

## REVEALING THE FUNDAMENTALS OF SELF-DIRECTEDNESS: A COMPREHENSIVE EXPLORATION

### Abstract

A fundamental component of Cloninger's biopsychosociospiritual model of personality, self-directedness represents the ability to make decisions for oneself and regulate behavior in an adaptive way. It also serves as an executive function of mental self-governance. This paper explores its many facets, starting with the relationship between locus of control and responsibility, where internal attribution promotes accountability and problem-solving. Another aspect is purposefulness, which echoes Frankl's focus on meaningful activities as sources of motivation. Based on Bandura's self-efficacy theory, resourcefulness emphasizes confidence in one's ability to achieve goals. Moreover, the relationship between genuine self-awareness and healthy self-esteem is highlighted by self-acceptance, which is entwined with social learning theory. This relationship is essential for developing adaptive behaviors and interpersonal relationships. Finally, congruent second nature, which is similar to yogic principles, refers to the incorporation of purposeful beliefs and objectives into automatic behaviors. When combined, these elements highlight the core

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## I. INTRODUCTION

One of the three facets of human character in Cloninger's biopsychosociospiritual (Cloninger et al.1993) model of personality is self-directedness. Characteristic self-determination refers to the capacity to control one's behaviour and modify it to suit the circumstances in order to fulfil one's own objectives and ethical ideals. A possible way to conceptualize the concept of self-directedness is as the mental self-government system's executive branch. Self-directed individuals are aware that their attitudes, behaviours, and issues are a reflection of their own decisions.

### Self- Directedness

According to Cloninger's Temperament and Character Inventory, it is one of the character dimensions. According to Cloninger, willpower is an abstract metaphor that represents the degree to which an individual recognizes their imagined self as a cohesive, intentional whole rather than a disorganized collection of reactive impulses. Low self-directedness has been identified by Cloninger as a key characteristic of personality disorders in general.

Self-direction and locus of control are conceptually related. that is, an internal locus of control is linked to low self-directedness. A person's responsibility, hopeful purpose, self-acceptance, self-actualization, and resourcefulness are all components of self-directedness (Cloninger 2004).

## II. COMPONENTS

### Responsibility

Cloninger equated locus of control—a concept used by Rotter (1953)—with accountability. Individuals who possess an internal locus of control are inclined to accept accountability for their deeds and use resources to solve issues. Individuals with an external locus of control typically exhibit apathy and attribute their issues to other people or unfortunate circumstances. One key component of personality that is thought to be significant is locus of control. Rotter named the construct locus of control of reinforcement in its whole. Rotter was bridging the gap between cognitive and behavioural psychology when he gave this name. According to Rotter, people's behaviour is mostly determined by reinforcement, and through consequences like rewards and punishments, people form beliefs. This relates to the idea of operant conditioning, which holds that operant behaviours are reinforced or undermined by their consequences. A consequence that adds to the strength of a behaviour is known as a positive reinforcer, while a consequence that removes the behavior from the context is known as a negative reinforcer. Punished behaviour will become less frequent in the future. Punishment can be defined as either adding a negative event or removing a positive one that follows a behaviour. When an action receives no further reinforcement—positive or negative—it becomes weaker. We refer to this as extinction. Behaviour weakens in this process because there are no reinforcing consequences.

## **Purposefulness**

The other facet of self-directedness is purposefulness. According to Cloninger, Viktor Frankel thought that fulfilling one's meaningful purpose was more significant than satisfying one's impulses and that this belief is a major source of motivation for mature adults.

## **Resourcefulness**

Resourcefulness is the third facet of self-directedness. It is connected to the idea of self-efficacy put forth by Bandura, which is the conviction that one can succeed in goal-directed behaviour. Bandura's social cognitive theory is based on the theory of self-efficacy and emphasizes the importance of social experience and observational learning in the formation of personality. The core idea of social cognition theory is that people's behaviours and reactions, including their social behaviour and cognitive processes, are influenced by the activities they have seen others take in practically every setting. Self-efficacy is a key component of social cognitive theory because it is derived from one's own view and experiences and has a significant impact on how many events turn out.

## **Self-Acceptance**

The acquisition of abilities that are exclusively or largely developed inside a social group is described by social learning theory. Social learning is based on how effectively or poorly people perform in dynamic group interactions. It encourages the growth of each person's practical and emotional abilities as well as their accurate self-perception and acceptance of others. This theory holds that people pick up knowledge from one another by imitation, modelling, and observation.

Self-acceptance is the fourth element of self-directedness. According to Cloninger, the mature development of self-directed behaviour depends on having a healthy sense of self-esteem and being honest about one's limitations. However, immature beliefs in boundless potential and immortality are typically linked to poor adjustment and feelings of inferiority. Self-esteem is the conviction that one is worthy, capable, or virtuous. A fundamental human need or drive is self-esteem. Self-esteem was a component in Abraham Maslow's hierarchy of needs. Healthy interpersonal connections require the capacity to comprehend and cultivate high self-esteem. People are more inclined to treat others with compassion, respect, and comparison when they feel good about themselves. This lays the groundwork for solid, gratifying relationships based on mutual respect and comprehension.

## **Congruent Second Nature**

Congruent second nature, which is linked to yoga, is the fifth aspect of self-directedness. It is believed that over time, developing defined goals and beliefs makes hard work become second nature, causing one to act in ways that are inherently aligned with their inner aspirations.

### III. CONCLUSION

The examination of self-directedness in Cloninger's model highlights its complexity and significant effects on social interaction and personal growth. People navigate their life with intentionality, adaptability, and integrity when they possess traits like accountability, resourcefulness, self-acceptance, purposefulness, and congruent second nature. The cornerstones of self-directedness are internalizing accountability, pursuing meaningful activities, cultivating self-belief, accepting self-awareness, and putting ideals into practice. Comprehending and fostering these elements provides avenues for individual development, adaptability, and peaceful interpersonal interactions, highlighting the essential function of self-motivation in actualizing the complete potential of human nature and thriving in various life situations.

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