

Case study on personality development using Mirror Reflection Technique

Abstract

In today's competitive scenario, everyone wants to achieve success but that can only be possible with an influencing personality. Personality is a set of individual divergence that is affected by the development of individual: value, attitude, personal memories, social relationships, habits and skills. With an effective personality any individual can be creative and innovative which is an important skill required by organizations. Personality development is the comparatively abiding pattern of thoughts, feelings, and behaviour that discern individual from another. Research template who monitor student can view research as a pecker along with the main intention of research, for the development of their personality. This case study is conducted to explain the impact of Mirror Reflection Technique used for improving and enhancing the personality of a student. The study is based on the journey of a student from being average to an influencing personality. Such study contributes not only in the literature but also provides future aspect of research in this field.

Keywords: Personality Development, Mirror Reflection Technique, Creativity, Innovation, Sustainability.

Introduction

In past few years, there has been a rapid growth in the development of personality characteristics required for dynamic working environment. Gone are the days when individuals are expected to be knowledgeable and intelligent. Today the focus is not only one aspect of personality but different parameters like looks, dressing style, confidence, body language, behavior, presentation, dialogue, intelligence and many more. However, these parameters create unnecessary pressures for the individual. Pressure at work, in college, within friends and society for being accepted and it affects an individual. This case study is focusing on a student from interiors of Madras who tried to come up from his background and challenges and developed his personality using mirror technique of Action reflection

learning theory. The paper is structured by starting case study and then discussing its impact on the student and its utilization in personality development.

Case study of Ramanna Chidanbaram

Ramanna Chidambaram was struggling and indigent citizen in the city of Madras in India at the edge of poverty. While performing his studies, his teachers notice that he seems to have exceptional skills and knowledge but lacks in presenting his thoughts and ideas. Being from poor background, his friends make fun of his dressing and they begin to make use him for rudimentary tasks. During his school education he was treated very badly by his friends for not having proper stationery, bag and his hesitation of raising questions.

After his schooling completed he came to the city for attending college. Upon arrival at Ramanna is met with various forms of prejudice and finds his adjustment to city to be more difficult than expected, though his professors were much impressed by the potential abilities which he begins to put into real evidence during their contact with one another. Being introvert he had to face various issues regarding communication and expressing his thoughts. Professor remains concerned about Ramanna's ability to communicate effectively due to his lack of experience in public speaking and introvert personality, but with perseverance he manages to get his encouraged for class participation. It becomes clear to his professor that, Ramanna's insights exceed the simple tasks they are assigning to him and soon he encouraged him to make his personal thoughts available to the general public and to start communicating with others. During this, one more professor noticed a slight improvement in Ramanna's class participation.

Ramanna was very creative and efficient poet. Once during inter-college cultural fest he was asked to participate in the competition and present his poem. Although at first he hesitated a lot but when his friends encouraged him then he agreed on the same. There comes the fear of public speaking and confidence which is big hurdle for Ramanna. He reached to his professor to seek his expert opinion. Then the professor suggested him to apply mirror reflection therapy. As per action reflection learning theory, when a person receives the responses or feedback of his activities in the same time then he can learn much faster. In simple words, reflection of every action helps in learning quickly. The same applied to mirror reflection therapy. To develop overall confidence one should stand in front of mirror and express his

thoughts or content loudly so that he can identify his flaws himself. His voice quality, pitch, tone, body language, and facial expressions, all can be easily.

Ramanna practiced his poem in front of mirror and he finds out that he is gaining confidence for the same. He started enjoying his lectures, communicating with his friends and studying. Finally, the day for poem competition and the much awaited moment comes. Ramanna was dressed very simple in Indian traditional clothes and with full confidence he reached on stage. He holds the mike and with all his confidence and toned voice he started with his poem. There was pin drop silence in the hall and every one was focusing on Ramanna only. He finally ended up his poem with all his energy, toned voice quality, and expressions. Everyone was mesmerized with his performance and they applauded for him.

Ramanna not only got appreciation but also won the contest and became a very well-known personality for everyone. This drastic change from being a silent boy to the well-known poet was the effect of the mirror therapy and continuous motivation which he get from his faculties and friends. Later, he started his career in literature and poetry and became a well-known poet.

Impact of therapy on Ramanna

Though everyone is born with unique personality traits, but we all possess certain traits that set us apart from each other. Our nature, attitude, perception, reflection, all affects our personality and differentiate us from others. The fact remains same that everyone of us are same and unique in our own ways. However, a question comes in mind that why then we need to develop personality. The answer lies to the fact that personality development is nothing else but an act of moving from an inert and disinterested state of existence to a zealous, motivated and joyous living life. Mirror reflection technique is an answer to all the questions which a person asks from others to rectify himself or herself .

Ramanna improved his personality with the mirror reflection technique. Many experiments have been conducted on the same and researchers have identified that it not only increases confidence but also helps in improving body language and expressions. Mirror reflection technique is a method in which individuals evaluate themselves. They identify their loopholes while performing or presenting the content. They judge themselves and try to improve their performance. It's a self evaluation method where individual is the critic of his/her own act.

When a person looks into mirror, he sees his own reflection and if one focuses more on the mirror then it also reflects the questions going on in one's mind. If a person is happy or sad, it can be easily visualized in the mirror. Similarly like emotions, our doubts, fears and questions can be seen and answered if mirror reflection technique is applied. Every person should experiment with his/her life to develop trust and faith on oneself. Mirror reflection technique is used to sort out present pressing conditions like to quit smoking, to overcome nervousness, to gain confidence, to face fears and many more. However, while using this technique for improving the personality an individual should keep questioning himself. While looking into the mirror one should question the purpose of his/her existence, meaning of his life and try to justify self existence. One need to be self –critical, in order to know the weaknesses lying within and try to transform them into the positive ones.

Phrases like “I am strong”, “I am happy and peaceful”, “I am confident”, “I am perfect”, do wonders if repeatedly said to self in front of mirror. It is an act of convincing one's own mind what one wish to be. The mirror reflection technique is an effective tool which tells about one's journey and performance in terms of how far he/she has reached. One can only train his/her mind by injecting positive thoughts and practicing this art daily.

Conclusion

This case study highlights the relevance of mirror reflection technique which is based on action reflection theory. Ramanna, the student who was unable to express his thoughts, even after having knowledge to the content, has developed himself with this technique and become a well-known and famous personality. Thus, one should keep on developing his/her personality using this technique. When one sees the reaction of one's action, then the scope for improvement increases. One can easily identify his/her loopholes and can perform better in future using this technique.