

# Propagation for Personality

<sup>[1]</sup>Kanyarat Kumkoonmuang

<sup>[2]</sup>Intha Siriwan

<sup>[3]</sup>Suddhipong Srivichai

<sup>[4]</sup>Jutamas Vareesangthip

<sup>[1] [2] [3] [4]</sup>Faculty of Education, Mahachulalongkornrajavidyalaya University, Thailand

Email: noikanyarat2515@gmail.com

## ABSTRACT

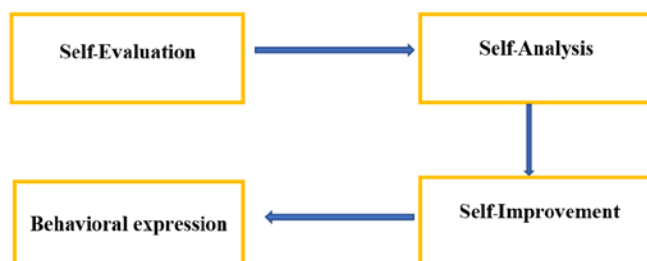
Personality is mean identity for each person that depend on collecting from their experience and then family maintaining and social development. So that, personality for each person consider from face words action or social manner connection. Good personality from action dressing and appropriate which have well done for their confirmation and proud as have been. On the opposite, if some of them show bad action and impolite also, they would not be any accepted from social then have not any confidence, too.

## Keywords

Propagation, Personality

## I. INTRODUCTION

Personality is what a person improves and promote better, it must be practiced and learned from a person who truly understands "personality". It will be a person who can make an impression on every occasion, is a person easily remembered by others, and it's a pleasure to be around. Before promoting one's own personality, the first thing must be distinguished. What are immutable limitations? Which is determined by genetic characteristics such as height and low body or can be changed by medical technology such as beauty enhancement to correct facial defects, but some personality can be changed by self-improvement, such as being impatient, easily upset, etc. The beginning of the change to have a graceful personality requires a change in attitude start with the easy things first and then gradually move on to the more difficult things. It's important to have a positive attitude towards yourself and to other people at all times which will make it motivating and encouragement to the process of self-adjustment "Elegant personality" with the process of promoting personality as follows:



**Figure 1** Personality Development Process

The process of promoting personality that a person can follow the following steps [1].

### 1. Self-analysis

Individuals must analyze their own merits. Any flaws in any matter, how, by considering with an impartial mind. Don't take yourself too seriously or look down on yourself too much because each person has both good parts and defective

parts. A person should explore every aspect of himself. From the appearance, dress, posture, manners, as well as thinking habits and mental expression that is expressed when interacting with other people in society, sometimes asking other people to know what other people think of us especially close friends or relatives who dares to tell our flaws to know truthfully a person should be generous accept those criticisms willingly to bring those information to improve and further develop personality.

### 2. Self-Improvement

When a person knows that they have a flaw in any matter must find a solution and improve the defective part for good and more appropriate, such as in terms of dressing to improve the selection of clothes to suit the body shape and their own skin color, shirt style, pattern, texture, occasion, location and fashion were considered including the selection of jewelry that helps to enhance the dress to look better.

### 3. Behavioral expression

When a person tries to improve which should be put into practice self-improvement in various aspects including internal personality and external personality. It's a matter of time. A person must keep practicing himself. Practice yourself according to the new behavior to get used to it, make it a habit.

### 4. Self-Evaluation

Individuals must re-examine themselves whether to what extent can you change the problematic behavior? Are there any obstacles that still need to be solved? If someone brought it back to fix it until it can be done correctly and appropriately, the important thing is that people should not be in a hurry because sometimes the problematic personality is ingrained for a long time. Modifications may not be possible in a short period of time, so the person must be patient and ready to improve continuously.

## II. PROMOTION OF EXTERNAL PERSONALITY

Outward personality is a trait in which a person can be clearly seen from the outside which is the first thing that other people will know or recognize the person especially the shape, appearance, skin, is a characteristic that can clearly appear to other people's eyes initially.

