acquire an understanding of meaning and significance of basics of personality when psychological problems are coped with in an effective manner.

The individuals, belonging to all age groups, occupations and socio-economic backgrounds need to be well-informed in terms of various factors, i.e. implementing effective communication processes; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; making wise and productive decisions regarding various factors; augmenting competencies and abilities; promoting good health, physically and psychologically; coping with psychological problems in an effective manner; being well-informed in terms of job duties and

responsibilities; being well-aware in terms of methods and procedures; putting into operation various types of pioneering methods and materials; taking out sufficient amount of time for all tasks and activities; honing analytical, critical-thinking and problem-solving skills; leading to up-gradation of motivation and concentration levels and forming cordial and amiable terms and relationships with family and community members. As a consequence of acknowledging and implementing all the factors, individuals will render an important contribution in understanding basics of personality. Therefore, an understanding of the meaning and significance of basics of personality is acquired, when information is augmented in terms of all essential factors.

Basics of Personality:

Personality describes the unique patterns of thoughts, feelings and behaviours that distinguish the person from others. All individuals are different from each other in terms of their personality traits. It is apparently understood that individuals experience variety of situations in their lives, which enable them to experience different types of emotions, i.e. anger, frustration, anxiety, depression, happiness, pleasure, gladness, contentment and so forth. These are experienced in a major or minor form. These emotions render an important contribution in shaping the overall personality traits of the individuals. The individuals need to understand that basics of personality are regarded as vital in bringing about transformations in overall quality of lives of individuals (Code of Professional Ethics, 1999). One of the important aspects that needs to be taken into account by individuals on a comprehensive basis is, they need to be well-informed in terms of traits of morality, ethics, diligence and conscientiousness. As a consequence, they will play an important part in leading to up-gradation of overall personality traits. Basics of personality are stated as follows:

Introversion:

Introversion is a basic of personality, which is characterised by self-absorption, inwardness, and shyness. The individuals, belonging to all communities are having small or large families. The individuals, who are living in small families or are only children of their parents usually, develop an introvert personality. They keep to themselves and do not take pleasure in putting into operation effective communication processes with other members, including family and community. One of the positive aspects is, they are wholeheartedly committed towards the implementation of different types of job duties and responsibilities. In other words, when they are engaged in certain tasks and activities, they put in their best efforts (Mishra, & Sharma, 2010).

One of the major weaknesses is, they do not take pleasure in interacting and socialising with others.

Living in introversion in some cases is negative upon the overall personality traits of the individuals. Hence, from the stage of early childhood, throughout the lives of the individuals, they need to understand that introversion should be prevented from assuming a major form. Hence, individuals need to form an effective social circle. The social circle is regarded as vital in promoting enrichment of overall personality traits. Therefore, introversion needs to be prevented from giving rise to impediments within the course of promoting enrichment of overall personality traits of individuals.

Extroversion:

Extroversion is referred to sociability, friendliness, gregariousness and self-confidence. From the stage of early childhood, throughout the lives of the individuals, they need to understand that loneliness and seclusion are regarded as chronic and distressful conditions. These need to be prevented from assuming a major form. Hence, individuals need to create an effective social circle. The social circle comprises of family members, friends, relatives, educators, employers, classmates, colleagues, and so forth. The formation of social circle enables the individuals to give rise to extroversion. The individuals need to acknowledge the meaning and significance of effective communication processes. This is regarded as fundamental in reinforcing extroversion.

The individuals need to understand that developing an extrovert personality should be within certain limits. In other words, being extrovert on a comprehensive basis has detrimental effects on the overall personality traits and living conditions of the individuals. As a consequence, in some cases, individuals tend to neglect their job duties and responsibilities as well. Hence, one needs to be social to a certain extent. Within and outside the homes, i.e. within personal and professional lives, it is necessary for individuals to be well-informed in terms of different types of job duties and methodologies. Therefore, extroversion is necessary in order to lead to up-gradation of overall standards of living of individuals, but to a certain extent.

