

Managing Psychological Problems Efficiently: Essential in leading to Up-gradation of Personality Traits

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ABSTRACT:

From the stage of early childhood, throughout the lives of the individuals, they are overwhelmed by different types of psychological problems of anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. Hence, it is of utmost significance for the individuals to be well-equipped in terms of ways that are necessary in managing psychological problems in an efficient manner. The ways are put into operation on one's own as well as through obtaining support and assistance from others. The family members, relatives, friends, educators, supervisors, employers and professional counselors are the individuals, who provide support and assistance in managing the different types of psychological problems in an efficient manner. As a consequence, the individuals are able to render an important contribution in bringing about improvements in one's overall standards of living. Furthermore, they will possess an approachable nature and an amiable attitude. When the individuals are putting into operation the measures to cope with different types of psychological problems, they will be able to promote a normal mind-set. In this manner, they will incur the feelings of pleasure and contentment. Therefore, it is well-understood, managing psychological problems efficiently is essential in leading to up-gradation of personality traits. The main concepts that are taken into account in this research paper are, understanding the meaning of psychological problems, measures to be implemented in the management of psychological problems and advantages of managing psychological problems.

Keywords: *Individuals, Job Duties, Managing, Personal, Professional, Psychological Problems, Skills*

INTRODUCTION:

The individuals are different from each other in terms of number of factors, i.e. caste, creed, race, gender, age groups, ethnicity, religion, personality traits, occupations, educational qualifications, cultures, communities, and socio-economic backgrounds (Reinsberg, 2016). The individuals are overwhelmed by various types of psychological problems within as well as outside the homes. The different types of psychological problems are, anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. Hence, from the stage of early childhood, throughout the lives of the individuals, they are required to augment their information in terms of various factors, which would be facilitating in managing psychological problems efficiently. The individuals are required to form cordial and amiable terms and relationships with family and community members in coping with different types of psychological problems efficiently. The

implementation of effective communication processes are the key in generating information in terms of different types of subjects and concepts. Therefore, individuals will contribute in managing psychological problems in an effective manner. Within personal and professional lives, it is necessary for the individuals to be well-equipped in terms of different types of measures and approaches, which are facilitating in coping with various types of psychological problems in an efficient manner. The family and community members are contributing efficiently in imparting information among individuals in terms of measures and approaches. These are implemented through augmenting one's knowledge and understanding. The individuals, belonging to all communities, categories and socio-economic backgrounds need to be well-equipped in terms of job duties and methodologies. As a consequence of carrying these out in a well-ordered manner, individuals will incur the feelings of pleasure and contentment. Furthermore, they will not be

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overwhelmed by any types of stressful situations. Therefore, within and outside the homes, possession of adequate information in terms of different types of job duties and methods will be facilitating in generating desired outcomes.

Understanding the Meaning of Psychological Problems:

From the stage of early childhood, throughout the lives of the individuals, they are required to augment their knowledge and understanding in terms of meaning of psychological problems. The experiencing of different types of psychological problems are regarded as an integral part of the personal and professional lives of the individuals. These are anger, stress, anxiety, frustration and depression. These are experienced by the individuals due to valid as well as invalid reasons. Hence, it is of utmost significance for the individuals to be well-equipped in terms of different types of psychological problems. The individuals need to augment their knowledge and understanding in terms of moral and ethical ways to manage these. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. Therefore, one is able to understand the meaning of psychological problems, when these are giving rise to impediments within the course of achievement of desired goals and objectives.

