

Pedagogical Practices for Defining the Identity of a Bhartiya

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Abstract

Creation is a very beautiful term, we all live in a world which is created for us to live sustainably in harmony with rest of the nature. We all are created and possess an identity. Talk about humans or talk about any other species living in this world, we all are with an identity. A special character is attached with all the living beings. Creation if taken in positive manner can lead us to the world where we can live in harmonious way. Otherwise creation in no time can be the reason for the severe destruction of mankind as well for the rest of the nature. Creation has its own challenges and issues if relating with identity of humans. All humans work hard for sustaining the identity of our own individuality. If seeing the world in context of humans from an arrear view, we can see that we all fight for the sustainability of the identity. Everything in this world is related with the pressure for sustaining the identity of an individual. Before proceeding, we must know the deeper meaning of the Identity. Taking identity in the individual approach, it is something which we all have as a mother, father, son, daughter etc. But considering identity in holistic manner, it is something which involves and evolves with everyone as a human and as a part of the society and its extension to the nature. Creating and sustaining identity for the betterment of the complete cycle is the ultimate goal of the mankind.

Keyword: Pedagogical Practices, Identity, Self Esteem, Self Efficacy

Introduction

The term “IDENTITY” signifies something which is related to one individual. Identity is a term which one is with when he or she takes birth to this beautiful and self-evolving and exploring world. We all carry an individual approach to seeing things from different perspectives. Identity is not only related to all human beings but this is something that is innate within us. This is not at all a part of us that can be added or can be deleted from humans but this is which is inborn and we all possess this naturally since birth. The question arises: Does Identity can be created or is sustaining? Before proceeding let’s find out what actually we mean by the term Identity? What impact does it have on us? What role does it actually create if we recognize the same? The core identity of the individual is made up of attributes unique as behavior, values, skills we possess.

Identity is not something which we read in books or see in movies, rather it is something which we are born with, and with times it keeps on evolving. Very small children have very simple identities whereas as we grow this keeps on evolving in a self-serving manner. Let us see who we are and what we think about ourselves and most importantly how we see a person’s identity?

The definition of identity is who you are, the way you think about yourself, the way you are viewed by the world, and the characteristics that define you. An example of identity is a person's name. Not only name but it is also attached with the thoughts about your personal characteristics, habits, interests, and skills. This is counted in the individuality of the person but its extension is up to family and society. It is not only bound to one own self but its reflection is extended further to society and it is directly related

to the Nationality of an individual. For example, I am an Indian, my identity while traveling abroad is that the person belongs to India or this is with each and every individual. Every person living on this earth belongs to one or another country. We all are identities with a nationality. But this is something which can be transferred from one country to another. If we are here and have spent whole life as a student but in future getting any better opportunity to work in another country, one opts for such lucrative deals and leave the country and uses the knowledge and skills availed from the present country. This can be an individual approach to work in the same country from where you have excelled in skill and utilize the knowledge in some other country. But we have seen people realizing the idea in their later years that it would have been a different picture if they had served for the country where they actually belong to. Being born and brought up in such a wide diverse cultural nation one feels proud and loved to serve the nation. It is all about the belief system which transforms from one generation to another to be proud of the country and serve for it. By being in one nation one has access to all the rights

and feels empowered for rights and responsibilities. One learns the equitability which is fairly right in modern society.

Struggling with various parts of identity is natural and normal. Developing an identity or sense of self and those traits a person desires to have can take time and may be challenging. Not having a strong sense of self or struggling with identity issues may lead to anxiety and insecurity. It leads to questioning your character, questioning traits that influence your self-perception, questioning your purpose or passion in life, experiencing anxiety or unrest, altering your values or inclinations frequently to

match your environment or relationship, difficulty answering questions about yourself.

People's identity is rooted in their identifications; in what they associated themselves with. What a person associates him or herself with is ultimately who that person is, for all identity is ultimately in relationship to something else. An American person identifies himself or herself as "American", for example, and that becomes part of that American person's identity. The same person might identify themselves as male (or female), a member of a particular religious group, a brother or sister, a child, an employee, etc. Even more personally, they may identify themselves as a loser, as someone who is helpless to influence the course of their lives, or as someone who needs to hate a particular religious group simply because that is what members of their own religious group are "supposed" to do. Though such personal beliefs may have no basis in reality, they often are taken at face value by the people who hold them. Such people act on their mistaken or irrational beliefs and end up creating problems for themselves.

Identity is not just what you know; it is also how you know. People are not born with an identity. Rather, identity is something that evolves over time. Young children have simple identities and see things in an overly simple, generally self-serving manner. As people grow older and wiser, they identify themselves with other people, places, and things in increasingly sophisticated ways and start to grow out of this initial selfishness. A young child may see her mother as a creature that exists solely to take care of her, but an older child will often start to appreciate that her mother has needs of her own, and start acting less selfishly towards her mother so as to take that knowledge into account. Sometimes life

events interrupt this natural progression from selfishness to thoughtfulness and people's identities stop growing. Such people may be chronologically adults but relate to others in the selfish manner characteristic of a younger child, creating problems for themselves and the people around them when their selfish expectations clash with those held by people around them, who expect a more adult, more "responsive" and "responsible" identity to be present. Being a Bhartiya one can relate with the idea of being in a multilingual, many multi things concepts and ideas working under one single umbrella and yet being together for the betterment of one and all.

Whether due to mistaken beliefs or developmental delays, identity problems can cause people to have difficulty taking an appropriate perspective towards other important life tasks, creating a wide range of

life problems. The following list describes a few different ways that identity problems can be present. Consider each to determine whether an identity problem helps contribute to your problem.

Low Self-Esteem

A poor sense of self-worth (also known as poor self-esteem) occurs when you come to believe that you have little value or worth. This often occurs when key people in your life are critical towards you, or when you are a perfectionist, and critical towards yourself. In either case, the tendency is to harshly judge, and ignore or play down the importance of real accomplishments, even when it makes no sense to act this way. There may also be a belief present to the effect that self-worth can only be based on the acclaim of other "popular" high-status people, even though this is not the case. It leads to such questions

as do you like yourself?, are you good at anything useful?

Low Self-Efficacy

Self-efficacy describes how effective and in control of their lives people believe they can be. People need to feel that they have a certain amount of control over their lives to be able to get out of difficult situations or meet challenges they are expected to meet. When people believe they are helpless to alter negative situations they find themselves in (a situation called "learned helplessness"), they tend to get depressed. Though there are certainly many aspects of life that people cannot control, there are a remarkable number of things that can be influenced. People who have low self-efficacy expectations of themselves will believe they are helpless to influence their fate, however, and will generally not seek to alter their lives, even when they are suffering. Self-efficacy tends to be domain-specific; you might feel confident in one area of your life but feel helpless to influence another of an individual. But identity or individuality of one person never lets him or she lose the efficacy of an individual. It keeps on motivating the individual to be the one to achieve the goals for which the workforces of inside keeps pushing.

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