

A CONTEMPORARY PERSPECTIVE OF YOUNG MINDS, CHARACTER AND PERSONALITY

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Abstract— This paper explicates the integrities involved in shaping a personality which fits into a social system. There are various components that influence the character and personality of a person like education, society, culture, family environment, friend circle etc... Many believe that education shapes a person's personality, perhaps there is another perspective to it.

Index Terms—DALYs, Depression, Lethargy, Crisis, Personality, YLDs.

I. CONTEMPORARY CRISIS

We are living in a world faced with huge social challenges. A year ago, the globe achieved a notable landmark with seven billion folks, 1.8 billion of which are youth, matured 10 to 24. Of this youthful populace, 90 percent live in budding nations. This generation, the most interconnected, remains to continue the growth quickly, and the hitches they confront are always overwhelming.

II. MANIFESTATIONS OF THE PROBLEM

Major challenge that the youth is facing is to have an integrated and honest personality and strong character. They should understand and digest the nuances of perspective and practices of their parental generation to the present generation. Lack of this understanding is leading them towards aloofness that reduces open discussion and exchange of views with members of both the generations. During the interaction with their peer groups, often the youth shun away from discussions relating to conflict of views between their family members. Instead of attempting to openly discuss with all stakeholders and arrive at a logical solution to any situation, the youth are running away from the scene by dodging, delaying or suppressing. As an alternative, either they are seeking comfort and peace outside the family environment like playing with gadgets for a long time, taking conference calls for long duration at home or going out to seek entertainment and food courts just to avoid discussion. They need to understand that inanimate methods of interaction cannot replace their loneliness, bent up frustrations and their inability to honestly work for a solution. Therefore the youth is resorting to escapism rather than finding a workable, peaceful and happy

situation by virtue of discussion. Therefore the youth need to realise open communication, tolerance of contrary views and respect the sentiments of others. A fusion of moral integrity, honesty, frankness and transparency will lead them to the correct answer.

III. CONTENTS THAT NEED ATTENTION

One of the most important contributories is mechanisation, through which a person is trying to categorize himself with machine. He needs to realise that human interaction and values are more important and long lasting. The need of the hour is therefore to provide a platform for an all round integrated personality development. While academic achievements are important in life, there are other aspects also to make a personality complete. Unfortunately the present family environment, perspective and priorities are only centring on these achievements. There is an immediate need to balance all aspects of life and evolve a personality which can socialise pleasantly and effectively with others. Ironically the great thinker 'Weber ' visualised that mechanisation will lead to isolation which is turning out to be true. 'Karl Marx' the great philosopher emphasized that machine de-humanises a man. Both prophecies of the great thinkers are visible in the behavioural pattern of a majority of youth. The consequences are obvious like decrease in interpersonal communication and warm interaction.

IV. REFLECTION OF THE CRISIS

Young minds always learn and adopt faster from the visuals and daily life experiences. The effects of family and culture can substantially influence one's personality, behaviour, beliefs and values, which correlate positively to the life experiences.

Studies have revealed the corollary of relations on stress levels, character and personality traits on younger individuals. The young replicate the seniors as they are yet to be self-regulating and this development is considered to be a feature of improvement, via escalating condition.

Environmental factors such as biological and socio-cultural aspects can also influence a child's personality. The culture in which one grows up can affect their happiness, morality, mortality, behaviour and, once again, personality.

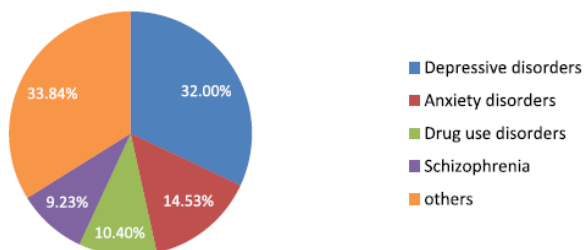
V. DEPRESSION - MAJOR ALTERING FACTOR

India, a domicile to around 57 million people (18% of the global estimate) is affected by depression. With India witnessing significant changes (including globalization, urbanization, migration, and modernization) that is coupled with rapid socio-demographic transition, depression is likely to increase in the coming years.

Psychiatric studies show that depression causes temporary personality changes in majority of the cases and permanent changes in few cases. Depression needs to be attended in right time. Even though the personality changes are noticed for temporary period, their effects might be long lasting on the individual's social-economic conditions.

Depression is ranked as the single largest contributor to non-fatal health loss, accounting for 7.5% of global years lived with disability (YLDs) and 2.0% of global disability adjusted life years (DALYs) in 2015.