The family and community members of the individuals play an important part in making provision of information among them that are contributing efficiently in imparting information among individuals regarding useful measures and approaches. These need to be put into operation in a well-organized and disciplined manner. These are implemented through augmenting one's knowledge and understanding. The individuals, belonging to all communities, categories and socio-economic backgrounds need to be well-equipped in terms of all their job duties within and outside the homes. Furthermore, generating information regarding methodologies is advantageous. As a consequence of carrying these out in a well-ordered manner, individuals will incur the feelings of pleasure and contentment. Furthermore, they will not be overwhelmed by any types of stressful situations. Hence, within and outside the homes, possession of adequate information in terms of different types of job duties and methods will be facilitating in understanding psychological problems. Therefore, an understanding of the meaning of psychological problems is acquired, when these are facilitating in implementing job duties and methodologies appropriately. From the stage of early childhood, individuals need to understand that they cannot live their lives alone, hence, it is necessary to reinforce contacts with family and community members. There are some job duties that are carried out on an

individual basis, whereas, there are others, which are implemented through working in co-ordination with other members within as well as outside the homes. In some cases, the communication processes are stressful and individuals experience psychological problems. The main reason being, the individuals may say something or carry out tasks, which may not be pleasing. One of the important aspects that needs to be taken into account is, the individuals, belonging to all age groups are required to reinforce their tolerating capacity. Furthermore, they need to hone their listening skills and form positive viewpoints regarding various factors. As a consequence of forming an effective social circle, individuals will render an important contribution in coping with various types of psychological problems in an effective manner. Therefore, individuals acquire an understanding of the meaning of psychological problems, when they are putting emphasis on reinforcing contacts.

Measures to be implemented in the Management of Psychological Problems:

From the stage of early childhood, throughout the lives of the individuals, they are required to augment their knowledge and understanding in terms of measures to be implemented in the management of psychological problems. The experiencing of different types of psychological problems are regarded as an integral part of the personal and professional lives of the individuals (Remoundou, & Koundouri, n.d.). These are experienced by the individuals due to valid as well as invalid reasons. Hence, it is of utmost significance for the individuals to be well-equipped in terms of different types of measures.

The measures are complicated as well as manageable; these are put into operation on one's own or through working in co-ordination with other members and these are implemented in less amount of time or can be more time-consuming. One of the important aspects that needs to be taken into account by all the individuals is, positivity needs to be reinforced in the implementation of these measures. When these are put into practice in an adequate manner, individuals will be able to promote enrichment of overall standards of living. Therefore, throughout one's lives, it is necessary to augment information regarding these. These are stated as follows:

Implementing Effective Communication Processes:

The individuals are required to be well-equipped in terms of communication skills. These are facilitating in implementing effective communication processes within and outside the homes. As a consequence, one will be able to augment their knowledge and understanding regarding various factors; exchange different types of ideas and viewpoints; obtaining answers to all types of questions that are

overwhelming and overcoming all types of setbacks. Furthermore, individuals are required to be well-equipped in terms of communication ethics, i.e. making use of polite language and decent words, treating each other with respect and courtesy, maintaining eye contact, when communicating face to face and honing technical skills.

The main reason being, technologies are used to communicate in a verbal as well as written form. The individuals are able to cope with different types of psychological problems in an adequate manner, when they are communicating with family and community members in a satisfactory manner. Furthermore, they will incur the feelings of pleasure and contentment that they have contacts with others. In other words, loneliness will be alleviated. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be implemented in the management of psychological problems.

Being well-equipped regarding Job Duties and Responsibilities:

The individuals, belonging to all occupations, communities, and socio-economic backgrounds need to be well-equipped in terms of job duties and responsibilities. As a consequence of carrying these out in a well-ordered manner, individuals will incur the feelings of pleasure and contentment. Hence, all types of psychological problems will be coped with in an effective manner. Hence, within and outside the homes, possession of adequate information in terms of different types of job duties and responsibilities will be facilitating in generating desired outcomes.

When the individuals are committed towards these and complete them within the required time-frame, they will be able to promote a normal mind-set and meet expectations of others. In other words, they will not be overwhelmed by the feelings of anger, frustration, and anxiety. Furthermore, they will be able to cope with any types of stressful situations in a well-organized and disciplined manner. Hence, within personal and professional lives, it is of utmost significance to be well-equipped in terms of different types of job duties and responsibilities. Therefore, being well-equipped regarding job duties and responsibilities is one of the significant measures to be implemented in the management of psychological problems.

