THE EFFECT OF ESTEEM, CONFIDENCE AND PERSONALITY ON NIGERIAN UNIVERSITIES STUDENTS: KHERA /COVEY`S INSPIRATION TO STUDENTS OF UDUSOKOTO

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Abstract

This paper was initially presented at a students' event in the Usmanu Danfodiyo University, Sokoto, Nigeria in order to remind them (students) on the need to package themselves as well as the University for Greater Prosperity. The paper using essentially existing literature got inspired by Shiv Khera and Steven R. Covey. The books "you can win" and "the 8th habit" have been of help and inspiration as antidotes to most of our problem of not believing in ourselves expression in our inability to interact due to lack of confidence and well constructed personality. The paper concludes that where we comply with the prescriptions of the books as indicated, we stand the chances of rising to prominence and excelling even beyond the ordinary thereby making Usmanu Danfodiyo University being able to consolidate its position as a leader in the education sector. Correspondingly, we must perceive, assess and evaluate ourselves constructively for us to establish the ground the use of which not only amplifies our personality but consolidates our appearance as major operations in the definition of good behavior
Keywords: Esteem, Personality, Personality, Inspiration.

Introduction

The modern man is but a product of change that derives identity from social, environmental and related sources. What makes a person greater or otherwise is not only the institutional frameworks or the entirety of the society but significantly, one`s perception of himself/herself as well as how such perception plays role in rating or placing one as either important or otherwise. Academic achievements or excellence in other aspects of life have to do not only with one`s understanding of the subject but also the requisite confidence that one has as to the exactitude (relevance) of his responses to questions (challenges) posed or issues at stake.

Self-Esteem refers to a person's disposition to evaluate self positively or negatively in a spontaneous, automatic, or unconscious manner.

'The self-concept is *what we think* about the self; self-esteem, the positive or negative evaluation of the self, is *how we feel* about it'. A person's self-concept consists of the beliefs one has about oneself, one's self-perception, or, as Twenge, (2007) expresses it, "the picture of oneself". Baumeister (1997) described self-concept as total perception which people hold about him/ herself. It is not the "facts" about one-self but rather what one believes to be true about one-self. Early researchers used self-concept as a descriptive construct, such as 'I am an athlete' (Jones, 2003)

The definition of one`s personality cannot be divorced from the ultimate outcome of his perception of himself as well as his ability to project his appearance on the basis of which the society recognizes him as a person.

For the purpose of this we intend to present the discussions starting with conceptual meaning of the major variables of the discussion viz: self esteem, self confidence and personality. At the end, we present Shiv Khera`s **You Can Win** and Stephen R. Covey`s **The 8th Habit** as major sources of inspiration and guide through this journey.

Self-esteem reflects a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses beliefs (for example, "I am competent", "I am worthy") and emotions such as triumph, despair, pride and shame (Mruk, 2006).

Recent theories adapted self-esteem with more evaluative statements like 'I am good at tennis' (Rodewalt & Tragakis,2003). The latter statement not only describes the self, as the individual identifies herself or himself, but evaluates the self by putting worthiness on it. Therefore, self-esteem is defined as both descriptive and evaluative self-related statements. As a social psychological construct, self-esteem is attractive because researchers have conceptualized it as an influential predictor of relevant outcomes, such as academic achievement (Bono and Judge,2003) or exercise behavior (Burke, 2008).

Self confidence is the inner faith which provides the greatest mental energy. Persons with self confidence have won a situation much before its practical happening. One must have an inner faith, internal peace and in depth self understanding to develop a state of self confidence.

Self confidence stems from faith in one's abilities and respect for oneself. To build self confidence, one needs to be aware of his strengths and weaknesses, and set the right expectations from himself. Failures often result in low self esteem, Crocker & Park, (2004) and the person tends to lose faith in himself. But it depends upon the individual whether he learns from the failure or drowns himself in disappointment. It is this positivity in attitude that helps in determining the level of self confidence. Self confidence not only inspires one towards a better social and work space, but also adds vital meaning to his existence.

Lack of self confidence leaves one confused, indecisive, and weak. Even with intelligence and academic grades, one might fail to make an impact if he has low self confidence. The personality suffers major setback and exudes uncertain behavior. That means his presence in a group or social gathering would not create any impact, and more often than not, he would go unnoticed. His efforts or achievements might be totally neglected and unrecognized.

To Baumeister, (2001) not everyone is born with self confidence. It often needs to be developed and nurtured. The following are very sensitive to consider thus:

The first step towards developing self confidence is to set achievable goals and approach them on a priority basis. Nothing succeeds like success. Once the taste for success is developed, confidence comes automatically, along with the hunger for bigger accomplishments and more recognition. The initial fear that holds a person back disappears and challenges can be faced from an achiever's perspective.

The second important aspect is to prepare for the task. One needs to have a thorough knowledge about what he is getting into to avoid failure resulting from lack of information. Preparations update one to expect the unexpected and plan out contingencies if required. Also, it adds to one's comfort level while performing the task.

Thirdly, it is important to realize that the learning experience is far more important than success or failure; at any given situation one should be able to justify his actions and experiences with his learning. Also, bad habits and shortcomings need to be identified and arrested. One has to consciously project his strengths such that they play a vital role in the social space as compared to his weaknesses. When people appreciate the strengths, they overlook a lot of weaknesses. Lastly, and most importantly, one needs to be pleasant in terms of communication, appearance, manners, body language, and focus to ensure that others like to spend time with him or listen to him when he is speaking out.

