

SELF – DISCIPLINE AS A DETERMINANT OF PERSONAL AND PROFESSIONAL SUCCESS

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***Abstract:** In this article, we will examine the concept of self-discipline, its importance and role in achieving success, as well as its impact on a person's life, taking into account statistical data obtained from a survey of a certain social group. Let us consider whether self-discipline can really have a determinant effect on a person or whether only its incorrect perception is destructive for mental health. Let us raise the question of how to achieve self-discipline and what psychological blocks may stand in the way of achieving self-control and self-consciousness. In addition, we will consider the influence of sport on a person's life, as an area that requires great willpower and self-control. Self-discipline is of a great importance in a person's life and in our days, this topic is becoming increasingly popular in our society and can be seen everywhere on social networks, how people promote a healthy lifestyle, psychologists give advice on how to stop procrastinating, speakers organize motivational meetings, webinars, but some researchers still argue about whether self-discipline has a positive or negative effect on personality development and psychological well-being. So let us figure out what self-discipline is and how it affects a person's life, whether it can really lead to personal and professional success.*

***Keywords:** self-discipline, personal success, self-control, professional success, self-consciousness, sport.*

The Aim of this Research is to answer to the questions, what is self-discipline? How does self-discipline affect a person's life? Moreover, how does it lead to personal and professional success?

Self-discipline is complete control over your actions, the ability not to adapt to momentary desires on the way to achieving your goals. A person who has this skill understands exactly what is important for him and takes only those actions that will lead him to the results. Self-discipline allows us competently distribute priorities in our lives. Work when you do not feel like it at all, do what is important, not what is easy. In the modern world, this is a very important skill that, unfortunately, the vast majority of people lack. Why is there no self-discipline? Because self-discipline is, above all, a skill that needs development as diligently as playing a musical instrument. Most people simply do not focus on this, thinking that going to bed a little earlier rather than working is normal. Psychologists say that a pronounced lack of self-discipline is a consequence of our internal fears. Most often, they come from childhood, accompanying us throughout our journey in the adult life.

Self-discipline, first, allows you to set priorities correctly and focus only on important things. A person does not waste his attention on unnecessary aspects, but methodically, systematically, achieves his goals. Many successful people say that self-discipline is the most

important skill that allowed them to realize their dreams. Its development directly stimulates the development of willpower, self-esteem, and responsibility. Only a disciplined person can work fruitfully on himself and constantly strive forward.

Each of us, eventually, has a desire to relax, put off important things until later, or do something less energy consuming, for example, watch TV series or news feed. Developing self-discipline allows you to discard for later everything that is not necessary. This does not mean that disciplined people do not rest, they just do it only after all the important, and most importantly, necessary things are completed. Numerous studies have shown that self-discipline, expressed in methodical work, contributes to the achievement of greater results than chaotic actions. It is hard to disagree with this, because many examples confirm that.

For example, you can often observe in the modern world athletes, coaches and even amateurs in the field of sports who share their success with the whole world, and show what helps them achieve their goals. They talk about regular training, the full schedule, failures before achieving results. In addition to training, they talk about the diet they follow, which is also important, because the food we consume affects many processes, including the formation of new cells in our body and its quality determines how healthy and full-fledged the new cells of the same muscles, ligaments will be. Sticking to this plan of action requires self-discipline, dedication and fortitude.

Research methods: Analysis and generalization of data from the scientific-methodical literature; Study of statistical data; Observation; Graphics; Questionnaire.

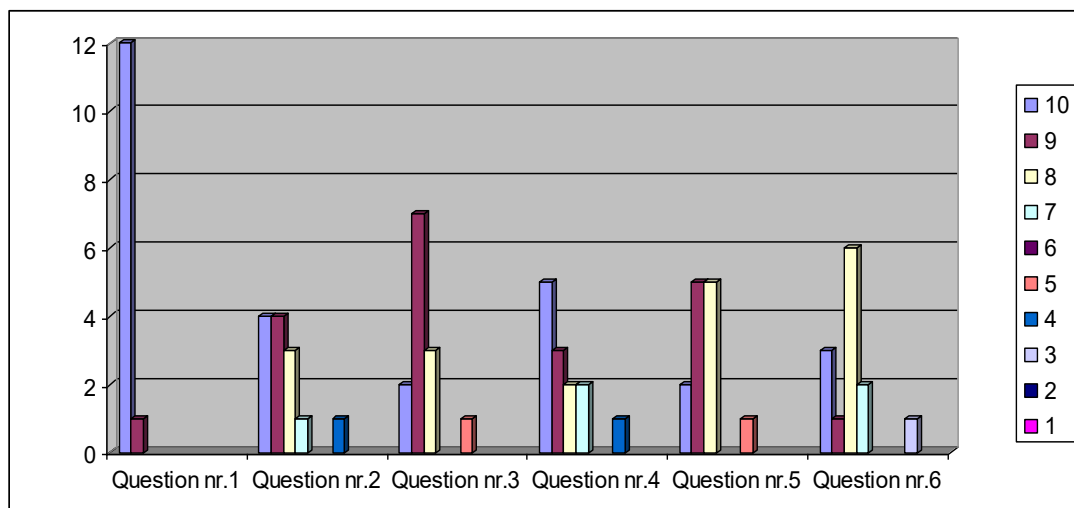
Results

To prove the importance of self-discipline in a person's life, a questionnaire to which a group of people responded given below, as well as data obtained based on the responses in the form of a graph. Let us look and analyze the results.

