

## Developing Self-Awareness Favourable to the Individuals in enhancing their Living Standards

**Corresponding Author:** Dr.

Radhika Kapur

University of Delhi , Department of Adult , Continuing Education & Extension PhD

**How to Cite:**

Kapur, D. R. (2021). Developing Self-Awareness Favourable to the Individuals in enhancing their Living Standards. *The Journal of Social Sciences Studies and Research*, 1(04), Page: 15–24.

Retrieved from <http://tjssr.com/index.php/tjssr/article/view/19>

This is an open access journal, and articles are distributed under the terms of the This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)., which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new

Article Received: **12 June 2021**,

Accepted: **12 July 2021**,

Publication: **21 July 2021**

### Abstract

Throughout the lives of the individuals, they need to acquire an efficient understanding of the meaning and significance of self-awareness. Self-awareness will enable the individuals to conduct an analysis of one own-self. After they conduct an analysis, they will be able to identify the limitations and bring about improvements. One needs to work diligently and conscientiously in eliminating the limitations and reinforcing the strengths. In implementing self-awareness, one may take help and assistance from other individuals as well. These are, family members, professional counsellors, medical practitioners, health care specialists, supervisors, employers, instructors, colleagues and classmates. When the individuals form the viewpoint that they are experiencing setbacks within the course of putting into operation various job duties, they need to work efficiently towards eliminating them. Furthermore, these need to be prevented from assuming a major form. On the other hand, when there are strengths, they need to be reinforced. Self-awareness leads to reinforcement of professionalism as well. One needs to conduct research on regular basis to identify the strengths and limitations in both personal and professional lives. Therefore, one is able to understand that developing self-awareness is favourable to the individuals in enhancing their living standards. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of self-awareness, types of self-awareness, measures to develop self-awareness and self-awareness contributes in leading to enrichment of professionalism among individuals.

**Keywords:** Career, Education, Employment Opportunities, Individuals, Objectives, Professionalism, Self-Awareness

### Introduction:

It is comprehensively understood, all individuals, irrespective of their caste, creed, race, religion, ethnicity, gender, age, occupations, educational qualifications, communities, categories and

backgrounds have aims and objectives to achieve (Cherry, 2020). The primary aims of the individuals are, to acquire good-quality education, getting engaged in employment opportunities, forming an effective social circle,

augmenting skills and abilities, sustaining one's living conditions in an effective manner and bringing about improvements in one's overall quality of lives. In order to achieve these goals and objectives, it is apparently understood, one needs to possess adequate knowledge in terms of various aspects. Furthermore, they need to inculcate the traits of diligence, resourcefulness and conscientiousness. One of the important aspects that needs to be taken into account is, one needs to develop self-awareness. Development of self-awareness will enable the individuals to conduct an analysis of their own-selves. When the individuals implement the ways to conduct an analysis of their own-selves, they are able to identify their own strengths and limitations. The individuals need to be well-equipped in terms of measures and strategies, which would enable them to identify their own strengths and limitations in an effective manner. Therefore, self-awareness is regarded as one of the vital concepts that needs to be focused upon throughout their lives.

In putting into operation self-awareness in an appropriate manner, there are various measures and strategies in terms of which the individuals need to be aware of (How to be more Self-Aware, 2019). The individuals need to conduct research on regular basis. The research needs to focus upon their strengths and limitations. Strengths need to be reinforced, whereas, limitations need to be alleviated. When there are limitations, it needs to be ensured, they do not have detrimental effects upon the overall living conditions of the individuals. One of the crucial measures is one needs to be well-equipped in terms of counselling and guidance services. Counsellors make provision of help and assistance to the individuals in development of self-awareness. In other words, when the individuals are overwhelmed by weaknesses and limitations and feel that they are giving rise to barriers within the course of achievement of desired goals and objectives in both personal and professional spheres, they are required to seek counselling and guidance services. These are acquired from family members, friends, health

care specialists, medical practitioners and professional counsellors. Counsellors provide help to the individuals in identifying their limitations and bringing about improvements in them. Therefore, when the individuals, wholeheartedly focus upon self-awareness, they will be able to lead to enrichment of their living conditions in an effective manner.

