

**Nanou Agnini Alex Antoine**  
**ID : UD77373ED86580**

**COURSE NAME:**  
**(Administration and Management Skills)**

**Assignment Title:**  
**(Self-Development)**

**ATLANTIC INTERNATIONAL UNIVERSITY**  
**November/2022**

According to philosophers « self is the study of the many conditions of identity that make one subject of experience distinct from other experiences ».It is connected to consciousness awareness and agency. It is defined as a global perception of oneself and one's esteem reactions to that self-perception. Gilbert Ryle defines self as the way people behave, this behavior can be good or bad. We have two types of self, self-concept and self-efficacy.

Self-development is taking personal responsibility for one's own learning and development through a process of assessment, reflection and taking action. It is a process of learning new things and building new skills, allowing to increase our chance of success in achieving our goal. Personality can be defined as consistency in a person's way of being or, long-term consistency in their particular ways of perceiving, thinking, acting and reacting as a person.The word personality comes from Latin word persona meaning portray different roles, every one or personality is unique. We are been defined by the combination of our behaviors,emotions,thought and motivations also we should not forget about the environment where we were raised and culture.

People such us philosophers and psychologists assume that there are five basic dimensions of personality. We have extroversion, openness, neuroticism, agreeableness and conscientiousness.

An extroversion it was first introduced by the psychologist Carl Gustav Jung in the early 1900s.He emphasized on the type of the person we are within and outside ourself. Extroversion is a personality trait or style, the tendency to be outgoing, energetic and sociable. It is based on any feelings happiness outside or around us been with others. They are the life party, joy usually and they easily make friends.Extrverts feel comfortable when they are around others. These people are always in group situation talking, they get energy from engaging in social interaction

discussing idea with others. An extrovert may be action oriented, the type of person who gets thing done whether on your own or through other people, making good on your own commitments. Example in the army the high ranked leads the troop and does the main work, whilst being supported by the rest of the team. Assertive been confident and believe in self, don't worry too much self-assured. Cheeful, happy, bright, contented, glad. Engaging drawing favorable attention or interest. Gregarious always associated with others. Another example extrovert's people are politicians, charismatic's leaders they are everywhere whether bad or good they interact with population and also socialize with them. Extroversion helps people to define and understand their personalities and the external world. It can be caused by the genetic, environment or culture. It has advantages but we should not forget it negatives effects by making the person offensive or annoying without realizing. According to Thomas Hobbes « man is loud for man ». We should be careful in society especially while being in group.

Openness the tendency to enjoy variety, novelty challenge and intellectual. It is a part of us that is ready to receive something new, the availability of acquiring news ideas, concept and opinion, change curiosity creativity and imagination. These are people who always want to discover new things innovation. It denotes how much individual is receptive or open to new ideas or things. Highly educated people are willing to embrace new ideas by reading novels, books magazines and other fruits of culture. The type of people approaching each new thing in their life. Openness has several aspects, action the fact or process of doing something to achieve a goal. Ideas a thought or suggestion as to a possible course of action. Example I am learning hard in the idea of getting my PHD in education. Values what we believe and can motivate us to act in one way or another. The regard that something is held to deserve, worth. Aesthetics related to beauty and taste sweet, some principles concerned with the nature. Imagination action of forming

new ideas or images, external objects not present to the senses, creativity ability to confront and deal with. And feeling an emotional state or reaction, appreciative or responsive awareness or recognition. It can be anger or happiness. Example of openness outside a politics a person with high openness to experience is likely to try new food, activities, or creative endeavors.