Therefore, a person must maintain a healthy body free from disease health care. This can be done by choosing foods that are beneficial to the body. Do not drink intoxicants or drugs, have time to exercise regularly. To correct the excess or supplement the lack of the body will give the body a symmetrical and strong shape.

Self-care with clean, fresh skin can be done with care, and keep the body clean, bright, not rough by choosing a cream and products suitable for their own skin type. In addition individuals should pay attention to care, and maintain the health of hair, nails and teeth from being dirty and smelly as well.

In addition, outward personality development also includes the development of dress, manners, and social etiquette, speaking, communicating, etc. These are external characteristics that a person must learn, practice, develop and improve is appropriate according to the situation. The details of the development of external personality in various areas mentioned above. You can learn more details from the content from academics, documents, textbooks and articles, research reports.

## III. PROMOTION OF INNER PERSONALITY

Inner personality related to ideas and the mind of a person, including thoughts, emotions, feelings, and temperaments. It's hard to notice. Improving one's inner personality is something that a person should be aware of in order to foster good character and self-esteem able to control their own emotions to express themselves appropriately have optimism, positive thinking, morality, and have a happy and peaceful mind.

## IV. SELF-ESTEEM

Self-esteem means having a positive view of yourself and see themselves as important by looking at yourself positively. It will be that the person looks at himself and finds an aptitude or special abilities until a feeling of satisfaction proud of yourself and accepted praise from others as for seeing yourself as important people with self-esteem will think that this can be done by yourself measure and dare to take action.

"Self-worth" is a human need that arises from an assessment of self-worth based on others especially acceptance of parents when he was a child. This will lead to self-acceptance as he grows up which is a feeling of acknowledgment of the value and self-control. This will lead to a person who has a full life, meaning a person with good mental health. But if the need for self-esteem and the acceptance of others is hindered I will feel a loss of self-esteem, lack of self-confidence, feeling inferiority complex, weak, incapable of self-help [2].

## V. BUILDING SELF-ESTEEM

Greenberg & Gold has suggested ways to build self-esteem [3] as follows:

1. Self-Acceptance is very important for building and self-esteem, learn to appreciate and believe in their own worth.

2. Telling yourself in a positive way (Positive Self-Talk) telling yourself in a negative way is regularly destroys self-esteem, so people should tell or talk about yourself as a good thing, for example, I am a talented person.

3. Find something you are good at, such as playing the guitar. Playing football, composing poems, etc. When doing something feels good will help a person have more confidence and dare to try new things.

4. Use for yourself as "I" (I statement). If a person is responsible for his feelings, he will use the word "I". Will be afraid to use the word "I" for fear of being criticized by other people.

5. Develop Support Group Support from a group of friends that a person trusts and able to speak openly will help build self-esteem a good group will not be pressured. But it will create a good feeling with the person.

6. Resist peer pressure People with low self-esteem tend to have no confidence in expressing their opinions, or self-determination. The result is that he will be influenced and a lot of peer pressure, so building appreciation and confidence to individuals. It helps people make their own decisions.

7. Act with integrity, people who admire and see their own worth will be able to see the value of other people as well that we act with integrity and have responsibility to others. It will make us feel good about ourselves which increases self-esteem.

It can be concluded that the personality development process that a person can follow step by step which causes the development of external personality and internal personality. It is to build self-esteem, which means that we act with integrity and have responsibility towards other persons will make us feel good about ourselves which increases self-esteem.

## VI. KEY PROMCIPLES TO PROMOTE PERSONALITY

Having a good personality is looking good in both external behavior and action including internal behavior that is a good state of mind forged together. It will make a person's personality which will lead to success in life.

Taking care of yourself to be healthy both physically and mentally is called "Being Good". Having a personality that is loved by people, everyone admires, there are 10 tips that should be practiced [4] as follows.

1. Always keep your body healthy. Because physical health and mental health work together because good health will make a person happy, fun, good mood, clear mind.