When the individuals, wholeheartedly focus upon development of self-awareness, they will focus upon development of their skills and abilities (Warley, n.d.). The skills and abilities of the individuals are regarded to be of utmost significance in achievement of desired goals and objectives, sustaining one's living conditions in an effective manner and bringing about improvements in one's overall quality of lives. Hence, from the stage of early childhood, throughout the lives of the individuals one needs to focus upon development of skills and abilities. In some cases, they are complicated, whereas, in other cases, they take place in a manageable manner. Hence, when the individuals develop skills and abilities, they are able to benefit on a large scale. In the present existence, it is vital for the individuals to be well-versed in terms of modern, scientific and innovative methods. When these methods are utilized in the implementation of tasks and activities, one will be able to carry them out in an appropriate manner. Furthermore, these methods are regarded as worthwhile and efficacious in doing well in one's job duties and in generating the desired outcomes. Therefore, one is able to understand in a well-ordered and satisfactory manner that when the individuals wholeheartedly focus upon self-awareness, they will be able to render a significant contribution in development of skills and abilities and generating information in terms of modern, scientific and innovative methods.

### **Understanding the Meaning and Significance of Self-Awareness**

Self-awareness is the ability to focus on yourself and how the actions, thoughts and emotions do or do not align with the internal standards. When the individuals are aware to a major extent, one

is able to evaluate one own-self, manage emotions, align one's behaviour with own values, norms and beliefs and acquire an efficient understanding of the aspect, how others perceive the individuals. In order to achieve the desired goals and objectives and lead to up-gradation of one's living conditions, it is apparently understood, one cannot carry out one's job duties in seclusion. It is of utmost significance for the individuals to communicate with others. In making provision of solutions to various types of problems as well, interactive abilities need to be honed. When the individuals form an effective social circle, they will be able to generate information in terms of what viewpoints others develop regarding them. Therefore, one is able to acquire an efficient understanding in terms of meaning and significance of self-awareness, when its development renders an important contribution in leading to up-gradation of one's overall quality of lives.

Self-awareness involves being aware in terms of different aspects of the self. It includes, traits, behaviours and feelings. It is the psychological state, in which the individuals themselves are the focus of attention. When the individuals are putting in their best abilities towards developing self-awareness, they aspire that it should prove to be meaningful and advantageous to them. In other words, it should prove to be efficacious in both personal and professional spheres. When the individuals recognize the meaning and significance of self-awareness, only then they will be able to identify their limitations. After the limitations have been identified, one needs to inculcate the traits of diligence, resourcefulness and conscientiousness. After one is well-equipped in terms of limitations and work meticulously towards providing solutions to them, one will be able to render a significant contribution in doing well in their jobs, generating the desired outcomes and leading to up-gradation of one's overall quality of lives. Therefore, one is able to acquire an efficient understanding in terms of meaning and significance of self-awareness, when its development proves to be worthwhile and

efficacious to the individuals in bringing about improvements in one's overall living conditions.

In one's lives, the individuals come across various types of situations. Some are overwhelming and causes psychological problems among the individuals to a major extent. The various types of psychological problems that are experienced by the individuals are anger, stress, anxiety and frustration. It is apparently understood, the individuals do experience these problems in personal and professional spheres. When these are experienced in a major form, they are likely to give rise to barriers within the course of putting into practice various tasks and activities and achievement of goals and objectives. Hence, it is necessary to be well-equipped in terms of measures and approaches to cope with various types of psychological problems and prevent them from assuming a major form. Coping with psychological problems will enable the individuals to develop a normal mind-set. Furthermore, the individuals will be able to concentrate well on their job duties. When the individuals recognize the meaning and significance of self-awareness, only then they will be able to identify the ways to cope with various types of psychological problems and promoting a normal mind-set. Therefore, one is able to acquire an efficient understanding in terms of meaning and significance of self-awareness, when its development proves to be useful and effective to the individuals in dealing with the psychological problems of anger, stress, anxiety and frustration.

