

## **ROLE OF VERBAL & NON VERBAL RUDIMENTS IN PERSONALITY DEVELOPMENT**

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### **Abstract**

Man has emerged as the most distinctive and brainy species of the world. The organized patterns of attitudes and behavioral traits compose a good personality of man. Personality development has always played a very vital role in enhancing the thought process, temperament as well as the character of a person. Personality is often defined as the incorporation of qualities and attributes which resemble the person's character and image. It arises from within and makes us who we are. The personality of an individual is determined and judged by one's own reciprocation that is through speech which is called verbal communication (through language) and certain non-verbal elements such as Body language under which Appearance, Facial expressions, Eye contact, Postures, Gestures and voice modulation are some more varying characteristics in that.

**Key words:** Verbal, Non verbal, Kinesics, Personality, Resemble.

### **Personality Development**

Personality development is the process of developing the set of characteristics and traits which contribute to the overall personality of a person. Personality development is an **all round development** which cannot happen in a day. It happens over a period of time with acquisition, observation and experience of innumerable characteristics. There are multiple characteristics which need to be worked on while developing one's personality such as Good Communication, Listening skills, Confidence, Good body language, Positive Attitude. As Man is a social animal, every individual has to interact with a group of people one time or the other. Hence, being shy or introvert is the least desirable characteristics in any individual.

According to an article in Edu-Resource, Personality development fundamentally means grooming and enhancing one's inner and outer personal to bring in the positive change of one's life. Each and every individual features, a distinct personal that could be polished, refined and developed. This technique includes improving communication, language, speaking abilities and boosting one's confidence, developing certain hobbies, extending one's scope of understanding of skills, manners and studying fine etiquette, including grace and style, walks and talks and total imbining oneself together with liveliness, positive outlook and peace.

Undoubtedly, speaking fluent English is the most important factor that affects one's personality. As we all know that in these worlds of globalization, English is Language in India considered to be a universal language and is spoken in most of the countries as the first or the second language. In order to meet the global standards, it becomes mandatory to give English language the foremost attention. Success of a man's life depends on his appropriate personality development. It is undoubtedly accepted that many a times university first rank holders too very often prove to be utter failure in life, because they do not care for development of personality. According to Mahatma Gandhi "True education is total personality development.

Hence, personality does not mean looking good and attractive. It takes into account both the physical and mental state of an individual. Personality refers to certain qualities in a person's character which distinguishes that person from other people. Personality is defined as the organization of the psycho physical systems in an individual that mould his thought and action. Personality is the sum total of the physical, mental, emotional, and social characteristics of an individual. In today's time of growing competition in all spheres of life, in order to survive one's needs to have such a personality which overshadows others and influence them to the core. A unique personality is the call of the day. The kind and extent of success that an individual achieves, depends on his attitude, behavior and thoughts which as a whole form one's personality. It is important to have a positive outlook towards life. It will make one's life secure, prosperous and happy.

In our point of observation, the improvement of personality is enhanced by the authentic and sound knowledge of language as language is one of the core elements which take lion's share in improving and exhibiting the traits of possible personality. In this connection I would like to justify my point of view with the following thematic analysis. Personality is an amalgamation of many personal attributes such as Confidence, Good Listening, Good Communication, Leadership, Appearance, Passion for work, Optimism, Body language, Negotiation skills, Team building and so on and so forth where all these elements are somehow related or dependent on clear communication(Verbal & Non-Verbal).

### **Language Skills:**

Good speaking skill in any language always acts as an added advantage for a good personality. As it is a universal fact that English is spoken all over the world if one is perfect in English language can build up a good personality. By speaking better, it does not mean using bombastic words and giving speeches like orators. It means to have a simple and decent manner of speaking. One should use such a language which is understood by all. At the same time it does not mean that only with good personal appearance without having good communication may not make a man prove to be all rounder because of his lack of communication. As English is a globalized language and its prominence in the corporate world is boundless. Hence, Knowledge of English language and speaking in English language gives good impression to the audience which enhances the positive feedback on his personality. Hence, it is undoubtedly accepted that

personality and language go hand in hand where communication is embedded in personality development.

