

Self Development through Human Value Education

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Abstract— Recent years have witnessed a rapid growth of scientific and technical progress to improve human understanding towards the physical reality and offering Value education in the current scenario in global context. It is not a matter to be emphasized at national or local cultural level. 'Education is the panacea for all the evils'. In this regard, a holistic education programme is needed which can equip students with the hard and soft skills required along with human values. The Education in Human Values (EHV) programme is an indispensable issue that needs to be recognized worldwide. The process of Self-exploration and development is essential for a human being to achieve the goal of excellence and existence. However, in present day education system the main focus is on imparting education to enhance employability with or without human values. Values are the basis of all the actions of human being and therefore 'Education in Human Values (EHV) becomes necessary to create and live in harmony with oneself, with family, society, and nature.

This paper focuses on understanding the origin and scopes of human values and highlights a programme known as "Education in Human Values" (EHV) to augment today's education system and fosters character building by incorporating basic universal human value education from the very primary level of education.

Index Terms— Education in Human Values (EHV), Motivation, Self-exploration, Self Development, Skills.

I. INTRODUCTION

This paper outlines the necessity of human values at every level of his existence i.e One self, Family, Society and Nature to promote human values worldwide. This programme craves for improving the teaching-learning environment to foster character building by imparting universal human values, for the personality development by self exploration and assessment. Value education aims to be a unique theory in the field of human aspiration, motivation, skills, needs, motives, and goals proposed by other theories that ultimately leads to human development by fulfilling his motives and aspiration for existence. Therefore there is an urgent need of rectifying the deficiency in the existing education system to fill the gap between employability and value Education. The basic aim of education should be to create harmony in human existence and that can be achieved through 'Right Understanding' among all human beings and to make acquainted with the method to fulfill the Basic Human Aspirations for Self Development through human values.

II. HUMAN VALUES AND THEIR NEED

Human beings possess the ability to assess and explore their existence, attain values and to carry their belief. This is what

is needed to ensure the value based ethical conduct. This assurance and identification of values based on the right vision and understanding is required to achieve the ultimate human goal i.e humanistic approach and harmony needed for a universal human order. Understanding the values is to understand what our value; our participation is with the rest of the human beings.

The core human values are:

- (1) Truth
- (2) Right conduct
- (3) Peace
- (4) Non-violence
- (5) Love

• **Values related to TRUTH** are: This value defines the framework where human being work according to his Natural acceptance, honesty, integrity intuition, purity, self-analysis, sincerity. As good/Truth is always naturally accepted to all human beings while the bad one is never accepted by the inner conscience of all the human beings and this sense of purity and consideration makes a human being to act with truth.

• **Values related to RIGHT CONDUCT** are: That are related with the Ethics morality or duty and known as Sadachara. This is basically studied under the science of morals, a branch of philosophy that deals in human character and conduct, behavior. This deals with the ways in which human being should behave with each other also with other creatures in the universe i.e not to hurt others with a feeling that every human being as well as creatures is the creation of God and to hurt them is to hurt the God. It is something to know one's existence and the main motive of one's existence. Lord Manu says in the Smriti: "Achara (good conduct) is the highest Dharma, declared by the Sruti and by the Smriti.

• **Values related to PEACE** are: Peace is the absence of violence or war. It is to live in harmony at all the levels of human existence i.e Self, Family, Society, Nature. It is always exist as the highest value .Peace is more important than all justice. It can be derived within a set framework. Different theorists have different. But as a whole it is the presence of harmony with rest of the human beings and creatures.

• **Values related to NON-VIOLENCE** are: Non Violence is the feeling of harmony with rest of the beings which ultimately leads to the prime goal of human existence i.e Happiness and Prosperity. It is achieved with the cognitive framework where human being perceives right understanding, gives respect to others' existence and appreciates their cultures and religions.

• **Values related to LOVE** are: It can be taken as the harmony not only with oneself but with rest of the nature. When human being considers other's existence with respect and a sense of belongingness to all, Love naturally makes it place within the existence of a human being and his relation with rest of the nature. It is a feeling that helps human being to achieve the prime goal of his existence i.e Continuous Happiness and Prosperity.

