

Attitude makes the difference to govern our tomorrow

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Abstract - An attitude is our assessment of a protest, an idea, an occasion or a man and so forth. This may run from the outrageous negative to a great degree positive. None of us are conceived with demeanour. We build up our attitude with the correct observation and considerations. We should not give our state of mind a chance to make us a slave. On the off chance that we move toward becoming expert of our dispositions, we can control them and it will assist us with avoiding clashes or unsavory circumstances in our working environment, with individuals and with family and friends. States of mind do impact our conduct! what's more, consequently oversees our future. In any case, in the event that we are wary, we ourselves can control the impact that prompts negative outcomes and utilization of our uplifting state of mind for profitable outcomes.

Index Terms: attitude, existence, demeanours, positive, winning combination, skills

I. INTRODUCTION

“Attitude is a feeling, belief, or opinion of approval or disapproval towards something. Behavior is an action or reaction that occurs in response to an event or internal stimuli”

There are innumerable skills that are in existence and are required in different proportions to survive in this world. Any circumstances, any situation, or any condition all depend upon these skills to interpret, discuss and come to a conclusion.

Knowledge being the static line, but knowledge, talent and wealth alone cannot make the winning combination. There is the requirement of some more skills to win the battle. Not only success but also failure is the outcome of these intricate skills that make everything possible on earth.

II. WHAT EXACTLY ARE THESE?

This is the eight letter word that makes the difference in the way things are done, presented and completed. The golden word that has the ability to change things and shape it the way it should be. It is ATTITUDE. Performance, success, and failure all depend upon one's attitude. A person having the right attitude wins over impossible tasks and if the attitude is not right then he /she might even lose the fight for not being able to apply the right things in the right way. Knowledge is productive if it is used with the right positive attitude at the right place, right way, right amount and to the right person. This is the attitude. This is the ultimate winning combination to overcome obstacles and create solutions.

Our life is surrounded with things over which we have very little control or sometimes no control at all, but our positive attitude helps us to have control over the way we react to these and use these for our better sustenance. The control on these uncontrollable things have a great impact on our personality and thought a process which leads to the birth of a matured and calm person who is able to handle situations in a manner which can procure utmost results in the given situations.

We all try to be happy and successful. What determines our happiness and success in life? Is it the circumstances or the wealth or the bloodline which makes the difference? People react so differently to the same event, isn't that strange! A person might have nothing and can be very happy on the other hand a person with decked wealth might not have the peace that he is searching for. A person with the best attire might not find himself or herself pleasing whereas a person with plain cloth can attract more eyes with simplicity and innocence. This is the difference that attitude brings upon in a personality.

In true sense, attitude is our way to look up to the world. The way we comprehend, the way we perceive and the way we react to different situations. The positivity in us can light our way or the negativity can darken our routes. The way we choose between the two determines our attitude that makes the difference. Like everything on earth looking upon anything must have two different ways, one is the positive lookout and the other is the negative perspective. The choice makes the outcome good or bad, wrong or right, happy or sad and ultimately leads to success or failure. How one's personality is going to shape up and sharpen depends on what attitude we carry. This is our attitude which helps us to become the asset for the society, the family, the relation and the organization where we work. Nobody likes to fail but the wrong way of looking into a thing and the application of one's behavior in a negative manner most of the time lead in becoming a liability.

The attitude in the wider aspect is the way we communicate to others, the way we listen to them, the way we use our nonverbal, the way we comprehend and the way we react to it. These personal traits are the key to our personality. These are a part of our everyday life. One cannot survive without these.

THE BIBLE SAYS: “All the days of the afflicted one are bad, but the one with a cheerful heart has a continual feast.”—Proverbs 15:15.

It means that if we go on looking into a thing in a negative manner then everything that surrounds us would look bad and morass. On the other hand, if we try and see the hidden beauty in it, it will surely make our inner self more pure, happy and peaceful which will make the outer world also look beautiful and cheerful. Not only will this positive energy pave better yield for us but also will create positive vibes which will affect people and things around us positively, hence making the difference.

In this competitive world, we have to survive with a lot of challenges. It is not at all easy for a young soul to sustain if not having a right attitude. Starting from gaining knowledge to application all require the right attitude to make an edge on others. Presenting oneself is the most important thing. To meet with people, to respond, to convince, to lead, to work in a team or to work individually, to face and crack an interview, attitude is the key thing that would help a person to highlight the right skills that the other person is looking for in him. Your attitude is more important than your aptitude. It is your attitude, not your aptitude that determines the pace of your acceptability and success in life. It is such once nicely said by Robert Louis Stevenson that 'Life is not a matter of holding good cards, but of playing a poor hand well.' Knowledge is of no use without knowing the correct way of its application.