How do we do that?

1. Make three lists: one of your strengths, one of your achievements, and one of the things that you admire about yourself. Try to get a friend or relative to help you with these lists. Keep the lists in a safe place and read through them regularly.

2. Think positively about yourself. Remind yourself that, despite your problems, you are a unique, special, and valuable person, and that you deserve to feel good about yourself. Identify and challenge any negative thoughts that you may have about yourself, such as 'I am a loser', 'I never do anything right', or 'No one really likes me'.

Personality represents all of the particular details especially details of behavior, thought and emotion that together define the individual

Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions (Angler, 2009).

It is worthy of note that conventional wisdom suggests personality is built. For such an enterprise, the following inputs will fine tune our efforts with ease thus:

Shiv Khera`s You Can Win guides you to build your personality

To this author, you can attain the highest if you translate into a Total Quality Person who is considered as one with invincible personality.

Personality can be clearly and completely defined as the 3 facets of oneself

a. Speech (Words)

b.Body (Activities done using body)

c. Mind (Thoughts)

The following rules apply if one is to be a total quality person:

Four Rules for Building Speech Personality

Adhere to self/image building forms of speech

1. Truthful speech 2.Non-Divisive speech 3.Non-Abusive speech 4.No idle gossip

Three Rules for Building Body Personality

Abstain from self/image destroying activities possible with body

1. Killing -destroying living beings. 2. Stealing -taking that which is not given

3. Adultery -extramarital sex

3 Basic Rules for Building Mind Personality

Avoiding self/image destroying emotions and try to practice the total opposite of each

1. Greed -Strong desire for things 2.Anger -Hatred towards others 3.Strong Beliefs which are False –Not having opportunity to learn 4 supreme truths.

In addition, Accepting 8 general laws common to everyone equally: neither allow them to let you down (through feeling of Hatred) nor make you overly satisfied (through the feeling of Greed).

1. Loss/Gain 2. Infamy/Fame 3.Insult/Appraise 4.Sorrow/Joy

R. Covey`s The 8th Habit encourages you to Discover Your Voice

We can discover our voice because of three gifts we're born with. These gifts are:

Gift 1: The Freedom to Choose. Our past, our genes, the way others have treated us — these influence

us but don't determine us. Between stimulus and response there is a space where we choose our response. In our choices lie growth and our happiness.

Gift 2: Natural Laws or Principles. To use wisely that space between stimulus and response, we must live by **natural laws** that dictate the consequences of behavior. Positive consequences come from fairness, kindness, respect, honesty, integrity, service and contribution.

*Gift 3: The Four Intelligences***.** These are:

Mental Intelligence (IQ). IQ is our ability to analyze reason, think abstractly and comprehend.

Physical Intelligence (PQ*). *PQ is what our body does without conscious effort, coordinating 7 trillion cells with incredibly complex precision.

Emotional Intelligence (EQ*). *EQ is one's self-knowledge, self-awareness, social sensitivity, empathy and ability to communicate successfully. It is a sense of timing and appropriateness, and having the courage to acknowledge weaknesses and express and respect differences.

Spiritual Intelligence (SQ*). *SQ is our drive for meaning and connection with the infinite. We use this to develop our longing and capacity for meaning, vision and value. It allows us to dream and to strive. It's our conscience. SQ helped the late president of Egypt, Anwar Sadat (who, with former Israeli prime minister Menachem Begin, brought about the Camp David Peace Accord between Israel and Egypt) write these words while he was a young man in solitary confinement in a Cairo prison, "He who cannot change the very fabric of his thought will never be able to change reality, and will never, therefore, make any progress".

The Considerations

It is widely believed that theories are prescriptive and that they provide insight to understanding reality. They also come with corresponding implementation strategies but they will remain no more than mere dreams if they are not put into use. What is important here is for us to understand them as they have been intended by their protagonists, we must be willing to not only domesticate them but also make the best use of them. Our knowledge of esteem, confidence and general personality will prove futile if our evaluation of self doesn't translate into building a good behaviour capable of emancipating humanity. It is worthy of note that all environmental and related inadequacies be fought in a bid to allowing all the elements work in the interest of sustainable future in the society. Students of the Great UDUS must blend in such a way that the gap between where we are and where we are going to stands filled.

Conclusion

It is transparently clear that where a person builds a credible personality and discovers his/her voice, the sky is not even the limit. One`s ability to discover his/her voice enables him/her to express such a voice hence consolidating one`s self as relevant in the society, the polity, the economy or a combination.

In the quest for greatness (Biological and or otherwise), we cannot but agree to go by prescriptions as suggested by the cited contributors. All is left for us to do is but manipulating the elements in favor of humanity and in such a way that our representation of our Alma-Mata, **The Great UDUS** and a formidable citadel that will live to intimidate others, in a way never done before. Where a person possesses the requisite esteem and confidence, his personality will appear both total and inspiring.

If we know ourselves, we can be able to tell others who they are and how they can know themselves. Here, we must perceive, assess and evaluate ourselves constructively for us to establish the ground the use of which not only amplifies our personality but consolidates our appearance as major operations in the definition of good behavior.

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