

Self-awareness and lockdown, skill building and lockdown

Puja Singh^{1*}

ABSTRACT

Mankind has observed various pandemics throughout the history where some of them were more disastrous than the others to human. The novel covid-19 is one of them. This research paper contains a comprehensive viewpoint of self-awareness and Skill during a lockdown in this pandemic period. As million across the globe are having to self-isolate to prevent the spread of coronavirus, a sudden urge in free time is leaving many people thinking of things to do during lockdown.

Keywords: Covid-19, Coronavirus, Lockdown, Self-awareness, Skill-building

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Isolation, social distancing lockdown etc. are some major Preventive steps towards this pandemic. The sudden & drastic changes in global worldwide environment, it will become necessary that people developed a new insight by utilizing this time-period in a productive way. In this manner skill development are very important as these bring positive effects in the life of an individual, and it is possible only when people aware about themselves and find important to evolve skill training a not only for a successful society but also for a healthy individual. A set of basic rules that are gained through learning, Practicing or with direct experiences (Sometimes) are termed as skills. They are the abilities for adaptive & positive behaviour that enable human beings to deal with daily life situations effectively. These skills enable groups & individuals to tackle various sorts of issues and problems effectively which are commonly faced in daily life.

To be able to cope up with the increasing to manage pressure, boredom add disappointment, there is various types of skills.

Benefits for the individual-

In regular day to day life the development of life skills encourages people to-

- (A) Encourages them to take responsibility for what they do, instead of shifting blames.
- (B) Build confidence both in speaking skills for group collaboration and co-operation with joint effort and participant.
- (C) Develop a greater sense of self-awareness feeling of mindfulness and an appreciation for other people.

¹ Dept. of Psychology, Dr. Ram Manohar Lohia Avadh University, Ayodhya, Uttar Pradesh, India

*Responding Author

Received: April 10, 2020; Revision Received: May 22, 2020; Accepted: May 25, 2020

Self-awareness and lockdown, skill building and lockdown

- (D) The capacity to self-manage, tackle issues while understanding individual responsibilities.
- (E) Readiness and flexibility to various jobs.
- (F) Help them develop self-confidence and higher self-esteem.

Benefits for society as a whole-

The more we develop skills individually the more these benefit the world in which we live by recognizing cultural awareness and citizenship makes international cooperation easier with people of other societies and by respecting diversity to allow creativity and imagination to flourish a more developed society.

LOCKDOWN

A lockdown is an emergency protocol that usually prevents people or information from leaving an area. The protocol can usually only be initiated by someone in a position of authority. Lockdown can also be used to protect people inside a facility or for example, a computing system from a threat or other external event of buildings a drill lockdown usually means that doors leading outside are locked such that no person may enter or exit. A full lockdown usually means that people must stay where they are and may not enter or exit a building or rooms within said building. If people are in a hallway they should go to the nearest safe, enclosed room.

Self-awareness theory and its important

Introspection is the process of examining our thoughts, feeling and motives. It can lead to self-awareness, or having our attention focused on ourselves. Self-Awareness theory states that noticing ourselves and our behaviour leads us to judging our behaviour according to our internal standards

According to **Daniel Goleman** Self-Awareness is the key corner to emotional intelligence. The ability to monitor our emotions and thoughts from moment to moment is the key to understanding ourselves better, being at peace with who are and proactively managing our thoughts, emotions and behaviour.

The purpose of self-awareness

Self-awareness is the ability to focus on ourselves and how our actions thoughts or emotions do or don't align with our internal standards. If we highly self-aware we can objectively evaluate ourselves, manage our emotions align our behaviour with our values and understand correctly how others perceive us.

How to measure self-awareness

Self-awareness represents the capacity of becoming the object of one's own attention. In this state one actively identifies, processes and stores information about the Self-Reviewed measures include questionnaires, implicit tasks and self-recognition. Self-Awareness is the thinking skill that focuses on a child's ability to accurately judge their own performance and behaviour and to respond appropriately to different social situation. Self-awareness helps an individual to tune into their feelings as well as to the behaviours and feelings of others.

The first building block of emotional intelligence is Self-awareness.

Self-awareness is our ability to recognize our own emotions and their effects on us and others without being aware of and understanding our own emotions. It will be difficult for us to move into the other emotional competencies like self-management, social awareness or team

Self-awareness and lockdown, skill building and lockdown

leadership. Self-improvement is also referred to as personal development can be said as the improvement to one's own mind and character through one's own efforts. It is a conscious process where one decides to take oneself in hand and change their life for the better (introduction to self-improvement).

Self-awareness is being aware of oneself that includes one's traits, feelings and behavior.

It is quite difficult in today's time to find time to think about whom we are, what are our strength and weaknesses, personalities, our habits and values. Besides many of us are not just inclined to spend much time on self-reflection, consequently many of us have low level of self-awareness because self-awareness is an essential first step toward maximizing management skills, It can improve our judgment and help us identify opportunities for professional development and personal growth.