Being well-versed regarding Methodologies and Procedures:

In order to carry out all types of job duties and responsibilities in a well-organized manner, it is necessary to be well-versed regarding methodologies and procedures. These are complicated as well as manageable; these are put into operation on one's own or through working in co-ordination with others and these are implemented in less amount of time or can be more time-consuming. When the individuals are

committed towards these and complete them within the required time-frame, they will be able to promote a normal mind-set and meet expectations of others. In other words, they will not be overwhelmed by the feelings of anger, frustration, and anxiety.

Furthermore, they will be able to cope with any types of stressful situations in a well-organized and disciplined manner. Hence, in order to carry out all types of job duties and responsibilities in a well-organized manner, it is of utmost significance to be well-equipped in terms of different types of methodologies and procedures. The individuals, belonging to all fields are utilizing pioneering methods and materials as well in the implementation of job duties. Therefore, being well-versed regarding methodologies and procedures is an expedient measure to be implemented in the management of psychological problems.

Forming Cordial and Amiable Terms and Relationships with others:

One cannot live their lives alone. Hence, it is of utmost significance to form cordial and amiable terms and relationships with others. These include, family members, relatives, friends, educators, classmates, colleagues, employers, neighbors and other community members. The main reason being, the individuals will have to consult them in carrying out different tasks and activities. The individuals in some cases do get engaged in different types of conflicting situations and disagreements with individuals within and outside the homes. These are disappointing and aggravating to the individuals.

On the other hand, forming cordial and amiable terms and relationships with others is vital in coping with various types of psychological problems in an effective manner. The main reason being, individuals form the viewpoint that they will have support and assistance available from others in promoting enrichment of their overall personality traits. Furthermore, they will contribute efficiently in bringing about improvements in their overall quality of lives. When individuals reinforce contacts, they incur positive feelings. Therefore, forming cordial and amiable terms and relationships with others is an eminent measure to be implemented in the management of psychological problems.

Forming an Effective Social Circle:

From the stage of early childhood, individuals need to understand that they cannot live their lives alone, hence, it is necessary to form an effective social circle. The social circle of the individuals comprises of family members, relatives, friends, educators, classmates, colleagues, employers, neighbors, service providers and other community members. The main reason being, the individuals will have to consult them in carrying out different types of tasks and activities,

within as well as outside the homes. As a consequence of forming an effective social circle, individuals will render an important contribution in coping with various types of psychological problems in a satisfactory manner.

The main reason being, individuals from the viewpoint that they will have support and assistance available from others in doing well in their job duties and generating desired outcomes. Hence, it is apparently understood, they will not be overwhelmed by any types of stressful situations. Furthermore, loneliness will be prevented from giving rise to impediments within the course of enhancement of personality traits and overall standards of living. Therefore, forming an effective social circle is a renowned measure to be implemented in the management of psychological problems.

Alleviating Loneliness:

Loneliness is regarded as one of the chronic and distressful conditions. It has unfavorable effects on the physical as well as psychological health conditions of the individuals. Hence, throughout the lives of the individuals, they are required to be well-equipped in terms of ways of alleviating loneliness. The condition of loneliness renders an important contribution in escalating different types of psychological problems. As a consequence of alleviating loneliness, individuals will render an important contribution in coping with various types of psychological problems in an effective manner. The main reason being, individuals will have support and assistance available from others in doing well in their job duties and generating desired outcomes (Salters-Pedneault, 2020).

As a consequence, they will put in efforts to their best abilities in carrying out different types of tasks satisfactorily. Furthermore, they will reinforce the feelings of pleasure and contentment. When individuals establish linkages with others, they are not only alleviating loneliness, but will reinforce the traits of morality, ethics, diligence and conscientiousness. As a consequence, different types of psychological problems will be managed efficiently. Therefore, alleviating loneliness is a meaningful measure to be implemented in the management of psychological problems.