Attitude can be cultivated, it can be changed, can be modified, can be altered. Of course, some inborn traits cannot be overlooked but a sensible person can always work in shaping a proper attitude line for him or her. As our productivity lies in the way we look onto a thing or evaluate an action, a person who thinks negatively spreads negativity only and ends up in giving faded performances though might have worked very hard. The reality for all of us to realize is the fact that each one of us has the ability to make the required changes in our attitude if desired.

William James Tells, & The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

III. HOW TO CHANGE ONE'S ATTITUDE?

The human mind is very powerful and the subconscious mind is even more powerful. The first step in building up your attitude is to have self-belief, faith in oneself and respect for others. We have to practice to find something positive in any negative situations, beauty in an ugly thing and experience in any rejection in our way. The self-control and self-analysing will always contribute to building up your attitude. The sincerity to accept our mistake and to praise others is another small amendment in oneself which can bring about a big change in the way we approach a work. The willpower to accept challenges without the fear of failure make you matured and strong. In simple words, we can transform our attitude by the means of thinking positive. Negative thinking is normal but to control that and move ahead is the first step in building up one's attitude that makes a difference. Reading about great people, their work, their preaching always creates the desired support to help you build your confidence and personality. The greater determination in standing up every time you fall will always enhance your passion and your ability to face new challenges in life with flying colours. Remember until we do mistakes we do not learn new things and if learned from the mistake it is said to be a learning experience that nourishes your attitude with right attributes which do not only help you to shine but also help your surrounding with the required enthusiasm to create changes for betterment.

The need for today is to consciously choose to acquire the positive attitude beside the existing attitude that we are determined by our environment, education, and experience. Attitude is indeed present in every person, and it is a part of what we are. A small kid has it and so has the oldest person but it is all the more required by the young people who aspire to establish themselves anywhere in this competitive world.

Life is all about uncertainty, taking risks, garbing the right opportunities, falling into troubles, taking decisions, choosing from alternatives, facing rejections, a few among many other things. To survive with food, water, air, and shelter the other most important aspect for which humanity has been able to develop, explore, invent, discover, and eventually walk into this dynamic sphere of civilization is his attitude which helped all the time to move ahead and achieve the unthinkable by exploring all the option and reaching the unreachable in life. Life is the best teacher and the teacher preaches that if one wants to move ahead then there has to be a balance between the education and its application. While the first is one's ability to understand and learn, the later is the use of the intelligence according to the need, person and ambiance which determines one's attitude.

Environment does play a vital role in determining one's attitude towards a thing. Our family, friends, the strangers, the school, the teachers, the achievements, the failures, the happy moments, the sad incidents etc. are the experience of our life. These are the thing which builds our attitude. We need to be smart enough to determine the Right Attitudes. It is through a fact that good and happy experience make a person more confident and attain positive attitude, but the worse and unhappy experiences in life is equally important to understand life and do add up in building one's attitude because the worse days in our life make us more sure about our own abilities, make us mature, sensible, responsible, learn to value things and people, distinguish good from bad, be practical etc. which is purely most required to have a balanced attitude that makes a difference in life. As a human, we have to take life as it comes in the most positive manner to be happy and peaceful. The art of accepting things around and the ability to adapt oneself with it is the most needed attitude which just not makes us a good human being but also to establish us in the job world with dignity and esteem.

By making small changes and practicing some behavioral patterns in life can pave wonders in how our attitude shapes for a better personality and a better life. We just have to:

1. Focus on positivity
2. Avoid being pessimistic
3. Help others.
4. Be with positive minded people.
5. Accept criticism.
6. Learn from mistakes.

7. Enjoy life and learn the art to be happy.
8. Have self-belief.
9. Control own reactions
10. Love yourself and spread the love.
11. Be calm and a great listener.
12. Praise good things and people around.
13. Be thankful to God for everything.

IV.REMEMBER

“No one can make you feel inferior without your consent.” Eleanor Roosevelt

A right attitude changes the whole setup so as a wrong attitude does. It's our attitude that determines the next set of action and how you are to be treated by the world, the society, the friend circle, the family and so on. It is that ingredient with which a person can look smart without a perfect dress, can make a difference without saying too much, cannot be left unnoticed even in a crowd, looks beautiful without doing anything special and above all creates a positive vibe just by the presence. This illuminates the eyes, bring out more energy, and happiness. Our whole existence exhibits goodwill, happiness, and success. Even our physical being highly depends on our state of mind and our attitude. As someone somewhere said so correctly “We walk tall, our voice is more powerful, and our body language shows the way we feel”.

