

PERSONAL COMPETENCE

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Personal competence means having the ability to understand and manage yourself well. It is about being aware of your own emotions, knowing your strengths and weaknesses, and being able to control your actions and reactions in different situations. Personal competence helps us grow as individuals, face challenges, and become more responsible and confident.

One important part of personal competence is self-awareness. This means knowing how you feel, why you feel that way, and how your feelings affect what you do. For example, if you feel angry because someone didn't listen to you, being self-aware helps you understand that you are upset, and it helps you choose to stay calm instead of yelling.

Another part of personal competence is self-control. This means being able to manage your emotions and actions, even when things don't go the way you want. For instance, if you lose a game or make a mistake, instead of getting frustrated or blaming others, you stay calm, think about what went wrong, and try to do better next time. Self-control helps you avoid doing things you might regret later, like saying something hurtful or acting without thinking.

Personal competence also includes having a positive attitude and staying motivated. It means believing in yourself and your ability to learn and improve, even when things are difficult. A person with personal competence doesn't give up easily but keeps trying and looks for solutions. This helps in school, at work, and in life because challenges are a normal part of growing.

Being responsible is another key part of personal competence. It means understanding that your actions have consequences, and you need to take care of your tasks and duties. For example, if you promise to help a friend or finish a school assignment, being personally competent means you do your best to keep your promise and complete your work on time.

Personal competence helps us stay focused and organized. It teaches us to plan ahead, set goals, and work step by step to achieve them. It also helps us deal with stress in a healthy way by staying calm and thinking clearly.

In simple words, personal competence is about knowing yourself, controlling your emotions, staying positive, being responsible, and working hard to improve. It helps us face challenges, make good choices, and live a happier and more successful life