

IMPACT OF PERSONAL VALUES ON LIFE

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ABSTRACT

All of us have our own values, beliefs, and attitudes that we have developed throughout course of our lives. Our family, friends, community, and the experiences we have had all contribute to our sense of who we are and how we view the world. As a teacher who provide service to students and help them to be empowered, need to be aware of our own personal values, beliefs and attitudes and be prepared to adopt the preferential values of our institution. Family, peer group, educational institution, work place, religion, culture, media play a major influence in developing our personal values. Our personal belief is important and desirable. As individuals we should clarify our personal values by taking time to reflect on what is truly important to us. Identifying and focusing on our personal values help us to become successful. By clarifying and applying our values, we can achieve enhanced self-awareness, effective time management, greater integrity and greater credibility as a teacher.

Key words: Values, Personal values, Core values, Instrumental values, Terminal values.

INTRODUCTION

Increasing rate of divorce, suicides, rape, abduction, kidnapping, murder, violence, mushroom growth of old age homes etc. raises a question in the mind- are we taking the path towards destruction of values. Our value system especially the value of marriage, relationship, caring, hospitality, affection, tolerance was held in high regards by the people in the west. In the name of modernization and Industrialization we have almost lost our values.

Once upon a time when the joint family was there the values were transformed to the younger generation by their elders. But in the nuclear family it was almost absent. Because of technological advancement now younger generations try to follow the western values which may not be suitable to Indian situations. People even forget the value of life. But one who wants to succeed in both their personal and official work life, has to live on the values that are most important for them. To know what you value most you have to spend some time in identifying your key values. Your values help you to judge the appropriateness of careers and jobs and select hobbies and volunteer activities. They drive how you interact with your colleagues and bosses and govern your relationships with your family and friends.

What are these values?

Values are principles, standards or qualities that an individual or group of people held in high regard. These values guide the way we live our lives and the decisions we made. It may also be something that we hold dear those things or qualities which we consider to be of worth. Value is commonly formed by a particular belief that is related

to the worth of an idea or type of behavior. Values can influence many of our judgments we made as well as it can have an impact on the support we give to our children.

Examples of Values:

Ambition, individuality, integrity, service, respect responsibility, dedication, loyalty, credibility, honesty, accountability, dignity, empathy, courage independent, friendliness, discipline, generosity, dependability, optimism etc.

What are personal values?

Personal values are internal set of standards that each of us expects ourselves and others to live up to. These standards are worthwhile to us that we spend extra time and effort behaving in ways that uphold them. Some typical values include respect, fairness, honesty and ambition but individual's actual values are by no means restricted to the predictable. Though many of us are not explicitly aware of what our personal values are, it is important to recognize that all of us have personal values and that values reform how we view the world. If you are not explicitly aware of your values, you may find it difficult to navigate the world, be it internal or external or both.

What is the impact on the internal world?

If you are not aware of your personal values then it is hard to know exactly what you expect of yourself. It will in turn lead to making decisions and behaving in ways that don't uphold your values, causing uneasiness, and internal turmoil. It is a known fact that fulfilled people tend to grow up with life affirming values or had a "crisis of conscience" in early adulthood that caused them to reevaluate and modify their values. As a teacher who provide knowledge, education and service to students and help them to feel empowered, we need to be aware of our own personal values, beliefs and attitudes and be prepared to adopt the professional values and don't ever impose your own ideas on your students.

What is the impact on external world?

In relation to our interaction with others we unconsciously filter the world through our own values. All of us have values but all of us don't have the same values which means we filter other people's behavior and actions through our values even though they might not share that value. Once if you are aware of your personal values you will be able to minimize these negative impacts in your life. By behaving in ways that uphold their values, they reduce their inner turmoil. By recognizing the filters, they use to evaluate the world around them, they are better able to spot situations where they are applying these filters make the necessary adjustments to see the world more clearly and in turn reducing the likelihood of conflict arising. You cannot change the world at once but you can change and you can make a differ

Our personal values are our convictions regarding what we believe are important and desirable. Each of us have a complex of values which is the set of values that we hold and the conflict compatibility and hierarchical relationships among them.

Varieties of personal values

There are two important personal values.

Terminal values:

Terminal values are the desired end which states what a person strongly wants to achieve i.e., freedom, comfortable life etc., each individual has a different set of terminal values in his/her value complex.

Instrumental values:

Instrumental values are person's convictions about their desired characteristics or ways of behaving such as 'ambitions' 'forgiving' or 'polite'. Every one of us possesses some instrumental values and they believe that it will help them to achieve the terminal values. For example ambition an instrumental value helps us to progress towards a comfortable life which is terminal value.