Key areas for self- Awareness include our personality traits personal values, habits, emotions, psychological needs.

Personality

Personality can't be changed, but values and needs are based on what we learn about ourselves. Understanding owns personality can help us find in what environment we can sustain. Awareness of our personality helps you analyze such a decision.

Values

It's important that we know and focus on our personal values. When we focus on our values, we are more likely to accomplish what we consider most important.

Habits

According to Aristotle "Quality is not an act, it is a habit". Our habits are the behaviours that we repeat on a daily basis and often automatically although we would like to possess the habits that help us interact effectively with and manage others, we can probably all identify at least one of our habits that decrease our effectiveness.

Needs

Maslow and other scholars have identified a variety of psychological needs that drive our behaviors such as needs for esteem, affection belongingness, achievement, self-actualization power and control (Gale, 2002).

Emotions

According to **Lazarus** "Emotions are organized psychophysiological reactions to good news and bad news about ongoing relationship with the environment." It's one of the five facts of emotional intelligence understanding our own feelings what causes them, and how they impact out thoughts and action is emotional self-awareness. Person with high emotional self-awareness understands the internal process associated with emotional experiences and therefore has greater control over them.

Self-Development

Importance of continuous self-development is defined as self-improvement is an inner process, which requires inner work. The goal is to live a better happier and healthier life." (Remez, 2001-2012).

Self-awareness and lockdown, skill building and lockdown

Self-awareness helps managers identify gaps in their management skills, which promotes skill development looking at continuous self-development in the context of our future as a manager. Self-awareness also helps managers find situations in which they will be most effective, assists with intuitive decision making, and aids stress management and motivation of oneself and others.

For The continuous self-development in context of the future as a manager below listed are some pointers

Skill development

This can be achieved by improvement which should normally begin with an assessment of the gap between the current situation. Having an accurate sense of who we are helps us decide what we should do to improve. Often, self-awareness will reveal a skills gap that we want to work on.

Knowing our strengths and weaknesses

Self-awareness helps us explore our strengths and cope with our weaknesses. If we are someone who is good at “seeing the big picture” that surrounds decisions but not as good at focusing on the details, we might want to consult colleagues and subordinates that are more detail oriented when making major decisions. Cooperation between big-picture oriented decision makers and detail oriented decision makers can produce high quality decision.

Developing intuitive decision making skills

Leaders with well developed emotional self awareness are more effective intuitive decision makers. In complex situation, intuitive decision makers process large amounts of sometimes unstructured and ambiguous data and they choose a course of action based on a ‘**sense of what’s best.**’ This type of decision making is becoming more important for managers as the rate of change and the levels of uncertainty and complexity in their competitive environments increase.

Stress

Jobs that don’t suit our personality tend to give us more stress than jobs that are more compatible. It’s not that we should take up a job opposite to our personality. However, we must be aware that we would have to work extra hard to develop the skills for that job.

Motivation

This is main factor everyone must consider and have in his life all time. It is very difficult to cope with failure. Self-awareness is empowering because it can reveal where the performance problems are and indicate what can be done to improve performance. In addition awareness of our psychological needs can increase our motivation by helping our understanding and seek out the rewards that we really desire such as a sense of accomplishment, additional responsibility, an opportunity to help others or a flexible work schedule always keep on motivating ourselves that is the best way for motivation.

Leadership

A very few have this quality inbuilt in oneself. Those entities that perform one or more acts of leading. Leadership is a process whereby an individual influences a group of individuals to achieve a common goal. Leadership is a process by which a person influences others to accomplish an objective and directs the organization in a way that makes it more cohesive

Self-awareness and lockdown, skill building and lockdown

and coherent (Concepts of Leadership 2010). Leadership is less about our needs and more about the needs of the people and the organization we are leading.

Self-Analysis

Self-analysis is a systematic attempt by an individual to understand his or her own personality without the help of another person is termed as self-analysis. An independent methodical attempt to study and comprehend one's own personality, emotions, and behavior. We come to a conclusion of self-awareness out of necessity as a result of wanting to change our life. We have our whole life to emphasis on our "weaknesses" and our strength and outstanding qualities go unnoticed. There are people having problems with self Esteem. The reality is that it's our human strength and outstanding qualities that make us what we are to attract people to ourselves. The strength's that we have very important in creating our life in the future because they are the solid foundations on which to build. Everyone has outstanding qualities it's what makes us unique.

Skill building

Skill building assistance includes training and supports services to help individuals actively participate at school, work, volunteer opportunities, community setting, or to learn social skills they may need to support themselves or to get around in the community. A skill is an ability to perform an activity in a competent manner, Skills can be classified into three main types are transferable/Functional, Personal trait Attitude, and Knowledge based. The table below provides a description and examples of each skill type.

We should Develop our skills through further training provides significant benefits including-

- Increase employment opportunities without doubt training provides increased employment opportunities.
- Increased career development opportunities.
- Personal growth.
- Increase our Knowledge and understanding of our local industry.