2. Be diligent in self-examination and accept the truth accept mistakes and find a solution turning weaknesses into strengths explore yourself to know yourself. What kind of person are you interested in or what are you good at?, and set goals in life that are consistent with reality.

3. Reasonable needs and flexible Setting the right desires in your wishlist will make an effort and if you don't get what you want, accept it, be satisfied, it will make you happy.

4. Don't be a comparator, comparing one's own life with other people will make you unhappy, evaluate yourself based on your knowledge, abilities, and efforts. Appreciating other people, learning and using it as an example in life will make you live with other people peacefully not pressure yourself.

5. Have a sense of humor having a sense of humor will help the body and the mind is clear, relaxed, not looking at the world too stressed. Humor can help create a positive atmosphere for both yourself and others.

6. Let it be, the worst suffering in a person's life is the suffering of attachment. Let things go their own way, remembering to give yourself a chance to start over, try again, and correct what you learn from your mistakes. No matter the fault is caused by you or anyone or anything, forgive and give it time.

7. One must be satisfied with what one is doing, having, and being. Knowing to be satisfied with one's work, one's status, and one's self. It will help you not be bored with life enthusiastic and ready to propel themselves to a better position, accepting and self-satisfied have self-confidence can be both a leader and a good follower.

8. Don't keep suppressing if there is suffering, discouragement, despair or boredom in life, should find a proper outlet because of keeping it may cause mental problems using ways to relieve stress by having a friend to talk to, read a book, exercise or take a walk relax will help you feel better.

9. Don't let each day pass in vain, unknown people make their days precious. will be a person who is bored and has no faith in himself will increase self-worth, more distracted, so people should use their free time to benefit by doing hobbies such as making handicrafts, planting trees, playing sports will help bring happiness and peace of mind and proud of their own work.

10. Being a person who gives creating a good attitude for yourself by being a person who gives being able to support or share with other people. It makes people feel comfortable and proud to help other people.

In summary, it can be concluded that: the key to promoting personality make a person have a good personality is manifested in actions with a good state of mind which will lead to success in life.

### CONCLUSION

It can be concluded that personality promotion means showing dignity and dignity in accordance with the status, which will make a person with a good personality. Possess dignified manners, standing, walking, sitting, lying down properly, for example, having to stand up straight, walk straight, sit up straight, not stand too close to an adult person, not walking too fast or too slow do not sit back, curled back, this helps all parts of the body to work according to the condition of the natural reality. However, it must be careful not to cause a gesture that will lead to arrogance and arrogance, so it should be polite as it should be. A good person with a good personality, whether standing or sitting, is at a reasonable level. Not being a person who hides behind other people's backs or avoids corners. When standing and sitting in the community, one must stand and sit in the community, in the order appropriate to oneself, i.e. one should be in front of one another should be behind must be

behind. If an adult person goes behind is equal to depriving the seat of the younger person. In the usual line up time must be in the order of the adult and the junior. But, the rows must be in the order of first and last, so this is appropriate. A person who has a person in good condition. He is not a person who trembles, restlessly, restlessly in a crowd must have bravado courage. There will be many people little person must act as if like no person. All symptoms showed normal. To be able to have the courage must be a person who is interested in traditions must be a person interested in formality and must continually attend meetings where they can attend at their own pace, otherwise they will not be able to help but be shaken, more or less own abilities that exist then brought out for use at such a time. It may cause the body to disappear show normal behavior.

### REFERENCES

- [1] Panida Jantarakran, personality development and mental health, (2<sup>nd</sup> edition), (Bangkok: published by Min Service Supply Ltd., Part. 2017), page 27.
- [2] Panerai Supprapha, Psychology-Applied in Life and Work, (Bangkok: Chulalongkorn University Printing House, 2015).
- [3] Greenberg & Gold, Health, New York: Holh Rine Hard & Winston, 1994: 197.
- [4] Pranom Thavornwet, Good Personality 24 hours, (Bangkok: Jaijai Publishing House, 2006), page 48.