

Good example of essay on johari window analysis

[Sociology](#), [Communication](#)



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Day-Month-Year

JoHari Window Test (JWT) being a standard graphic model of awareness in interpersonal relations helps to understand the different aspects of individual's or groups' personalities. Generally, people get along fine working with others without thinking much about the next steps in communications and interactions. When problems arise and when usual methods don't work, when we want to learn more, there is no alternative but to examine our own behavior in relation to others. The standard representation JoHari window, developed by Joseph Luft and Harry Ingham, has four ' regions' or ' areas' or ' quadrants', namely open (public), hidden (private), blind and unknown. This model is a tool for understanding and training self-awareness, interpersonal relationships, group dynamics, team development and intergroup relationships. This test is generally used for personal development and training sessions. The analysis helped me to understand the concept better as well as to know myself more.

The first quadrant or open area is the ' free area' indicating what is known by the person about him/herself and is also known by others. The second

quadrant is the 'blind area', which includes what is unknown by the person about him/herself but which others know. The third quadrant shows 'hidden area' or 'avoided self' indicating all those aspects of his/her that are known to the person, but unknown to others. The fourth region is the 'unknown self' which are unknown to the person as well as others.

Interpretations of results of JoHari Window Test

This test helped me for self-discovery. It provided a visual reference to look at my own character, and illustrated the importance of sharing, being open, and accepting feedback from others. My scores for the JoHari Window Test are as follows:

Scores for JoHari Window Test

The scores reveal that the open and blind areas of my personality are equal, and the hidden and unknown areas are comparatively less. As a part of enlarging the open area quadrant, I need to solicit feedback from my friends and other close associates, to know more about my personality. Thus, the blind area can be reduced. Self-disclosure will reduce hidden area. It will be a give-and-take process that should take place between me and others with whom I interact. The unknown area can be reduced by careful observation and correct reporting by others, self discovery and mutual enlightenment. The individuals who want to develop their soft skills should be open to constructive criticisms and should sincerely and truthfully accept and follow the suggestions for perfection.

This analysis encourages me to improve my 'open area'. It is always advisable to have a large 'open area' because such people are usually

very easy to talk to, they communicate honestly and openly with others, and they get along well with a group making effective communications, promoting group dynamics and maintaining healthy relationships.

Reference

Wallace, Harvey and Roberson, Cliff. Written and Interpersonal Communication: Methods for Law Enforcement, Fourth Edition. Prentice Hall, 2009. 31- 46. http://wps.pearsoncustom.com/wps/media/objects/5768/5907026/CJ350_Ch03.pdf 3-11-2014.