### **Types of Self-Awareness**

When the individuals are conducting research on self-awareness, it is necessary for them to augment their knowledge and understanding in terms of types of self-awareness. It is apparently understood that individuals are different from each other in terms of number of aspects. Due to differences, their approaches and outlooks are also different. When they are focusing upon development of self-awareness, they need to augment their understanding in terms of the type of self-awareness that is suitable to their needs

and requirements. The primary objective of the individuals is to lead to their effective growth and development. Types of self-awareness are, self-awareness in terms of triggers and one's reactions to them, self-awareness in terms of how one is dealing with others and self-awareness of how one's routine behaviour has an impact on future opportunities. These are stated as follows:

### **Self-awareness in terms of Triggers and One's Reactions to Them**

In both personal and professional lives of the individuals, there are occurrence of situations, which enable the individuals to feel overwhelmed by the psychological problems of anger, anxiety, stress and frustration. These problems, particularly when assumed in a major form give rise to impediments within the course of putting into operation various tasks and activities and achievement of goals and objectives. In order to achieve the desired goals and objectives and lead to up-gradation of one's overall living conditions, it is apparently understood, one cannot carry out one's job duties in seclusion. It is of utmost significance for the individuals to communicate with others. In one's lives, it is necessary for the individuals to form an effective social circle. In making provision of solutions to various types of problems as well, one needs to acquire support and assistance from others. In some cases, the individuals may not feel pleased by the reactions of others. Hence, when they develop self-awareness, one is able to augment their understanding in terms of the aspect that difficult and stressful situations too need to be dealt with in a calm manner.

When the individuals do not appreciate the tasks and activities of others, one needs to make provision of constructive criticism. In educational institutions of all levels and within employment settings, when the individuals experience setbacks, and when they are not able to put into operation their job duties in accordance to the expectations of their instructors and supervisors, they need to guide and direct them appropriately. In other words, it

is necessary to develop mutual understanding. One will be able to succeed when one forms cordial and amiable terms and relationships with others. Therefore, self-awareness in terms of triggers and one's reactions to them is a type of self-awareness, which enables the individuals to generate awareness in terms of the factor that they should not lose hope. Furthermore, one should deal with problems and challenges in a calm and composed manner.

### **Self-awareness in terms of how one is dealing with others**

In the lives of the individuals, in both personal and professional spheres, one needs to deal with others. These are the individuals within as well as outside the homes. When the individuals are dealing with others, it signifies that they are working with others. In such cases, one of the important aspects that needs to be taken into account is, one needs to recognize the meaning and significance of morality and ethics. Within the course of putting into operation various tasks and activities, there are occurrence of various types of problems. In some cases, one is able to provide solutions to the problems on their own, whereas, in other cases, when they are not able to solve them on their own, they are required to obtain help and support from others. When one is dealing with others, one needs to ensure, one communicates with them in an effective manner and treat others with respect and courtesy. Even when one does not appreciate the viewpoints and perspectives of others, one is required to decline them in a polite manner. Hence, throughout the lives of the individuals, one needs to generate self-awareness in terms of how one is dealing with others.

In one's lives, the individuals come across number of individuals. Some are easy-going, some are demanding in nature and difficult to deal with and so forth. But when the individuals have an aim or objective to achieve and they are required to deal and work with others. In such cases, they need to ensure that they develop mutual understanding with others. Furthermore, one needs to ensure, one reinforces cordial and

amiable terms and relationships with others. This will facilitate in doing the job well and achievement of desired goals and objectives. Therefore, self-awareness in terms of how one is dealing with others is a type of self-awareness, which enables the individuals to understand that one needs to communicate with others in a polite manner and treat each other with respect and courtesy.

### **Self-awareness of how one's Routine Behaviour has an impact on future Opportunities**

Throughout the lives of the individuals, they need to develop a daily life routine. They carry out all their job duties and tasks in accordance to the daily life routine. One needs to generate self-awareness to ensure how one's routine behaviour has an impact on future opportunities. It is comprehensively understood, all individuals aspire to have a bright future. They normally aim to get engaged in tasks and activities, which would render a significant contribution in enabling them to create a bright future. For example, when the individuals develop interest in the production of artworks and handicrafts, then they will get engaged in these activities to hone their skills. This will facilitate the individuals in getting engaged in job duties, which would enable them to develop enriching future opportunities. Hence, throughout the lives of the individuals, either on one's own or through obtaining support and assistance from others, one generates awareness in terms of the ways that how the routine behaviour of the individuals have an impact on future opportunities.