**Body language-Personality:**

The term body language is a blend of various attributes such as Facial expressions, Eye contact, postures, Gestures and including voice modulation. Let us have an analytical study on these elements with respect to the personality.

**Facial Expressions:**

There is a well know saying that “Face is the index of the mind” which defines clearly whatever the thought that flashes in the mind is shown on the face. A person’s character is traced out by the other person by looking at the face at a single glance. That is the prominence of the facial expressions. According to the experts a person is identified by his first appearance where the face takes a lion’s share in appearance. It can be referred in this context with **Girish Karnard’s Hayavadana** when Padmini appends their heads inversely that is Devadutta head to Kapila body and Kapila body to Devadatta. “The head of Devadutta, which now rests on Kapila’s body? Or Devadutta’s body, which is now under the command of Kapila’s head? An old saint settles this dilemma, by saying that The head is the prominent one to be identified by others not the body.”

By quoting the above situation I strengthen my point of view that the facial expressions include eye contact and so on give a wide impact on one’s personality. Subjects rated the dispositional affiliation and dominance of target faces with either static or apparently moving expressions. They inferred high dominance and affiliation from happy expressions, high dominance and low affiliation from angry and disgusted expressions, and low dominance from fearful and sad expressions. The findings suggest that facial expressions of emotion convey not only a target’s internal state, but also differentially convey interpersonal information, which could potentially gives rise to trait inference with which the personality of a person is easily understood by others.

**Postures:**

Posture defined the particular position of the body. The path stone to trace out the personality through postures is defined in a pictorial way. Various postures represent innumerable meanings in different cultures and countries. One can observe the Cultural difference through postures like Slouching is considered to be rude in North European areas. Hands in pocket resemble disrespect in Turkey. Like- wise Sitting crosslegged is offensive in Ghana.



An example of a nonchalant posture



Hidden Aggression



Alert/Attentiveness



May I go

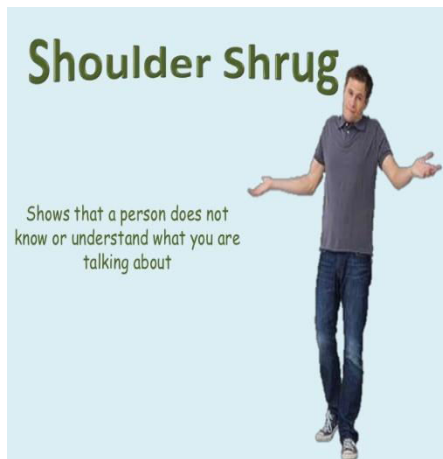


Ready for Action

With the help of the above images it is clear and transparent the person's predicament deeds which are analyzed with the help of postures. In the same manner one's personality is also judged by observing the postures whether they are challenging or negative to the situations.

Gestures:

Gestures include movement of the hands, face, or other parts of the body. Physical non-verbal communication such as purely expressive displays, proxemics, or displays of joint attention differ from gestures, which communicate specific messages. Gestures are culture-specific and can convey very different meanings in different social or cultural settings. Gesture is distinct from sign language. Although some gestures, such as the ubiquitous act of pointing, differ little from one place to another, most gestures do not have invariable or universal meanings but connote specific meanings in particular cultures. A single emblematic gesture can have very different significance in different cultural contexts, ranging from complimentary to highly offensive.





Hence, to have knowledge of English language and good personality go hand in hand. Furthermore, if one has a good command over English language, it will have many doors open to enhance the personality.

### Conclusion

Thus, it is suggested that personality development has a very close relationship with verbal communication that is speaking. Hence, speaking is considered with English language in professional terms English speaking has a greater connectivity with Personality development. It is no doubt that an individual's personality enhances the ability to learn English language and utilize it in his or her daily life. When one speaks about enhancing one's personality, one has to seek ways in which one interacts with the entire world and one another. On the other hand the non verbal communicators such as postures gestures and facial expressions too play a vital role in exhibiting one's personality.



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