Managing Anger:

Anger is regarded as the natural feeling. It is experienced by individuals within as well as outside the homes. But it is of utmost significance for the individuals to be well-equipped in terms of different types of methods and approaches of managing anger. This is regarded as the negative feeling, which needs to be prevented from assuming a major form. Furthermore, it needs to be prevented from giving rise to impediments within the course of putting into operation different types of job duties. The

management of anger is not all the time a complicated task. Hence, individuals need to make sure, they manage anger in an effective manner.

The family members are the first and foremost individuals, who impart information among individuals, which is facilitating in managing anger. Hence, they need to ensure, they understand it adequately and put it into operation throughout their lives. Within both personal and professional lives, it is indispensable for the individuals to manage anger. As a consequence, individuals will render an important contribution in promoting a normal mind-set. Therefore, managing anger is a worthwhile measure to be implemented in the management of psychological problems.

Possessing the Abilities to Work under Stress:

The individuals, belonging to all communities, categories and socio-economic backgrounds are overwhelmed by number of stressful situations in their lives. The various factors in terms of which these take place are, job duties, responsibilities, methodologies, procedures, strategies, lack of implementation of time-management skills, unawareness in terms of various types of subjects and concepts, work pressure, scarcity of financial, human, technical, material, and information resources, lack of infrastructure, amenities and facilities and forth. The different types of stressful situations are experienced in a major or minor form. These are usually barriers within the course of achievement of desired goals within personal as well as professional lives.

In order to put into operation different types of job duties successfully, it is necessary for the individuals to possess the abilities to work under stress. Within both personal and professional lives, it is indispensable for the individuals to manage anger. As a consequence, individuals will render an important contribution in promoting a normal mind-set. Hence, different types of psychological problems will be prevented from giving rise to impediments within the course of achievement of desired goals. Therefore, possessing the abilities to work under stress is a noteworthy measure to be implemented in the management of psychological problems.

Forming Positive Viewpoints regarding various Factors:

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to form positive viewpoints regarding various factors. Within personal and professional lives, they are required to put into operation different types of tasks and activities. Furthermore, they are required to deal and work with other individuals. Hence, it is of utmost significance to form positive viewpoints in terms of various factors and individuals, whom one is working and dealing with. Furthermore, they are

required to form cordial and amiable terms and relationships with other individuals, within as well as outside the homes.

This will be facilitating to the individuals in reinforcing a constructive approach. As a consequence, individuals will not only promote a normal mind-set, but will contribute efficiently in developing motivation levels towards the implementation of tasks and activities. One of the important aspects is, all types of setbacks need to be overcome in an effective manner. As a consequence, different types of psychological problems will be managed efficiently and prevented from assuming a major form. Therefore, forming positive viewpoints regarding various factors is an encouraging measure to be implemented in the management of psychological problems.

Obtaining Counseling and Guidance Services:

In coping with different types of psychological problems, it is necessary to obtain counseling and guidance services. These are obtained from professional counselors, particularly when individuals are unable to manage psychological problems on their own. The professional counselors have their own techniques, which they are required to put into operation in a satisfactory manner. They conduct the analysis of the causes of all types of psychological problems. After the analysis is conducted, the counselors make provision of information in terms of methodologies to the counsees. The counsees need to understand these adequately and put these into operation.

Furthermore, they need to ensure, they are confident and are not overwhelmed by any types of dilemmas and challenging situations. As a consequence, tasks and activities will be carried out successfully. Furthermore, individuals are able to render an important contribution in coping with different types of psychological problems in an adequate manner. Furthermore, these are to be prevented from giving rise to impediments within the course of promoting enrichment of overall personality traits and standards of living. Therefore, obtaining counseling and guidance services is an approving measure to be implemented in the management of psychological problems.

Promoting Good Physical Health Conditions:

It is apparently understood that individuals, belonging to all communities, categories and socio-economic backgrounds need to promote good health from the physical perspectives. In other words, they aspire to remain free from any types of health problems and illnesses. When the individuals are overwhelmed by any types of health problems and illnesses, they do experience the psychological problems of anger, stress, anxiety, frustration and depression. Their competencies and abilities get impeded. Furthermore,

they will have to take help from others in carrying out their tasks and activities appropriately.

