



## ATTITUDE AND HABIT

**M. Balaji**  
 Associate Professor  
 VIET,  
 Vishakapatnam

**Asha Latha**  
 Principal  
 Vijaya Krishna College of Nursing  
 Vishakapatnam

### ATTITUDE

Attitude is a little thing that makes a big difference- Winston Churchill. Psychologists have defined an attitude in many diverse ways Kimball young defines an attitude as a predisposition to respond, in a persistent and characteristic manner.... In reference to some situation, idea, value, material object or class of objects or person or group of persons. It will be a positive or negative predisposition. an attitude of respect towards our elders is a positive attitude whereas, an attitude of hatred towards them is a negative attitude. We have acquired certain things from religious rituals, political democracy, social equality, our colleges etc. around us. These are our attitudes.

### FORMATION OF ATTITUDE

Attitude is learned like our physiological motives or some emotional reactions. We are born and in which we grow. Many of our attitudes are the result of reflection and purposeful thinking or the outcome of training suggestion from others, especially our parents and teachers. We have been taught to perceive things, propaganda that affects the growth of our attitudes. One thing that must be noted is that even if we may belong to the same family to the same cultural influences. Our attitudes are also influenced by the type and quality of the factual knowledge that we acquire about situation, things and person.

A child who is aggressive may develop, generally speaking, a hostile attitude towards authority figures or any sign of authority, while a meek child in the same situation will be submissive. Many of our attitudes are the result of wrong knowledge that is available to us. The best example is our prejudices and biases. We may have acquired this knowledge from newspapers, the media or the political speeches.

### CHANGE OF ATTITUDE

Once the attitudes have been formed they have a tendency to continue. It is therefore, difficult to change the attitudes that have been established. There are many reasons for our inability to change them easily. One of the reasons is that we don't want to change an account of the social support we have acquired from them. In order to change attitudes we should change perceptions by new experiences and factual knowledge, control emotions and motivational factors in early childhood when most of our daily attitudes are formed and tap the various formative agencies.

- Interact with positive people.
- Treat everyone as the most important person in the world.

Our positive thoughts + our negative thoughts = our day

More positive thoughts + less negative thoughts = happy day



## HABIT

We are what we repeatedly do; Excellence then is not an act, but a habit. -Aristotle. Habits are one form of learned behavior. They play a vital role in our daily life. We require some habits which contribute to our health, happiness and efficiency in the course of our experience and as we grow, we have acquired habits of dressing in a certain manner at certain times, of working, of speaking, of bathing, of sleeping, of eating etc...

We can define a habit as we do a thing again and again in the same way under similar circumstances. At first we have to make a great effort. Later we can do it without attention. A habit is therefore the tendency of an organization to behave in the same way as it has behaved before.

### FORMATION OF HABIT.

According to William James, In order to form a habit, we should make a strong start. We should start with determination and must feel the strong need of making the new habit a part of our mental equipment.

McDougall thinks that we form habit because of our plastic or modifiable instincts or motives.

### BREAKING BAD HABITS

Sometimes we develop useless habits. To break undesirable habits we require the same rules as we use in forming them. we should start with a determination to break the old undesirable habit. We should try to reform the bad habit as well by using it for example. A boastful person may transform his selfish boasting as an community school country or cause. This way to reform bad habits is known as sublimation.

### CONCLUSION

Attitude and habit are vital things that shape personality. An attitude is a predisposition to react in a persistent and characteristics manner to some situation, person etc.

Habits makes us live healthy and long. Investigation show that positive attitudes and good habits are good character- builders.

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