Confidence:

Confidence is referred to assurance. In the personal and professional lives of the individuals, they are required to put into operation number of tasks and activities. Some are manageable, some are complicated, some job duties are put into operation on one's own on an individual basis, whereas, others are carried out through working in co-ordination with others. Some of the job duties can be implemented in less amount of time, whereas, others are more time-consuming. Hence, in order to carry out all types of job duties and responsibilities in a well-organized manner and generating desired outcomes, the individuals are required to lead to up-gradation of confidence levels.

These are regarded as the key in overcoming the feelings of apprehensiveness and vulnerability. These are regarded as negative feelings, which are required to be overcome and prevented from giving rise to impediments within the course of putting into operation different types of job duties and responsibilities. When the individuals are confident, they will render an important contribution in leading to up-gradation of their overall personality traits. The main reason being, the individuals will reinforce a constructive approach. Furthermore, they will form positive viewpoints in terms of various factors and put in their best efforts in doing well in their tasks and activities. As a consequence, they will render an important contribution in overcoming all types of impediments. In this manner, they will do well in their job duties and achieve desired goals. Therefore, individuals, belonging to all types of occupations need to put emphasis on leading to up-gradation of confidence levels in carrying out all types of tasks in a well-organized manner.

Apprehensiveness:

Apprehensiveness is referred to fearfulness and anxiety. It is apparently understood that individuals do experience different types of situations in their lives, which enable them to be overwhelmed by the feeling of apprehensiveness. It is referred to the negative feeling, which may have unfavourable effects on the tasks and activities of individuals. Hence, it is of utmost significance for individuals to be well-versed in terms of methods and approaches to overcome this feeling. The individuals are required to be well-equipped in terms of different types of job duties and responsibilities. Furthermore, they are required to be well-aware in terms of different types of methods and procedures, which are facilitating in doing well in one's job duties and generating desired outcomes.

In order to achieve desired goals and objectives, the individuals are required to overcome the feeling of apprehensiveness. In other words, in putting into operation, different types of job duties, this feeling needs to be prevented from giving rise to impediments. One of the important aspects is, individuals need to augment their awareness, competencies and abilities. Furthermore, the individuals need to lead to up-gradation of their confidence levels. As a consequence, they will render an important contribution in doing well in one's job duties, achieving desired goals and meeting the expectations of others. Furthermore, individuals will be able to incur the feelings of pleasure and contentment. Therefore, apprehensiveness is a negative feeling, but needs to be overcome in order to promote enhancement of overall personality traits.

Agreeableness:

From the stage of early childhood, individuals are imparted information in terms of meaning and significance of agreeableness. It is referred to

cordiality, sociability, friendliness, kindness and thoughtfulness. Within personal and professional lives of the individuals, there are number of tasks and activities, which are put into operation on an individual basis, whereas, in cases of others, individuals are required to work in co-ordination with others. But the reinforcement of the basic of personality of agreeableness has been favourable to the individuals on a comprehensive basis. As a consequence, individuals will be able to do well in one's job duties, achieve desired goals and meet the expectations of others. Furthermore, individuals will render an important contribution in incurring the feelings of pleasure and contentment. It is apparently understood that individuals, belonging to all occupations aspire to put into operation their job duties successfully. In order to be successful and overcome all types of setbacks, the individuals are required to be well-informed in terms of not only their job duties and methodologies, but they also need to form cordial and amiable terms and relationships with family and community members. Within all types of professional settings, i.e. educational institutions of all levels and various types of employment settings, cordiality and pleasantness needs to be reinforced in order to achieve desired goals and objectives. Therefore, agreeableness is regarded as the basic of personality, which is facilitating to the individuals in being successful in their lives.