On the other hand, when individuals are free from any types of health problems and illnesses, they will do well in their job duties and achieve desired goals. Furthermore, they will promote a normal mind-set and cope with different types of psychological problems in an effective manner. As a consequence, individuals will render an important contribution in incurring the feelings of pleasure and contentment. Furthermore, they will form positive viewpoints regarding different factors and deal efficiently with individuals within and outside the homes. Therefore, promoting good physical health conditions is a useful measure to be implemented in the management of psychological problems.

Augmenting Skills and Abilities:

From the stage of early childhood, throughout the lives of the individuals, they are required to put emphasis on augmenting skills and abilities. The different types of skills are, communication skills, time-management skills, analytical skills, critical-thinking skills, problem-solving skills, decision-making skills, technical skills, creative skills, leadership skills, negotiation skills, personal skills, presentation skills, professional skills, intellectual skills, and public-speaking skills. On the other hand, abilities which need to be honed are, convincing, persuasion, management, administration, controlling, possessing the abilities to work under stress, putting in efforts to one's best abilities, coping with dilemmas and challenging situations in an adequate manner and carrying out different types of tasks and activities in a satisfactory manner.

In the management of different types of psychological problems, the individuals need to ensure, they augment different types of skills and abilities. Furthermore, all types of dilemmas and challenging situations need to be coped with in a positive manner. In addition, individuals will render an important contribution in strengthening the feelings of pleasure and contentment. Therefore, augmenting skills and abilities is an advantageous measure to be implemented in the management of psychological problems.

Advantages of Managing Psychological Problems:

The different types of psychological problems are experienced in a major or minor form. These are regarded as an integral part of the personal and professional lives of the individuals (Reiling, 2006). Within the course of putting into operation different types of household responsibilities; pursuance of educational programs and implementation of job duties within employment settings, the individuals are required to manage psychological problems in an adequate manner. It is apparently understood that they

aspire to carry out all tasks successfully, hence, they need to manage psychological problems in a satisfactory manner. The individuals work diligently in managing psychological problems in an adequate manner, hence, it is necessary for them to be well-equipped in terms of advantages. These are, leading to up-gradation of motivation and concentration levels; pleasing family members; achieving educational goals; enhancing career prospects; leading to up-gradation of personality traits and promoting enrichment of overall standards of living. These are stated as follows:

Leading to Up-gradation of Motivation and Concentration Levels:

In putting into operation different tasks and activities in a well-organized and regimented manner, it is necessary in leading to up-gradation of motivation and concentration levels. These are considered important in all types of job duties, complicated as well as manageable. Hence, these need to be reinforced on regular basis within personal as well as professional lives of the individuals. When the individuals are able to cope with different types of psychological problems in an adequate manner, their mind-sets will get stimulated. As a consequence, they will contribute significantly in leading to enhancement of motivation and concentration levels. The main reason being, individuals will augment their aspiration to do well in their tasks and generate desired outcomes. Hence, they will promote a normal mind-set. As a consequence, their job performance will be pleasing to other individuals. Therefore, leading to up-gradation of motivation and concentration levels is regarded as one of the indispensable advantages of managing psychological problems.

Pleasing Family Members:

The family is regarded as the first and foremost institution from where, learning, growth and development of the individuals takes place. The family members are regarded as the first and foremost teachers of their children. They impart information regarding all measures, which would be facilitating in leading to progression (Positive Thinking, 2020). Hence, when the individuals are making selection of the occupations and fields, they need to make sure, these are pleasing to their family members. Hence, when the individuals will render an important contribution in promoting a normal mind-set, they will cope with various types of psychological problems in an effective manner. As a consequence, they will put into practice different types of tasks and activities, which would be pleasing to the family members. Therefore, pleasing family members is one of the significant advantages of managing psychological problems.