Sometimes we find it difficult to act simultaneously with two of our values (e.g.) family and career. Hence we prioritize the values in our value complex. Each of us has a set of core values that we rarely subordinate to others. These core values are our personal principles. When we develop core values that are more holistic, it will result in healthy social relationships. On the other hand if our principles are self control it will push us to develop arrogant, utilitarian relationship with others. Making your family a higher priority than your career seems to be a good example of subordinating self centered value.

Where do values come from?

Values come from a variety of sources like family caring for each other, peer friendship, workplace, educational institutions, significant life events, religion, culture, etc.

How to identify values?

- Thinking openly and honestly at the way you were raised and the values you instilled growing up. What did the parents value and what values did they impress you-is it achievement, wealth, education, religion, status, independence, appearance, etc.,
- Deconstruction process involves looking at your present life and the values your life reflects. For example a teacher values education and helping children, on the other hand a banker values money.
- The way you spend your money.
- Looking at the place you live, the activities you engage in most and what do you talk about mostly.

Why to identify & establish your values?

Your values are made up of everything that has happened to you in your life and include influences from your parents and family your religious affiliation, your friends and peers, your education, your reading, your experience etc., Effective people recognize these environmental influences and identify and develop a career and meaningful set of values / beliefs and priorities. Once defined, values have an impact on every aspect of our life.

Once if you choose the most important values that define your character, you try to adopt them, commit to them, and then live them visible every day at work and at home. Living your values is one of the most powerful tools available to you to help you to become the person you want to be, to help you accomplish your goals and dream, and to help you lead and influence others. A value based and principled person is most able to create a successful and fulfilling career and life. So don't waste your best opportunity.

What are teacher's core values?

Teaching is one of the most important jobs in our societies, as educator play a crucial role in helping to influence the children and shape their lives. As such teachers who commit themselves to the field often hold specific values that motivate and drive them to dedicate their lives to others. Every teacher should have the following core values.

- ✓ Knowledge
- ✓ Hard work
- ✓ Perseverance
- ✓ Compassion

Knowledge:

Teachers should encourage the students to pursue knowledge and at the same time they should also continue to pursue knowledge which will in turn help them to update knowledge.

Hard work:

Teachers value hard work and in turn they will help students to learn that they must work for what they learn both in and outside the classroom.

Perseverance:

It is one value that teachers hold and instill in their students. They bring this value to the classroom by encouraging students to learn difficult content or even simply study for a for test as they try o learn as much as they can.

Compassion:

Teachers exhibit this value in their daily lives by relating to students educational abilities and helping to create a curriculum that works for them. They ensure that students have opportunities not previously afforded to them. Teachers should also encourage the students to develop this value by teaching them to listen to and value each other opinions in and outside the classroom.

How are values useful?

Teaching children values such as honesty, respect, compassion and responsibility can start from the young age. Parents and teachers alike have the ability to convey messages to children everyday regarding appropriate behaviours and how to live ethically. Including children in daily activities, reactions and specific lessons pertaining to ethical living can increase the overall morality of their upbringing. Attentions to our values help us to

- Become more self-aware
- Make ethical decisions
- Prioritize our tasks and
- Creditability as a teacher

Understanding one’s own core values is integral to become ‘self aware’ which in turn help us to understand how people perceive us and allow us to identify the personal qualities that we would like to change. Change in value is a slow process, but it often begins with changes in behaviour. On the other hand understanding of one’s personal value is useful for time management. A clear picture of our personal values allow us to rank the tasks we do based on it s importance, similarly having a clear set of personal values help us to build the credibility and trust. We are more inclined to trust people when we understand their values, and observe that their actions are in accordance with these values, because we can reliably predict how they will act. Our personal values do impact and shape our life in every situation that exists. You may be able to get away with one tiny incident where our values were compromised, but most likely our personal values always colour our life in everything we do.

CONCLUSION

Our values form the foundations of our life. They dictate the choices we make and determine the direction that our life takes. Our values will influence our decisions related to our relationship, career and other activities we engage in. Many of us adopt the values of our parents and dominant values of the society. In all likelihood the values that we internalized as a child remain with us through adulthood. Only in some cases people reject the values of their upbringings. Sometimes it may even take you to wrong path in your life and that is the reason why teachers should impart good values in the mind of the child, for which you should be the role model. What you preach you should you should follow.

One of the greatest gifts that you can give your children is a strong sense of personal values. Helping your children develop values such as honesty, self reliance, and dependability is as important a part of their education as teaching them to read or how to cross the street easily. The values you teach your children are their best and it can help in creating good citizen.

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