The seven essential life skills we'll done in the workshop are-

- Focus and Self-Control.
- Perspective Taking.
- Communicating.
- Making Connections.
- Critical thinking.
- Taking on challenges.
- Self-Directed, Engaged Learning.

The skills we need to improve-

- Communication skills (Listening, Speaking and Writing).
- Analytical and Research skills.
- Flexibility/Adaptability.
- Interpersonal Abilities.
- Ability to make decisions and solve problems.
- Ability to plan, organize and prioritize work
- Ability to wear multiple Hats.
- Leadership/Management skills.

Self-awareness and lockdown, skill building and lockdown

Life skills-

- Decision making and problem-solving.
- Creative thinking (see also: lateral thinking) and critical thinking.
- Communication and interpersonal skills.
- Self awareness and empathy.
- Assertiveness and equanimity.
- Resilience and coping with emotions and coping with stress.

Personal Development skills: Effective Self Development strategies to help us improve ourselves-

- As long as we are still alive we are capable of changing and growing we can do anything we want to do, be anything you want to be. Listen to some positive thoughts on how to continue our self development and then apply them in our own life. Personal development skill tips:
- Accept personal responsibility for our own growth, no one can do it for us, what we do today will determine our readiness for tomorrow.
- Take time every day to do something for ourselves.
- People take classes to stay current in their field of expertise. The world is changing rapidly and they must learn to manage change to avoid obsolescence. The way will Rogers put this was that “Even if they are on the right track. If they just sit there they will get run over.”
- Listen to recordings on personal and professional growth topics.
- We should never look back to the past we only can control our actions in this instant.
- We can learn “other people’s experience” rather than having to try everything for ourselves. It shortens the time needed to learn.
- Dealing with a problem helps we learn patience and strengthens our management skills, it is good mental exercise.
- Analyze in a non-judgmental way, mistake in which we were involved. It will help us to prevent these in the future.

Empower ourselves with these skills during this lockdown:-

While the lockdown and COVID-19 fear came at an unprecedented time, it could not be a more opportune time to do everything we wanted to but couldn't! All those times we caught ourselves saying-“I should learn this,” this is our time to go ahead and actually learn it. If our skill involves outdoor activity, then we urge us not to take it up at the moment. However, if we are just looking at finding a new skill we can learn during the lockdown. Now might be a good time to break old habits and start some new ones.

Learn a New language:-

This might be something that almost everyone would have suggested but do we know shy? Apart from social communication, a new language will make us an active listener, flex our cognitive capabilities and help our grasp new concepts better. It is refreshing and fun to learn a new language and today.

Learn to cook

A skill that will need very little investment, improving our culinary prowess or starting from scratch with cooking is simple. There’s plenty of cook books to suit every palette, budget and diet.

Self-awareness and lockdown, skill building and lockdown

Learn to dance

Up our dance game with at home classes; we can follow along with online, going at our own pace and being right next to a shower when we have worked up a sweat.

Learn photography

Avid Photography fans or those new to the craft can pick up tips, polish existing skills and further our interest with an online photography class.

Learn arts and crafts

If we budget and time conscious, the learning origami is an inexpensive and easy way to fill our time, while doing something productive.

Learn and start composting

For those lucky enough to have some outdoor space, that might involve composting. Composting at home enriches our soil and absorbs water, providing the plants in our garden with a steady source of moisture and nutrients. It's also true, that if we all started composting at home, millions of tons of organic waste would be diverted from landfills, reducing greenhouse gases from hitting the atmosphere.

REFERENCES

- “Coronavirus Disease 2019 (COVID-19)”. Centers for Disease Control and Prevention. 11 February 2020. Archived from the original on 29 March 2020. Retrieved 28 March 2020.
- DuBrin, Andrew (2008). *Essentials of Management*. Mason, OH: South-Western Cengage Learning. p.16.
- Duval, Shelle and Wicklund, Robert A (1972) *A theory of objective self awareness* Academic Press.
- Jabr, Ferris (2012). “Self-Awareness with a Simple Brain”. *Scientific American Mind*. 23 (5): 28-29. Doi:10.1038/scientificamericanmind1112-28.
- Lazarus: *Psychological and Biological approach to emotion*. Hillsdale.
- Resnick, Brian (10 March 2020). “Italy and china used lockdowns to slow the coronavirus. Could we?” *VOX* . Retrieved 25 March 2020.
- Rifkin, H. (18 July 2008). “Invest in people skills to boost line”. *Portland Business Journal*. Archived from the original on 18 July 2008. Retrieved 14 October 2009.
- Robles, Marcel M. (12 August 2016). “Executive Perceptions of the Top 10 Soft skills Needed in Today’s Workplace”. *Business Communication Quarterly*. 75(4): 453-465. doi: 10.1177/1080569912460400.

Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Singh. P (2020). Self-awareness and lockdown, skill building and lockdown. *International Journal of Indian Psychology*, 8(2), 340-346. DIP:18.01.245/20200802, DOI:10.25215/0802.245