Throughout the lives of the individuals, they are required to focus upon learning various things and development of skills and abilities. In some cases, they are complicated, whereas, in other cases, they take place in a manageable manner. Hence, when the individuals develop skills and abilities, they are able to benefit to a major extent. When the individuals are knowledgeable, competent and capable, they will be able to contribute in an efficacious manner in enhancing their future opportunities. There are availability of career counsellors, who are

consulted, particularly when the individuals are not well-aware in terms of future opportunities. In career counselling, information is acquired in terms of education and employment. Therefore, self-awareness of how one's routine behaviour has an impact on future opportunities is a type of self-awareness, which enables the individuals to understand that one needs to formulate the routine behaviour in such a manner that it has positive and favourable impact on their future opportunities.

### **Measures to Develop Self-Awareness**

Throughout the lives of the individuals, they need to augment their knowledge and understanding in terms of measures to develop self-awareness (5 Ways to Improve Self-Awareness, 2020). In the present existence, the individuals are making use of technologies and internet on a large scale. When they are to generate information and augment their knowledge in terms of various areas, the individuals make use of internet. On the internet, there are various articles, which enable the individuals to generate information in terms of various subjects and factors. When the individuals form the viewpoint that they will be able to put into operation the activities in an appropriate manner, they utilize the information. Apart from making use of books, articles, other reading materials, technologies and internet, one is able to generate information in terms of measures through communicating with others. These are, family members, friends, health care specialists, medical practitioners and professional counsellors. Within the course of pursuance of education and participation in employment opportunities, instructors, classmates, supervisors, employers and colleagues are the individuals, who render an important contribution in providing information in terms of the measures. Therefore, it is necessary for the individuals to develop self-awareness to promote better livelihoods opportunities and lead to up-gradation of one's overall living conditions. Measures to develop self-awareness are stated as follows:

### **Conducting Research on Regular Basis**

The individuals need to conduct research on regular basis. The research needs to focus upon identification of their strengths and limitations. Strengths need to be reinforced, whereas, limitations need to be alleviated. When there are limitations, it needs to be ensured, they do not have unfavourable effects upon the overall living conditions of the individuals (Manson, n.d.). When the individuals are conducting research in terms of their own-selves, they normally observe, how they are putting into operation various tasks and activities. For example, when one is pursuing a program in fine arts and make an artwork, they observe, how they have performed. They observe their competencies and abilities. When the design and structure looks attractive, one is able to form the viewpoint that one has mastered artistic skills in a satisfactory manner. On the other hand, when there are limitations, one needs to pay attention towards bringing about improvements. On the other hand, when the individuals are putting into operation practical job duties, then too this measure will facilitate in identifying the limitations and bringing about improvements. Therefore, conducting research on regular basis is a measure to develop self-awareness, which has been acknowledged by the individuals, irrespective of their communities, categories and backgrounds.

#### **Obtaining Counselling and Guidance Services**

One of the crucial measures is one needs to be well-equipped in terms of counselling and guidance services. Counsellors make provision of help and assistance to the individuals in development of self-awareness. In other words, when the individuals are overwhelmed by weaknesses and limitations and feel that they are giving rise to barriers within the course of achievement of desired goals and objectives in both personal and professional spheres, they are required to obtain counselling and guidance services. These are acquired from family members, friends, health care specialists, medical practitioners and professional counsellors. The various areas in terms of which these services are obtained are, education, employment, career, family, relationships, household, and coping with

various types of psychological problems. These are, anger, stress, anxiety, and frustration. Counsellors provide help to the individuals in identifying their limitations and bringing about improvements in them. When they analyse the problems of the counsees in an appropriate manner, they will be able to bring about solutions to them. Hence, when the individuals, wholeheartedly focus upon self-awareness, they will acknowledge the significance of counselling and guidance services. Therefore, obtaining counselling and guidance services is a measure to develop self-awareness, which has been acknowledged by the individuals, particularly when they are overwhelmed by problems, which are proving to be disadvantageous to them.