<i>Questionnaire</i>	
<i>Question</i>	<i>Answer</i>
1. Is the role of self-discipline important in a person's life in your opinion? Rate from 1 to 10	
2. Do you consider yourself a self-disciplined person? Rate from 1 to 10	
3. How focused are you on completing a task to achieve a goal? Rate from 1 to 10	
4. Do you know how to manage your time? Rate from 1 to 10	
5. Do you have academic performance, personal and professional success in your field of activity? Rate from 1 to 10	

6. How often do you finish tasks you start? Rate from 1 to 10	
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Table 1. The results of the questionnaire.



As you can see, all survey participants understand the importance of self-discipline in a person's life, but is this understanding enough or is something more necessary to achieve success? Let us compare the data received from the answers to different questions. The second question shows how disciplined the participants are, as well as how aware they are of it. The data on further questions, which show how successful the participants are in life, it can be said that they assess their level of self-control quite accurately and without exaggeration, they understand and realize that they have to work on in the future in order to develop as individuals and ultimately achieve their goals. The majority of the survey participants are mainly focused on completing assigned tasks, and manage their free time well, which means they know how to properly distribute their time and therefore avoid burnout or procrastination. All participants try to finish what they have started, which is noticeable on the level of their academic performance.

This survey among sports university students was conducted and the indicators are quite impressive. Why are they able to achieve such results? We will answer to this question later, but for now, it is time to figure out how self-discipline affects a person, what factors accompanying it may exist, and how to achieve self-control.

Poor levels of self-discipline harm mental and physical health, interfere with success in life, and are often associated with poverty, obesity, loneliness and other unpleasant scenarios. It is both a symptom and a cause of death-increasing diseases such as addiction, depression, anxiety and obsessive-compulsive disorder. One of the first references to self-control dates back to the late 19th century and was described by William James as the result of a competition between two systems known as "hot" and "cold," in which the hot is responsible for impulsive choices and the cold for controlled ones. According to the idea of

"hot versus cold," which has clear parallels with Freud's teachings on the id and the superego, failure of self-control reflects the failure of the cold system to resist the hot one.

Based on the results of the study, Mikhail Kokkoris, a psychologist from Austria, concluded that the need to constantly control every action makes people unhappy. Understanding intellectually that in the future, they will benefit from their "correct" behaviour, people still experience frustration, denying themselves small temptations. Each such volitional act of inhibiting spontaneous desire brings an outbreak of frustration and regret. Kokkoris believes that the importance of self-control is greatly overrated. The essence of the experiment conducted by Kokkoris' team was that respondents noted each such case of struggling with daily temptations in a diary: the decision they made and their satisfaction with it. The results surprised the scientists.

American researchers Anat Keinan and Ran Kivetz, who ten years ago found out that people often regret the "right" decisions at the expense of momentary pleasures share this opinion. People feel that in this way they are losing the taste of life, abandoning the good now in favour of the good in the distant future. They lose the ability to experience joy and pleasure, and this, according to psychologists, is already dangerous. That is why the balance between working for the future and satisfying spontaneous desires is so important. It is very important to correctly define the concept of self-discipline and follow it without compromising your health.

How to become a self-disciplined person in order to succeed in life and what are the positive and negative factors influencing its formation? What is responsible for the presence or absence of self-discipline?

There are many factors influencing the formation of resilience, fortitude, and self-control, and they can be divided into positive and negative, as well as external and internal factors. First, let us look at *external factors*, which are primarily our social environment, as well as the environment in which we find ourselves, such as place or atmosphere. It is very important that the place in which we are located helps us concentrate on completing a particular task, because the absence of distractions is very important. For example, if you just cannot get your head together and read a book, then go to the library, but if you have wanted to start playing sports for a long time, then go to the gym.

The society in which we find ourselves directly affects our mood and worldview, for example, our values, tasks, goals, and dreams are formed due to it. If we are among people who have no desire to do anything, such as advance in any field, if the only goal in their life is to satisfy momentary desires, then you will not achieve any results and will lose control over yourself. Therefore, it is very important that self-conscious people who are similar to you in opinions surround you and in the field of activity, and have the desire to achieve success and the willpower to make goals and dreams come true.

Internal positive factors are willpower, patience, desire, awareness, and no matter how contradictory it may be; in order to develop self-control, you will need a considerable amount of self-control.

Negative factors represent the opposite qualities of these, such as laziness, disinterest in achieving success, insufficient understanding of oneself as a person, negative mood, because in case of apathy and depression a person loses the meaning of everything. A huge obstacle in achieving self-discipline is psychological block, which most often represents some fears.

- Fear of going beyond the usual;
- Fear of mistakes and condemnation;
- Fear of responsibility;
- Fear of losing achievements.