Fig. 1: DALYs due to mental and substance abuse

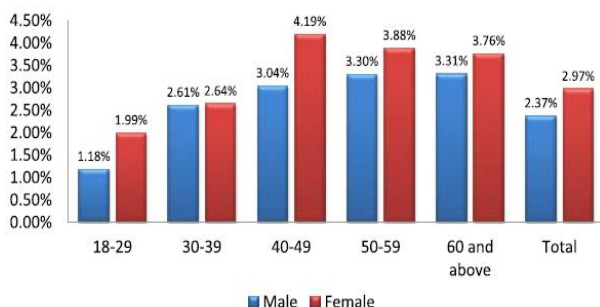


Source: Global Health Estimates 2015 (http://www.who.int/healthinfo/global_burden_disease/en/)

VI. DEPRESSION IN ADULTS

In adults, it is noticed that Clinical depression is more than extremes of normal mood, with early onset during young adulthood. The occurrence of depression in India vary from 1.8% (severe) to 39.6% (mild to moderately severe), depending on various methods.

Fig. 2 Prevalence of depressive disorders in India by age and sex – NMHS 2015-16 findings



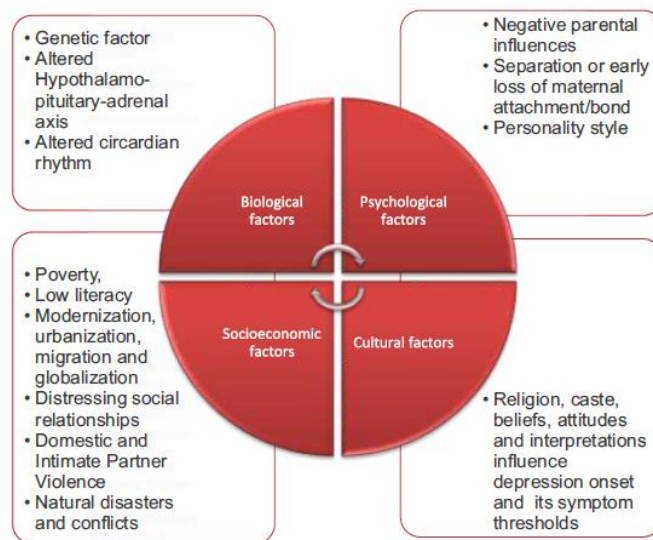
Source: Depression in India by world health organization

Young and middle-aged groups are often linked with wide range of cultural, economical, social, psychosocial factors. Most important of them is the changing life styles with lack of

support systems in an environment of globalization, urbanization and migration.

Depression is caused due to multiple factors; there can be no single identifiable cause. However, several studies show that varied biological, social, economic, cultural and environmental factors operate in a maladaptive individual, leading to depression.

Fig. 3 Risk factors of depression



Source: Depression in India by world health organization

There are certain behavioral changes that happen when depression sets in, they are:

A. Agitation:

Here person finds it very difficult to simply sit or lie still. One is often irritable, angry, frustrated and impulsive.

B. Hibernation:

People find themselves refusing invitations or making up excuses to avoid social contact, following which loneliness sets in slowly.

C. Lethargy:

Individuals motivation drops drastically and they start speaking slowly and uninterestingly.

Procrastination: Pessimism and procrastination are very good friends of depression. Many times it fuels guilt and adds to depression.

D. Diet:

Man's routine diet gets affected. Either he goes off food or over eats based on the mood swing that he is carrying.

E. Sleep:

About 80% of the people suffering with depression have sleep-related problems. Sleep gets fragmented and lack of

sleep effects individual's health, biological clock and productivity.

VII. MANIFESTATION ON HUMAN PERSONALITY

In numerous situations the individual finds a conflict between what he had learnt and the direction in which globalised world is moving. Many a times, the solutions and the systems that the transforming world and society offer and adopt are more practical, economical and situational. But perhaps, the learning that the individual gained from the environment he grew may not give him complete freedom of adopting it or to pace up with daily changing life scenarios. Here, the individual starts battling the situation with a confused spirit trying to fit his values that may not blend in with the situations. In many societies, youth are not able to take back the new approaches to the environment they grew up. This situation is worth worrying as it is not leading to development of healthy society. It is eventually causing personality disorders, change in character, aggression, depression, loneliness, destruction of interpersonal relationships and many more. Youth are getting lost in this battle with themselves destroying their and the country's bright future. Identity and inner peace of the individual is lost in this battle. Tomorrow's society welfare is defined by the healthy characteristics of today's youth.

VIII. CONCLUSION

Growing number of such cases is an alarming situation in the society. Awareness about the changing trends, scientific and practical reasons behind them shall be spread among all people irrespective of the social disparities. Change has to be bought in the perspective of people. Families should be able to adopt and mix the changing trends and modern outlook along with their value system in a positive blend, which enables the young minds to develop a strong and positive personality.

Young minds shall be led towards nurturing one self and society but not towards its destruction. As the youth grows from parental environment to outside social environment, he needs to adopt himself to the galaxy of changes that will be faced by him. He needs to develop tolerance, ability to understand others views and come to a balanced behavioural pattern. He should evolve himself as an asset to both his parental origins and the future social responsibilities.

IX. WAY FORWARD

It is high time that the human angle should also be emphasised at every stage starting from parental upbringing, school environment, and interpersonal relationships finally leading to a cohesive personality development. This can be achieved quickly and effectively by virtue of minor modifications at all levels.

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