Achieving Educational Goals:

In educational institutions of all levels, the individuals have different types of educational goals to achieve. These are, acquiring an efficient understanding of academic subjects and lesson plans; participating efficiently in different types of academic activities and assessment strategies; honing presentation skills; participating in various types of functions and events in a satisfactory manner; participating in different types of extra-curricular and creative activities in an efficient manner; forming cordial and pleasant terms and relationships with other members and leading to up-gradation of the overall system of education. As a consequence of coping with various types of psychological problems in an effective manner, individuals will render an important contribution in achieving educational goals. The main reason being, their mind-sets will be stimulated and they will augment their enthusiasm levels. In this manner, students, belonging to all grade levels will render an important contribution in achieving educational goals. Therefore, it can be stated, achieving educational goals is an eminent advantage of managing psychological problems.

Enhancing Career Prospects:

Enhancing career prospects is regarded as one of the primary goals of the individuals, irrespective of their communities, categories and socio-economic backgrounds. The individuals make selection of the fields in accordance to their competencies, abilities and aptitude. The tasks and activities that individuals are required to carry out in all fields are manageable as well as complicated. Hence, in order to achieve desired goals and objectives, it is of utmost significance to promote enhancement of one's career prospects. As a consequence of coping with various types of psychological problems in an effective manner, individuals will render an important contribution in achieving career goals. The main reason being, their mind-sets will be stimulated and they will augment their enthusiasm levels. In this manner, desired outcomes will be generated and individuals will incur the feelings of pleasure and contentment. Therefore, enhancing career prospects is an expedient advantage of managing psychological problems.

Leading to Up-gradation of Personality Traits:

Throughout the lives of the individuals, they need to be well-versed in terms of measures, which are necessary in leading to up-gradation of personality traits. One of the important measures is, individuals need to manage all types of psychological problems in an adequate manner. These need to be prevented from giving rise to impediments within the course of promoting enrichment of overall personality traits. As a consequence, individuals will possess an amiable nature and an approachable attitude. Furthermore,

normal mind-sets will be promoted; individuals will augment motivation and concentration levels and carry out their tasks and activities in a well-ordered manner. As a consequence, desired outcomes will be generated and individuals will incur the feelings of pleasure and contentment. Hence, individuals will have a pleasant personal appearance. Furthermore, they will work and deal with others in a satisfactory manner. Therefore, leading to up-gradation of personality traits is a favorable advantage of managing psychological problems.

Promoting enrichment of overall Standards of Living:

Promoting enrichment of overall standards of living is regarded as one of the primary goals of the individuals, irrespective of their communities, categories and socio-economic backgrounds. As a consequence of coping with various types of psychological problems in an effective manner, individuals will render an important contribution in achieving career goals in all fields. The main reason being, their mind-sets will be stimulated and they will augment their enthusiasm levels. Furthermore, normal mind-sets will be promoted; individuals will augment motivation and concentration levels and carry out their tasks and activities in a well-organized manner. As a consequence, desired outcomes will be generated and individuals will incur the feelings of pleasure and contentment. The main reason being, individuals will put in efforts to their best abilities in carrying out all tasks and activities in a satisfactory manner. Therefore, it is well-understood, promoting enrichment of overall standards of living is an essential advantage of managing psychological problems.

CONCLUSION:

The different types of psychological problems are, anger, stress, anxiety, frustration and depression. Throughout the lives of individuals, they augment their information regarding measures in managing psychological problems. These are, implementing

effective communication processes, being well-equipped regarding job duties and responsibilities, being well-versed regarding methodologies and procedures, forming cordial and amiable terms and relationships with others, forming an effective social circle, alleviating loneliness, managing anger, possessing the abilities to work under stress, forming positive viewpoints regarding various factors, obtaining counseling and guidance services, promoting good physical health conditions and augmenting skills and abilities. Advantages of managing psychological problems are, leading to up-gradation of motivation and concentration levels; pleasing family members; achieving educational goals; enhancing career prospects; leading to up-gradation of personality traits and promoting enrichment of overall standards of living. Finally, it can be stated, management of psychological problems is facilitating in promoting enrichment of personality traits and overall living conditions.

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