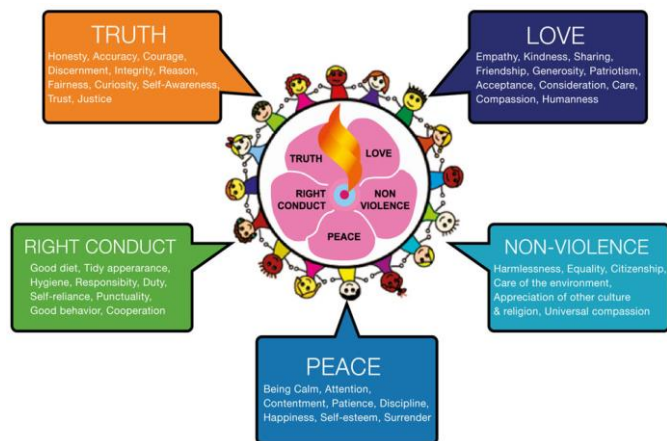


Fig.1: Core of human values

Need for human values in our society

Now a day one faces Problems in our day today life at various levels as shown below:

- **Individual Level-** we find problems of depression, anxiety, suicides, stress, insecurity and increasing health problems etc.
- **Family Level-** We find breaking of joint families, mistrust, disharmony, divorce and negligence of older people.
- **Society Level-** Growing incidents of terrorism, violence, communalism, corruption and quarrels.
- **Environmental Level-** One find global warming, weather imbalance, deforestation etc.

Therefore there is an urgent need of rectifying the situation through '**Right Understanding**' among all human beings and to be acquainted with the methods of spreading knowledge of human values to everyone.

III. MEHODS FOR UPGRADING SKILLS AND EDUCATION SYSTEM

A. THE HUMAN VALUES IN EDUCATION

The human values in education based on the learning concept perceived through Self Assessment and Exploration. Self Assessment and Intuition, needs to gain wide acceptance around the world. The students as well as the teachers can be benefited greatly from this unique method of teaching and learning experience of Education in Human Values. The current education system only focuses on the one or two aspects of personality in the teachings while education in human values incorporates all the aspects of human being's personality development which is required today in bringing out the potential latent in each individual. In most education systems, individuals are imparted such an education that makes them the tools to achieve prosperity in this materialistic world i.e fit to the present market scenario and not a human

being having, Right Understanding and Harmony with rest of the world. By adopting the human value education approach with the right teaching techniques, it can be proven that it is possible to create a balanced individual and society.

We find the values today confined to a narrow frame work while there is a need to connect it to all the levels of human existence i.e Self, Family, Society and Nature. A systematic approach to teach human values to students is to be promoted. Human values are necessary in today's Education system that can foster character building by incorporating basic universal human values. This paper outlines the human values at every organization and at every post/designation and by promoting good human values worldwide. Human beings with values and fulfilled aspiration will feel stress free and thus the work performance will ultimately increase. This education in human values programme will help teachers, parents and children to focus on the basic positive values i.e Right Understanding, Human Happiness and Prosperity which will be achieved by Value based Education program incorporated with employability through motivated value skills and human values to heighten awareness of the values of humankind and also to promote them.

B. SELF DEVELOPMENT THROUGH SELF ASSESSMENT

The human beings aspire for a happy life, with full of success. For this it is essential to understand – What is really valuable for human beings and how to realize - This is the domain of Skills' and better Self development refers to self exploration which includes Understanding skills, attitudes and knowledge. This is an ongoing, systematic and intentional process which is achieved through Right Understanding , knowledge, skills and attitudes which enhance confidence in oneself towards one's future plan. It also creates a better quality of life physically, mentally and spiritually. The value of a human being is his participation in maintaining the harmony with the society. Accordingly Value Education is to understand oneself, one's aspirations, and one's happiness and to understand the innate interconnectedness of his existence with that of the others. And this is better done by the **Self Assessment skill Process**. Therefore there is an essential complementarity between 'Values' and 'Skills'.

Self Assessment '**According to the Hillman (1994) 'Self assessment is the process of evaluating person against a model for continuous improvement, in order to highlight what has been achieved and what needs to improve'**. A Systematic research needs to be performed for better understanding and supporting individual self development.

C. SELF DEVELOPMENT THROUGH SELF EXPLORATION

This paper incorporates a theory that indicates that people in all cultures recognize the dynamics of conflict among all the values. It aims to be a unifying theory for the field of human motivation, a way of organizing the different needs, motives, and goals proposed by other theories. One of which is **Self Exploration Theory (SET)** empirically based on the theory of human motivation, assessment and development. The theory focuses on types, rather than just amount, of motivation, paying particular attention to a controlled

motivation that addresses the social conditions which enhances a basic human psychological aspiration, competence. This examines people's life goals or aspirations, showing different relations of intrinsic versus extrinsic life goals to individual performance and psychological health. Human Being aspires self developments that highlight the applicability of Self Exploration Theory (SET) in almost all the fields of human existence that covers work, relationships, parenting, education, virtual environments, sport, health care, and universalism. To have a sound knowledge of 'Self-exploration' we should know the Contents of Self-exploration i.e **Desire and Program**.

Basically this refers to know oneself. The process of Self-exploration is necessary to be understood by a human being i.e the ultimate goal of human existence.