Conscientiousness:

Conscientiousness is referred to carefulness, meticulousness and diligence. In the lives of the individuals, within both personal and professional spheres, they are required to put into practice various tasks and activities. These are complicated as well as manageable, these are put into operation on one's own or through working in collaboration and integration with others. Furthermore, these are put into operation in more amount of time or can be less time-consuming. As a consequence of acknowledging the meaning and significance of conscientiousness, individuals will be able to do well in one's job duties, achieve desired goals and meet the expectations of others. Furthermore, individuals will render an important contribution in overcoming various types of setbacks. In addition, they will incur the feelings of pleasure and contentment. It is understood on a comprehensive basis that individuals, belonging to all occupations aspire to put into operation their job duties in a successful manner. In order to be successful and cope with all types of dilemmas in an efficient manner, the individuals are required to be well-informed in terms of their job duties and methodologies. When these are complicated, the individuals will have to acknowledge the meaning and significance of trait of conscientiousness. Furthermore, individuals will lead to an increase in motivation and concentration levels in putting into practice all types of tasks and activities in

a well-organized and disciplined manner. Therefore, conscientiousness is essential in putting into operation all types of tasks and activities in a satisfactory manner.

Resourcefulness:

Resourcefulness is referred to inventiveness, imagination, originality and creativity. In the lives of the individuals, within both personal and professional spheres, they are required to put into practice various types of job duties and responsibilities. These are complicated as well as manageable, these are put into operation on one's own or through working in co-ordination with other individuals. Furthermore, these are put into operation in more amount of time or can be less time-consuming. As a consequence of acknowledging the meaning and significance of conscientiousness, individuals will be able to do well in one's job duties, achieve desired goals and meet the expectations of other individuals, including family and community members. Furthermore, individuals will render an important contribution in overcoming various types of setbacks. In addition, they will render an important contribution in enriching their lives. Individuals, belonging to all types of occupations aspire to implement their job duties in an efficacious manner. In order to be successful and cope with all types of dilemmas in an efficient manner, the individuals are required to be well-informed in terms of their job duties and procedures. When these are complicated, the trait of resourcefulness will be facilitating in carrying these out efficiently. Furthermore, individuals will lead to an increase in motivation and enthusiasm levels in putting into practice all types of job duties in a well-ordered manner. Therefore, resourcefulness is useful in overcoming all types of setbacks in a satisfactory manner.

Jovial:

From the stage of early childhood, throughout the lives of the individuals, they are required to understand the meaning and significance of jovial. This needs to be acknowledged and reinforced by individuals on a comprehensive basis. It is referred to being good-humoured, happy, fun-loving and cheerful. These kinds of individuals are appreciated in all settings. Within homes, public places, educational institutions, and employment settings, these individuals are admired and revered on a comprehensive basis. It is apparently understood that the individuals, belonging to all occupations aspire to put into operation their job duties in an efficacious manner. In order to be successful and cope with all types of dilemmas in an efficient manner, the individuals are required to not only be well-informed in terms of their job duties and procedures, but they need to form cordial and amiable terms and relationships with each other.

In cases of any types of setbacks or when individuals are doubtful in terms of various factors, they are required to obtain support and assistance from other individuals, including family and community members. Hence, when the individuals are jovial in nature, they will be able to contribute efficiently in putting into operation communication processes. In addition, individuals will be able to obtain useful ideas and suggestions in carrying out all types of tasks and activities in a well-organized and disciplined manner. Therefore, jovial is essential in development of mutual understanding with family and community members.

Emotional Instability:

Emotional instability is referred to changeable mood. One may feel happy and energetic in one minute, but due to small things like a comment made by someone or something, which is not proceeding according to proper techniques can result in sudden and catastrophic drop in the mood. It can be manifested in different ways, such as, impulsive behaviour, self-destructive tendencies, anxiety, depression, anger, irritability and difficulty in forming and maintaining relationships. Emotionally unstable personality disorder (EUPD) is the most common type of personality disorder. It usually causes the individuals to experience intense and fluctuating emotions. This can last from anywhere between few hours and several days at a time.