#### **Asking for Feedback**

When the individuals are pursuing education or they are in jobs or are putting into operation the household responsibilities, they are required to ask for feedback from the other individuals. The other individuals include, family members, instructors, supervisors and employers. The individuals, who have assigned the job duties are mainly the ones who provide feedback. After one has acquired feedback, one will be able to identify their own strengths and limitations. When the feedback is positive, the individuals will be able to incur the feelings of pleasure and contentment. On the other hand, when there are occurrence of setbacks, the feedback will be negative. In such cases, it is necessary for the individuals to inculcate the traits of diligence, resourcefulness and conscientiousness. In addition, one should form positive viewpoints in terms of various aspects of the job duties. Furthermore, the individuals need to be well-equipped in terms of measures and strategies, which would enable them to identify their own strengths and limitations in an effective manner. Hence, when the individuals, wholeheartedly focus upon self-awareness, they will learn from negative feedback. Therefore, asking for feedback is a measure to develop self-awareness, which has been acknowledged by the individuals, particularly when they have put into operation

various job duties in personal and professional spheres.

### **Development of Skills and Abilities**

From the stage of early childhood, throughout the lives of the individuals, they need to focus upon development of skills and abilities. In some cases, they are complicated, whereas, in other cases, they take place in a manageable manner. Hence, when the individuals develop skills and abilities, they are able to benefit on a large scale. The various types of skills and abilities, which need to be developed are, communication skills, analytical skills, critical thinking skills, problem-solving skills, decision making skills, time management skills, leadership skills, negotiation skills, creative skills, personal skills and professional skills. Furthermore, the individuals need to work diligently towards generating information in terms of various methods, approaches and procedures. They need to be aware in terms of work ethics and peaceful conflict resolution methods. When the individuals are pursuing education or they are in jobs or are putting into operation the household responsibilities, they are required to make use of their skills and abilities in a well-ordered manner. When the individuals are putting into operation various tasks and activities in personal and professional spheres, they need to ensure, they put into operation various tasks and activities in accordance to the methods, approaches and procedures. Therefore, development of skills and abilities is a measure to develop self-awareness, which needs to be recognized by the individuals throughout their lives.

### **Generating Information in terms of Modern, Scientific and Innovative Methods**

It is vital for the individuals to be well-versed in terms of modern, scientific and innovative methods. This is regarded as one of the indispensable measures of generating awareness regarding various subjects and concepts and doing well in one's job duties. When the individuals are putting into operation various tasks and activities in personal and professional spheres, they need to ensure, they put into operation various tasks and activities in

accordance to the modern, scientific and innovative methods. In generating information in terms of these methods, one either conducts research on their own or communicate with others. When these methods are utilized in the implementation of tasks and activities, one will be able to carry them out in an appropriate manner. Furthermore, these methods are regarded as worthwhile and efficacious in doing well in one's job duties and in generating the desired outcomes. Hence, one is able to understand in a well-ordered and satisfactory manner that when the individuals wholeheartedly focus upon self-awareness, they will be able to render a significant contribution in development of expertise and aptitudes and generating information in terms of modern, scientific and innovative methods. Therefore, generating information in terms of modern, scientific and innovative methods is a measure to develop self-awareness, which needs to be put into operation by the individuals, irrespective of their occupations.

### **Being Well-Equipped in terms of Goals and Objectives**

All individuals, irrespective of their communities, categories and backgrounds have goals and objectives to achieve. The primary goals of the individuals are, to acquire good-quality education, getting engaged in employment opportunities, forming an effective social circle, augmenting skills and abilities, doing well in one's jobs, bringing about improvements in one's overall quality of lives and emerging into good human beings and productive citizens of the country. In order to achieve these goals and objectives, it is apparently understood, one needs to be well-versed in terms of measures to develop self-awareness. When the individuals recognize the meaning and significance of self-awareness, they will be able to contribute in an effectual manner in forming an effective social circle. The reason being, when there are occurrence of any problems, one will be able to acquire help from others. When there are occurrence of any kinds of limitations, they are regarded as major impediments within the course

of achievement of goals and objectives. When the individuals are putting into operation various tasks and activities in personal and professional spheres, they need to ensure, they are well-equipped in terms of various types of measures, approaches and strategies. Therefore, being well-equipped in terms of goals and objectives is a measure to develop self-awareness, which needs to be recognized by the individuals, particularly when they are wholeheartedly determined.