V.COMPONENTS OF ATTITUDE

State of mind comprises of three parts:

COGNITIVE: A supposition that is framed with accessible learning and convictions. Eg :A man may feel that death penalty ought to be cancelled or not relying on the data he/she has about the point. Full of feeling.

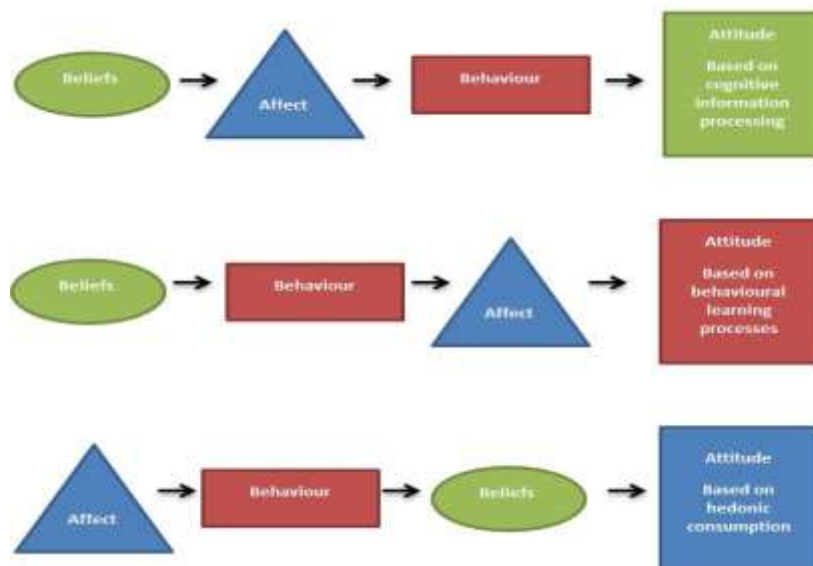
AFFECTIVE: It is the emotional part that is connected with a state of mind Eg :A youngster who has been scorned in his youth days may fear communicating with others later.

BEHAVIOUR: It is the demonstration one performs in light of the psychological and full of feeling parts. E.g.: Thomas Alva Edison even after rehashed disappointments was effective in concocting electric globule. State of mind, hence, causes in reacting to different circumstances and assumes a vital job in by and large improvement of a person.

Essentially, the cognitive part depends on the data or learning, though the emotional segment depends on the sentiments.

The behavioural segment reflects how the state of mind influences the manner in which we act. It is useful in understanding their intricacy and the potential connection among mentalities and conduct.

In any case, for the wellbeing of clarity, this is important to remember that the term attitude basically alludes to the influenced portion of these three parts.



VI.CHANGING CONDUCT TO IMPACT MENTALITIES

In 1955, clinical clinician and teacher George Kelly presented his concept of individual development. Kelly's builds depended on the possibility that every individual takes a gander at the world through his or her own exceptional arrangement of assumptions about it. These builds change and adjust as the individual is presented to new and diverse circumstances. At the core of Kelly's hypothesis is the possibility that people can look for new encounters and rehearse and adjust new practices keeping in mind the end goal to change their dispositions (or develops) towards the world. He prescribed that specialists urge their patients to experiment with new practices and adapting procedures; he and others that took after as often as possible found that patients would adjust these valuable new personal conduct standards and thusly change their states of mind.

At the point when conduct is conflicting with state of mind, it is some of the time a consequence of social or associate weight. While grown-up conduct, by and large, takes after from held states of mind, for youngsters, mentalities are regularly moulded by watched conduct. From an extremely youthful age, youngsters duplicate the activities of others and, to a certain extent, construct their demeanour and convictions from this scholarly conduct. As youngsters develop into puberty, the conduct of their associates can have a noteworthy effect. Here and there this companion weight factor can be utilized to leeway. One research ponder found that anti-smoking efforts focused on youngsters can have a higher achievement rate when pre-adult companions are utilized as teachers

VII.CONCLUSION

The Right positive attitude practiced is the manual for having a positive existence. Keeping up an uplifting demeanour through the ups and the downs is critical to each part of life: your societal position, your work, your wellbeing and your connections. In case you're feeling down and having an especially negative point of view toward the manner in which things are going, simply remember that your attitude is everything and an uplifting state of mind will lead you out of the darkest of times.

Nothing better can bring out the outcome of a required attitude of a person than this famous quotation:

“We Will See The Invisible, Feel The Intangible And Achieve The Impossible. Having Positive Attitudes Is A Sure Way To Succeed In life “.

Winston Churchill stated, “If you’re going through hell, keep going.” Everyone manages mishaps sooner or later in their life, yet it's critical to keep your eyes on the prize and continue trucking. Diligent work, high vitality and an inspirational standpoint will manage you towards extraordinary achievement, in spite of the difficulties you meet en route.

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