Emotional instability is regarded as an aspect, which can render an important contribution in impeding the personality traits of the individuals. As a consequence, they experience decline in motivation and concentration levels towards putting into practice different types of tasks and activities. Furthermore, terms and relationships among individuals get impeded. With family members and in other places as well, there are occurrences of various types of conflicting situations. When these are experienced, the outcomes can be unfavourable. Hence, when individuals are overwhelmed by emotional instability, they are required to be well-informed in terms of factors, which are useful in preventing it from assuming a major form. Therefore, emotional instability is a basic of personality, which needs to be solved and prevented from giving rise to impediments within the course of putting into operation various types of job duties and responsibilities.

Emotional Stability:

Emotional stability is referred to the capacity to maintain one's emotional balance under stressful circumstances. It is the opposite of emotional instability and neuroticism. The individuals, who are emotionally stable, possess the abilities to tolerate minor stresses and strains of day to day without being emotionally upset, anxious, nervous, tense or angry. In other words, the individuals are well-informed in terms of methods and approaches, which are necessary in managing emotions in an effective manner. Within

homes, public places, educational institutions, and employment settings, the individuals are required to communicate and deal with others and put into practice different types of job duties and responsibilities. Hence, when they are emotionally stable, they are able to render an important contribution in doing well in one's job duties and achieving desired goals.

The individuals, who score high on emotional stability, tend to remain calm, composed and stress-resistant. These individuals are also genetically confident and are not easily provoked or disheartened by setbacks. As a consequence, they experience up-gradation in motivation and concentration levels towards putting into practice different types of tasks and activities. Furthermore, terms and relationships among individuals get strengthened. As a consequence, individuals will not only promote enrichment of their overall personality traits, but they will contribute efficiently in putting into practice all types of tasks and activities successfully. Therefore, emotional stability is a basic of personality, which is facilitating in promoting enhancement of individuals, irrespective of occupations, communities and socio-economic backgrounds.

Measures to be Implemented in Reinforcing Positivity in Basics of Personality:

The individuals, belonging to all communities, categories and socio-economic backgrounds have different types of goals and objectives. These are in personal and professional lives of the individuals. In order to achieve all types of goals and objectives in an efficient and disciplined manner, the individuals are required to promote enrichment of their overall personality traits. Hence, they are required to be well-informed in terms of different types of methodologies and procedures, which are necessary in leading to up-gradation of their personalities. It is necessary to acquire an efficient understanding of basics of personality (Our Values and Ethics at Work, 2011). Furthermore, individuals need to be well-informed in terms of measures to be implemented in reinforcing positivity in basics of personality. The measures are, promoting good health; coping with psychological problems in an effective manner; being well-informed in terms of job duties and responsibilities; being well-aware in terms of methods and procedures; leading to up-gradation of motivation and concentration levels and forming cordial and amiable terms and relationships with each other. These are stated as follows:

Promoting good Health:

The individuals, belonging to all communities, categories and socio-economic backgrounds need to be well-equipped in terms of factors, which are needed in promoting good health. It needs to be promoted from physical as well as psychological perspectives. The individuals, belonging to all age groups experience

various types of health problems and illnesses. These are experienced in a major or minor form. Hence, the individuals are required to be well-informed in terms of strategies that are needed in promoting good health. Furthermore, they are required to be well-informed in terms of ways of coping with psychological problems of anger, stress, anxiety, frustration and depression. As a consequence, good health and well-being will be promoted. Therefore, promoting good health is regarded as one of the indispensable measures to be implemented in reinforcing positivity in basics of personality.

Coping with Psychological Problems in an Effective Manner:

The psychological problems of anger, stress, anxiety, frustration and depression are experienced by the individuals, belonging to all age groups. Within personal and professional lives, they experience various types of psychological problems. In addition, individuals need to be well-informed in terms of various types of methods and approaches to control these. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. As a consequence of experiencing these, individuals experience decline in motivation and concentration levels in terms of their job duties and responsibilities. Hence, in order to carry out all types of job duties successfully, individuals need to prevent these problems from assuming a major form. Therefore, coping with psychological problems in an effective manner is one of the significant measures to be implemented in reinforcing positivity in basics of personality.