### **Recognizing Strengths and Weaknesses**

In order to achieve the goals and objectives in both personal and professional spheres, it is apparently understood, one needs to possess adequate knowledge in terms of various aspects. Furthermore, they need to inculcate the traits of diligence, resourcefulness and conscientiousness. These aspects and traits will enable the individuals to recognize strengths and weaknesses. When one recognizes strengths and weaknesses, one is able to acquire an efficient understanding of the fact that strengths need to be reinforced and weaknesses need to be eliminated. One of the important aspects that needs to be taken into account is, one needs to develop self-awareness. Development of self-awareness will enable the individuals to conduct an analysis of their own-selves. When the individuals implement the ways to conduct an analysis of their own-selves, they are able to identify their own strengths and weaknesses. The individuals need to be well-equipped in terms of methods and approaches, which would enable them to identify their own strengths and limitations in an effective manner. Hence, self-awareness is regarded as one of the essential concepts that needs to be focused upon throughout one's lives. Therefore, recognizing strengths and weaknesses is a measure to develop self-awareness, which needs to be recognized by the individuals in achievement of goals and objectives and in promoting well-being and goodwill.

### **Monitoring Self-Emotions**

Monitoring self-emotions is regarded as one of the crucial factors in one's lives. In order to enrich one's overall personality traits, achieve desired

goals and objectives and lead to up-gradation of one's overall living conditions, it is necessary to monitor self-emotions. From the stage of early childhood, throughout the lives of the individuals, one needs to understand that one needs to reinforce positive emotions. On the other hand, one needs to pay attention towards alleviation of negative emotions. When the emotions will be positive, the individuals will be able to benefit to a major extent. The possession of negative emotions will have unfavourable effects upon the overall personality traits of the individuals. Hence, it is necessary for the individuals, irrespective of their categories and backgrounds to monitor self-emotions in an effective manner. The individuals need to be well-equipped in terms of methods and approaches, which would enable them to identify their own assets and limitations in an effective manner. Hence, self-awareness is regarded as one of the essential concepts that needs to be focused upon throughout their lives. Therefore, monitoring self-emotions is a measure to develop self-awareness, which needs to be recognized by the individuals in leading to up-gradation of one's overall living conditions.

### **Participating in Pleasurable Activities**

Apart from focusing upon up-gradation of career prospects, it is of utmost significance for the individuals to recognize the importance of participating in various types of pleasurable activities. Through participating in these activities, one is able to develop motivation towards learning. Hence, in educational institutions of all levels, one focuses upon encouragement of these activities. All the individuals need to participate in pleasurable activities. When the individuals participate in pleasurable activities, their mind-sets will be stimulated and they will be able to contribute in an effective manner in developing self-awareness. The various types of pleasurable activities are, reading, watching a movie or a television show, preparing a favourite food item, planning an outing, netsurfing, playing an indoor or outdoor game, listening to music, going to the marketplace, getting engaged in exercise or physical activities, yoga and meditation and so



forth. There are numerous types of pleasurable activities. The individuals get engaged in these activities in accordance to their personality traits. Children are guided by their parents to participate in various types of pleasurable activities, whereas, adults are well-aware that which activities would prove to be worthwhile and suitable to them. Therefore, participating in pleasurable activities is a measure to develop self-awareness, which proves to be advantageous and favourable to the individuals.

### **Coping with Problems and Challenges in an Effective Manner**

Problems and challenges are an integral part of the lives of the individuals. But it is of utmost significance for the individuals to augment their knowledge, skills and abilities to cope with problems and challenges in an effective manner. Development of self-awareness will enable the individuals to inculcate the traits of diligence, conscientiousness, morality and ethics to cope with various types of problems and challenges in an efficacious manner. When the individuals recognize the meaning and significance of self-awareness, they will be able to contribute in an effectual manner in understanding that there are some tasks, which are not manageable. There are occurrence of problems. When there are occurrence of any problems, one works towards resolving them. When there are occurrence of any kinds of difficulties, they are regarded as major weaknesses within the course of achievement of goals and objectives. When the individuals are putting into operation various tasks and activities in personal and professional spheres, they need to ensure, they are well-equipped in terms of various types of measures, approaches and strategies. Therefore, coping with problems and challenges in an effective manner is a measure to develop self-awareness, which needs to be acknowledged by the individuals in the implementation of difficult job duties and functions.

