



IMPORTANCE OF SELF-AWARENESS AMONG STUDENTS

S.Parameshwari@Shobana¹, Dr.V.Jaisudhadevi²

¹Research Scholar

Reg.No.20211201272006

PG Department of Commerce & Research Centre

Sri Parasakthi College for Women, Courtallam – 627 802

Affiliated to Manonmaniam Sundaranar University, Abishekapatti, Tirunelveli

Tamil Nadu, India

E-Mail: shobana0725@gmail.com

²Assistant Professor

PG Department of Commerce & Research Centre

Sri Parasakthi College for Women, Courtallam – 627 802

Affiliated to Manonmaniam Sundaranar University, Abishekapatti, Tirunelveli

Tamil Nadu, India– 627 012

E-Mail: jaisudhadevi81@gmail.com

8074

Abstract

Self-Awareness is the ability to be aware of one's inner life, one's emotions, thoughts, behaviors, values, preferences, goals, strengths, challenges, attitudes, mindsets, and so forth– and how these elements impact behavior. The purpose of this paper is to conceptually explain the framework of self-awareness and its importance to develop self-awareness in students. This paper also suggests the ways to improve the self-awareness of students.

Keywords- Self-awareness, Emotional, Students, Motivation

DOI Number: 10.48047/NQ.2022.20.9.NQ44937

NeuroQuantology2022;20(9): 8074-8076

Introduction

Self-awareness is the ability to identify one's feeling, thoughts and action. Understanding one-self by putting up questions to ourselves to analyze our behavior. Self-awareness is very important among students to identify their values and goals. It is an empowerment tool for students to cultivate an enriched approach in accomplishing their goals and needs.

Objectives

- ❖ To explain the framework of self-awareness.
- ❖ To enlighten the importance of self-awareness among students.
- ❖ To suggest the strategies to improve the self-awareness among students.

Importance of self-awareness

Motivation and Self awareness

Beyond external rewards a student should stay self-motivated to approach the day powerfully. Taking an initiative to step forward towards the goal need self-motivation & self-reward. Being a better version of oneself need motivation & self-awareness. Motivation makes a person action oriented & they look forward to do things in the best possible way. Motivation converts challenges to opportunities & adds a purpose to life. Acceptance and gratification helps a student to combat hard situation it dilutes the intensity of the problem. One must be accountable of the task performed to improve their area of work. A personal development plan is very important to set goals then invest



and ignite motivation with a positive mindset. Interest is the key factor for achievement so put your maximum interest while doing for better results. Thinking, planning along with doing brings accomplishments. Rather than extrinsic motivation, intrinsic motivation enhances self-development. A student with awareness, willingness, motivation & hard work excel limitlessly.

Social attributes and self-awareness

Being aware about one's social attribute strengthens not only individual performance but initiates as to be a responsible person in the society. Students become more aware about the moral requirements and try to create more opportunity for others too. Staying humble is an important trait of a self-aware person. A student with self-love also extends appreciation to deserving person. Self-aware student look forward to improvement. They analyze their strength weakness and bias as well. They are open to feedback for betterment of oneself as well as the society. Self-aware students should possess a quality of forgiveness to accommodate people & make others more adaptive. They work hard to enhance their credibility self-awareness along with social attributes tend to reduce friction during conversation. Identifying and managing emotions of oneself and other bring in massive success. Honesty also plays an important role in social behavior. Active listening proper communication & persuasiveness adds on to social attributes. With all these qualities a student can become a better version undoubtedly.

Emotional outcome & Self-awareness

Emotional awareness is a critical skill to be self-aware. Beyond just recognizing the emotions students should be aware of its outcome & its impact on others. Self-aware students will identify their emotions by monitoring their emotion & recognize their reaction to it. They can co-ordinate their feelings & behavior. Self-awareness helps an individual to find his strength & limitations. Emotional stability and confidence is enhanced by self-awareness. They overcome the vulnerability by a positive mind set & cordial actions. This doesn't mean to mask

their emotions rather express it at right levels, in right place and at the right time. Self-aware students always lead themselves responsible for their actions. Being mindful is the quality of self-aware people. Practicing proper communication skill enables effective delivery and response. People should have a mind frame of acceptance. Being aware about the emotional outcome make an individual more adaptive to changes and develop empathy. An empathetic student is more aware and can build an excellent social relationship.

Strategies to develop self-awareness

- ❖ Identifying individual's emotions and its reciprocation on others.
- ❖ Proper understanding about invisible relationship between emotions, thoughts and behaviors.
- ❖ Having a positive mindset towards growth in all aspects.
- ❖ Establishing honesty in our deeds.
- ❖ Estimate the self-efficiency.
- ❖ Knowing the purpose of life.
- ❖ Identifying personal needs and associate one with social needs.
- ❖ Developing self-compassion
- ❖ Being attentive in all walks of life.
- ❖ Having an honest personal feedback about us.

Conclusion:

People who are self-aware recognize their strengths and their challenges. When students understand themselves better, it's easier for them to build positive self-esteem. That's especially important for student who learn and think differently and who struggle with certain skills and tasks. Self-awareness gives them a way to look not just at their challenges, but also to see what they're good at.

Reference:

1. Andreas agne, markushappe, achim lo sch, christianplessl, (2014) "Self-Awareness as a Model for Designing and Operating Heterogeneous Multicores" ACM Transactions on Reconfigurable Technology and Systems, 7(2)
2. AtumaOkpara and Agwu M. Edwin., (2015), "self-awareness and



- organizational performance in the nigerian banking sector” European Journal of Research and Reflection in Management Sciences 3(1).
3. BehnazPakdel., (2013) “The Historical Context of Motivation and Analysis Theories Individual Motivation” International Journal of Humanities and Social Science, 3(18).
 4. HasanUgur, Petru-Madalin Constantinescu and Michael J. Stevens., (2015) “Self-Awareness and Personal Growth: Theory and Application of Bloom’s Taxonomy” Eurasian Journal of Educational Research, 60(1).
 5. Jignasa Joshi., (2016) A Study On Multiple Intelligence Of Students In Relation To Gender And Found That There Was A Significant Effect Of Gender On Musical Intelligence.3(6), 91-96
 6. Kalaiyarasan.M and Daniel Solomon. M., (2016) “Importance of Self-Awareness in Adolescence – A Thematic Research Paper” IOSR Journal of Humanities and Social Science (IOSR-JHSS) 21(1).
 7. Lucia Galleno, Marcela Liscano., (2013) “Revitalizing the Self: Assessing the Relationship between Self-awareness and Orientation to Change” International Journal of Humanities and Social Science, 3(16).
 8. Matthew R.Longo, FriederikeSchuur, Marjolein P.M. Kammers,ManosTsakiris (2009) “Self-awareness and the body image”, ActaPsychologica, 132(1).
 9. Patrick Haggard, (2009) “Self-awareness and the body image”, ActaPsychologica, 3(7),23-30.