Being Well-Informed in terms of Job Duties and Responsibilities:

All individuals, belonging to all occupations need to be well-informed in terms of job duties and responsibilities. These are complicated as well as manageable and these are implemented on one's own and through obtaining support and assistance from others, including family and community members. Individuals, belonging to all types of occupations aspire to implement their job duties in an efficacious manner. In order to be successful and cope with all types of dilemmas in an efficient manner, the individuals are required to be well-informed in terms of their job duties and responsibilities. When these are complicated, the trait of resourcefulness will be facilitating in carrying these out efficiently. Furthermore, individuals will lead to an increase in motivation and enthusiasm levels in putting into practice all types of job duties in a well-ordered manner. Therefore, being well-informed in terms of job duties and responsibilities is an expedient measure to be implemented in reinforcing positivity in basics of personality.

Being Well-Aware in terms of Methods and Procedures:

The methods and procedures are referred to the ways to do well in one's job duties and generate desired outcomes. As a consequence, individuals will render an important contribution in meeting the expectations of individuals in leadership positions. These are complicated as well as manageable and these are implemented on one's own and through obtaining support and assistance from others, including family and community members. The individuals need to ensure, they acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. This is facilitating in understanding all types of methods and procedures. In addition, these are facilitating in putting into practice all types of job duties in a well-ordered manner. Therefore, being well-aware in terms of methods and procedures is an eminent measure to be implemented in reinforcing positivity in basics of personality.

Leading to Up-gradation of Motivation and Concentration Levels:

In order to carry out all types of tasks and activities in a successful manner, it is of utmost significance in leading to up-gradation of motivation and concentration levels. These are within personal as well as professional lives. As a consequence, the mind-sets of the individuals will be stimulated towards implementation of various types of job duties and responsibilities. Furthermore, individuals will render an important contribution in leading to an increase in motivation and concentration levels. As a consequence, individuals will contribute efficiently in coping with various types of dilemmas and challenging situations. Furthermore, these are prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. Therefore, leading to up-gradation of motivation and concentration levels is a renowned measure to be implemented in reinforcing positivity in basics of personality.

Forming Cordial and Amiable Terms and Relationships with Each Other:

From the stage of early childhood, throughout the lives of individuals, they need to understand that they need to form cordial and amiable terms and relationships with each other. As a consequence, within homes, public places, educational institutions, and employment settings, individuals are admired and revered on a comprehensive basis. It is apparently understood that the individuals, belonging to all occupations aspire to implement their job duties in an efficacious manner. In order to be successful and cope with all types of dilemmas, individuals need to not only be well-informed in terms of their job duties and procedures, but they need to form cordial and amiable

terms and relationships with each other. In cases of any types of setbacks or when individuals are doubtful in terms of various factors, they are required to obtain support and assistance from family and community members. Therefore, forming cordial and amiable terms and relationships with each other is an essential measure to be implemented in reinforcing positivity in basics of personality.

CONCLUSION:

Individuals, irrespective of communities and socio-economic backgrounds need to promote enhancement of personality traits throughout their lives. Basics of personality are, introversion, extroversion, confidence, apprehensiveness, agreeableness, conscientiousness, resourcefulness, jovial, emotional instability and emotional stability. Measures to be implemented in reinforcing positivity in basics of personality are, promoting good health; coping with psychological problems in an effective manner; being well-informed in terms of job duties and responsibilities; being well-aware in terms of methods and procedures; leading to up-gradation of motivation and concentration levels and forming cordial and amiable terms and relationships with each other. Finally, it can be stated, individuals are required to lead to up-gradation of their overall personality traits in a positive manner.

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