The method and process of Self Development starts with Self Exploration- 'What you are' and 'What you really want to be' and this better can be explored by Value Education which is recognized as '**Natural Acceptance**' i.e the good is always naturally accepted to all human beings while the bad one is never accepted by the inner conscience of all the human beings. This process of exploration through education is enhanced with the following methods-

- 1- To make realization of Self-evolution through self – investigation.
- 2- To make one know oneself and the entire existence.
- 3- To make one recognize one's relation with others.
- 4- To acquaint ethical human conduct and character.
- 5- To emphasize the importance of harmony in oneself and with others.
- 6- To acquaint human being with freedom and self decision.

D. Human Aspirations and Value Education

Thus, essential requirements for fulfilling human aspirations are – Right understanding, Relationship and Physical Facilities which are. Here we have gained some clarity about happiness and prosperity and the three basic requirements for fulfillment of human aspirations.

Human Aspirations and desires can be fulfilled with Right Understanding at all the levels of human existence. Each one of us thus can understand that we want to

- Understand and be in harmony with our self.
- Understand and live in harmony in family.
- Understand and live in harmony in society.
- Understand and live in harmony in Nature/Existence

When we speak of the goal of human aspiration, basically it is universal one i.e '**Continuous Happiness**' and '**Prosperity**'. Value education imparts the methods and process to human being for fulfilling basic Human Aspirations.

To achieve human aspiration we should deeply study the needs of 'I' and 'Body'.

'I' aspire for 'Sukh' happiness and that is ensured by Right Understanding and right feeling while body aspires for Suvidha. But the interesting thing is that Body becomes the instrument to achieve this human aspiration. For example If one is feeling hungry that is for the fulfillment of the hunger of 'I' until our hands will not move to take the food inside, our hunger cannot be satisfied.

'I' has the power of '**Pre- Conditioning**'. We make the choice with the external world based on our imagination through **desire, thought and expectation**.

It tries to achieve the same by its activity through '**Natural Acceptance**' by **Imaging Analyzing, Selecting**. Now we see that there are many activities in the 'I'. We will try to find out whether these activities are continuous or temporary. We find that we keep on imaging all the time. In the day time we keep on imaging having desires and these desires even do not stop in the night.

The activity of Selecting is also continuous. We expect something all the time and our taste relating things goes on changing always. Therefore this selecting and tasting is also a continuous process.

E. MOTIVATION

The basic goal of human aspiration is universally recognized i.e. '**Continuous Happiness**' and '**Prosperity**'. Motivation is the core factor that inspires human beings to strive for fulfilling their basic Aspirations. When one is deeply self motivated, he listens to the voice of his conscience i.e **Natural Acceptance**, and understands the needs of 'I' and 'Body'. The aspiration of 'I' is 'Sukh' **Continuous Happiness** that is ensured by **Right Understanding** while body aspires for Prosperity 'Suvidha' For example If one is feeling hungry that is for the fulfillment of the hunger of 'I' until our hands will not move to take the food inside, our hunger cannot be satisfied. 'I' has the power of '**Pre-Conditioning**'. We make the choice with the external world based on our imagination through **desire, thought and expectation**.

IV. CONCLUSION

We have to change the practice of getting influenced by outer materialistic charm, rather listen to the voice of one's conscience i.e Self. This realization of one's inner voice can easily be felt through Self Assessment and Exploration practice so that one should know what is his Natural Acceptance and how Harmony with the rest of the nature can be achieved which is the prime aspiration of human existence. This prime human aspiration, one will achieve by Education in Human Value (EHV) than only one can be 'Swatantra' in real meaning. Human Value education in the current scenario in global context should be realized. In present day education system the main focus should be given to imparting education to enhance employability with human values. Values are the basis of all the actions of human being and therefore it becomes necessary that 'Education in Human Values (EHV)' should be given to create Right Understanding and to live in harmony with oneself, with family, society, and nature. In this regard, a holistic education programme is needed which can equip students with the knowledge and training having human values in existence which is required for employability in current scenario. Through Education in Human Values we should impart such knowledge and techniques that can turn the potential of human beings into reality. A good education system with human values can make it a reality.

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Dr. Reena Verma received her Ph.D from C.C.S University Meerut in 2012. She did her B.Ed in 2003. She did her M.A and B.A in 2001 and 1999 respectively. She has been the Head of the Deptt. of Humanities & Social Sciences in Shobhit University Gangoh. Presently she is the Coordinator of all programs in Shobhit University Gangoh Extension Campus Noida. She has presented many papers in International and National Conferences. She has been teaching in Shobhit University since May, 2002. She is supervising two Ph.D candidates.



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