No matter how you approach the development of self-discipline, you will inevitably face the temptation to give up everything and continue living your normal life. In such moments, it is important not to give up. Armed with knowledge of the common obstacles along the way, it will be a little easier to overcome them. However, there are also involuntary processes that occur in the nervous system that have an impact on a person's level of self-discipline. For example, below is a case where, as an unconditional reflex, automation affects decision-making and action.

Self-control is the result of the conflict that arises when competing desires arise. It fails when a desire that is incompatible with long-term goals prevails, and this is because it at some point acquires additional weight - either in the process of evolution or in the process of learning. To select an action, the brain uses incoming sensory information and already learned information. Benjamin Hayden calls the process of transforming one into another sensor motor transformation and explains it by the fact that our brain processes already familiar patterns in a more efficient way. Walking across campus for the first time requires a lot of attention and awareness, but if you walk the same path every day, the movement quickly becomes automatic. Automation has several very useful benefits: such actions are usually performed more accurately; they are less influenced by external processes, and require less time and effort. Automation reduces the load on the cognitive system, whose resources are already limited, allowing it to participate in other processes - after a few walks you can talk on the phone on the way to class or prepare for a lecture on the go.

The development of self-discipline is a process that requires constant maintenance, since all the skills developed over time will come to naught if the actions due to discipline cease. However, with constant training, the ability to set and perform increasingly complex tasks increases and is achieved with less effort. The larger the goal a person sets for himself, the more indirect benefits he receives as a result (in addition to the achieved goal, self-discipline develops, the level of ability to achieve other tasks increases, and the acquisition of unique skills increases).

Before you begin to develop self-discipline, you should decide on your own goals, desires, understand why and whether you need to be disciplined at all. This very deep work touches on the existential areas of human self-determination and can take quite a lot of time. Nevertheless, the time spent will pay off handsomely, since then, even if you give up attempts to develop self-discipline, certain changes will begin to occur in the person. Thus, having

realized the motives of your life, having encountering the search for its meaning, it becomes impossible to disappear for hours in games and social networks, engage in nonsense, and look at one point.

Next, it is necessary to eliminate interfering and distracting factors that delay the moment of self-improvement (here it is important to determine the time for work and time for communication, provide yourself with a place to study where they will not be disturbed, etc.). It is worth identifying those areas where it is enough to simply form a habit, which is usually formed within twenty-one days, and concentrate on consciously completing tasks every day. Subsequently, the establishment of habits can be correlated with a certain time and by placing several of them throughout the day, a person receives automatic discipline.

It is important to remember at every stage that self-discipline is a means, not a goal, and does not strive for complete ordering of one's life; there should always be room for creativity and manoeuvres. It is also important to correlate your goals with your needs and characteristics - you should not force yourself to wake up at dawn if you are a night owl, just for the sake of developing self-discipline.

Both scientists and ordinary people have long noticed the direct connection between the level of self-discipline and motivation. When a person realizes his own goals, sees prospects for further development and desired acquisitions, it is easier for him to carry out certain tasks and follow the plan. The longer the goals extend over a longer period of time, the higher the likelihood of interested completion of intermediate tasks. The relationship of daily tasks with each other and the achievement of something significant in the future significantly, increases personal interest, motivation and, accordingly, self-discipline.

Developing self-discipline should begin gradually, just like physical training. The body needs time to adapt to a new mode of functioning. The main criterion in assessing whether a person is moving in the right direction in the development of self-discipline is his positive sense of self and the presence of visible results.

I would also like to separately consider the influence of sport on the formation of self-discipline, because as we all know, this field of activity requires a lot of strength, perseverance and dedication, and is the biochemical fuel of all processes in the body

Many psychologists argue that the body is primary. In the human body, everything is interconnected and at the same time, everything is subordinated to one unquestioning principle - the principle of consistency. What you do now will directly affect your actions in the future. Sport is always discipline, because coming to training and working there, even if not to the fullest, is always a real step that teaches us to subordinate ourselves to our own will. A physically strong, beautiful in body and, most importantly, healthy person is always a person full of strength and self-confidence.

Therefore, sport itself is a powerful tool for achieving any life goals. Being in good shape, being healthy and physically strong, satisfied with himself and his appearance, day after day developing his self-discipline and gaining vast experience of successful actions, a person puts himself on a victorious track, from which ubiquitous circumstances can no longer knock him down.

In 2019, several studies on depression in the fields of molecular biology and genetics were published, which showed and clearly displayed the mechanisms by which sport reduces depressive symptoms and, as a result, increases self-discipline.

Conclusion

In conclusion, self-discipline is a trait that every person can develop if really wants to and then gradually, despite external factors, be able to achieve success and realize their dream goals, gradually, patiently doing the right work. However, do not overdo it! Always remember that it is necessary to replenish the body's resources and find a middle ground between rest and work, otherwise you can completely lose control of yourself. Remember that every little thing is important in becoming a self-disciplined person; do not be lazy to make your bed in the morning and do at least 15 minutes of exercise. Take care of your physical and mental health and then you will strengthen your internal components of character. The main thing is not to stop and follow your dreams and then you will achieve success.

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