Neuroticism is one of the big five theory, the tendency to experience unpleasant emotion how we react to even in our daily life and the way we process any situation in life can also be affected. It is a personality trait causes by negative experiences or emotions. Example tribulation, anger, and depression. However for some people neuroticism can be softening and stand in the way of their capacity to lead a normal life. Any time that a neurotic person come across a stressful event or situation, his or her brain goes into overuse. She or he does not have time dealing with and tend to contemplate on negative ideas. It also vary from high to low. We have signs and symptoms of a neurotic person, anger, vulnerability, immoderation, depression,..Some factors influence neurotic person such us geneitic some people inherit curtains genes from their parents which increase the risk of developing volatile trouble. The environment in which we raised our childhood can be affected by the personality and copins skills later in life. Example a child grew up with neurotic and abuse parents he is more likely to be neurotic. Emotionally stability we should be able to manage with stressful events more effectively than neurotic people this can affect them negatively in their life. A part from been characterized by negative emotions such us anger, depression it seems like something that we can avoid. In other hand neuroticism can be very useful in our life. It can be a source of motivation in achieving our goal. It helps and make us more attentive and detail oriented and increases our level of creativity or innovation.

Agreeableness, the tendency to be friendly compassionate and cooperative to be polite kind. Don't insult, don't think that they are better than others, the desire to create a positive interpersonal relationship. It is a personality trait that impacts the way we approach ourselves, others, and life in general. Agreeableness has factors like cooperation, action, or process of working together to the same end, acting together for a common purpose or benefit. Example: students must cooperate with lecturers so that at the end of the lectures they will acquire knowledge. Conflict is the disagreement and argument about something important. It is normal we are living in society or working together we have different viewpoints so whether we like it or not conflict will occur. Assisting support, help to be associated to someone being a helper. Kindness is the quality of being friendly, generous, and considerate. Example: Stop to assist someone who looks lost. Prejudice without any reason or actual experience; example: people can be prejudiced against someone else of a different ethnicity, gender, or religion. Agreeableness is characterized by affectionate, amiable, caring, generous, kind, soft-hearted, sympathetic, trusting.... Being agreeableness helps people avoid problems in life. We should not forget the negative aspects of agreeableness. Give up your personal interest and make others happy, those who are not agreeable will always take advantages of you, suffering because of other's needs.

Conscientiousness is the tendency to show self-discipline and self-control, conscientiousness is made of the prefix conscience and it comes from morality; it can be defined as the inner of what is right or wrong for us humans. But conscientiousness is about how organized and disciplined a person is, and how careful they are when making a choice. A conscientious person is characterized by organized everything is clear; they usually have a calendar or note books and write down dates and information's that they may forget. Discipline they always focus on what they have to do based on the rules and principle in a situation where

they have a goal to achieve. Ambitious always have to try new things working hard for the goal to be achieved or succeed. Caution think before making a decision, they don't jump in agreement or situations. Reliable everything depend on them a certain level of confident when they say they will do something it is surely happen. Thoughtful these are people that reflect on their actions and choices by revealing deep insights or remembering nuanced details of information or interactions. Consistent they are dependable because they don't hesitate or doubt, they are always present work on time produce good results and hardly break rules. Conscientious people have a variation of the traits in common they follow social norms and have a significant impulse control. They easily very thing such as ambitions and organizations. They usually pay attention on the little details in life.

In conclusion we can say the big five theory extroversion, openness, neuroticism, agreeableness and conscientiousness are used for assessing our personality and know the strengths and weaknesses of people in society. In other hand the big five theory has a limitations, it only contains five traits to tell of every single person in the world according to big five our personality has been summarized to five traits and is too few to describe a personality. The big five does not consider our growth and development over time as human we several stages in life (from birth to death).Self-development is used in organization by managers and outside the organization daily life. When we take the word **impossible** without the prefix **IM** the word become **possible** it means that nothing is impossible in life everything depend on us. Doing so we will be effective and efficient worker in organization and around us.

References :

Atunya Rae Walker AIU lecture self-development

Article by indeed editorial team what is conscientiousness published October 7, 2019

Jacqueline Germain, Smithsonian Magazine, 30 September 2022

Kendra Cherry how extroversion in personality influences behavior April 28,2022