### **Self-Awareness contributes in Leading to Enrichment of Professionalism among Individuals**

From the stage of early childhood, throughout the lives of the individuals one needs to focus upon development of competencies, abilities and aptitude. In some cases, they are complicated, whereas, in other cases, they take place in a manageable manner. Hence, when the individuals put emphasis upon development of abilities and aptitudes, they are able to benefit to a major extent. In the present existence, it is vital for the individuals to be well-versed in terms of modern, scientific and pioneering methods. When these methods are utilized in the implementation of tasks and activities, one will be able to carry them out in an appropriate manner. Furthermore, these methods are regarded as meaningful and efficient in doing well in one's job duties and in generating the desired outcomes. Hence, one is able to understand in a well-organized and suitable manner that when the individuals enthusiastically focus upon self-awareness, they will be able to render a significant contribution in development of skills and abilities and generating information in terms of modern, scientific and pioneering methods. In this manner, one will be able to lead to development of professionalism. Therefore, self-awareness contributes in leading to enrichment of professionalism among individuals.

In educational institutions of all levels and within employment settings, when the individuals experience problems and setbacks, and when they are not able to put into operation their job duties in accordance to the expectations of their instructors and supervisors, they need to guide and direct them in an appropriate manner. In other words, it is necessary to develop mutual understanding. One will be successful when one forms pleasant and sociable terms and relationships with others. Hence, self-awareness enables the individuals to generate awareness in terms of the ways to cope with various types of problems in a satisfactory manner. Furthermore, they understand that they should not lose hope. One should deal with problems and challenges in a calm and composed manner. In this manner, one will be able to lead to development of professionalism. Therefore, self-awareness

contributes in leading to enrichment of professionalism among individuals.

### **Conclusion**

Development of self-awareness will enable the individuals to conduct an analysis of their own-selves. When the individuals implement the ways to conduct an analysis of their own-selves, they are able to identify their own strengths and limitations. Types of self-awareness are, self-awareness in terms of triggers and one's reactions to them, self-awareness in terms of how one is dealing with others and self-awareness of how one's routine behaviour has an impact on future opportunities. Throughout the lives of the individuals, they need to augment their knowledge and understanding in terms of measures to develop self-awareness. In the present existence, the individuals are making use of technologies and internet on a large scale. Hence, these are facilitating generation of awareness to a major extent. Measures to develop self-awareness are, conducting research on regular basis, obtaining counselling and guidance services, asking for feedback, development of skills and abilities, generating information in terms of modern, scientific and innovative methods, being well-equipped in terms of goals and objectives, recognizing strengths and weaknesses, monitoring self-emotions, participating in pleasurable activities and coping with problems and challenges in an

effective manner. Self-awareness contributes in leading to enrichment of professionalism among individuals. Finally, it can be stated, when the individuals will develop self-awareness, they will contribute in an effective manner in achieving desired goals and objectives, promoting better livelihoods opportunities and leading to up-gradation of their overall living conditions.

### **Bibliography**

1. Cherry, K. (2020). Self-Awareness Development and Types. Retrieved June 02, 2021 from [verywellmind.com](https://www.verywellmind.com)
2. How to be more Self-Aware: 8 Tips to Boost Self-Awareness. (2019). Retrieved June 02, 2021 from [developgoodhabits.com](https://www.developgoodhabits.com)
3. Manson, M. (n.d.). The Three Levels of Self-Awareness. Retrieved June 02, 2021 from [markmanson.net](https://www.markmanson.net)
4. 5 Ways to Improve Self-Awareness. (2020). Retrieved June 02, 2021 from [law365.co](https://www.law365.co)
5. Warley, S. (n.d.). What is Self-Awareness? Retrieved June 02, 2021 from [lifeskillsthatmatter.com](https://www.lifeskillsthatmatter.com)
- 6.
- 7.
- 8.
- 9.