Personal Value Paper

[Name of the Writer]

[Name of the Institution]

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**Introduction**

 Values refer to the morals that are developed by the individual throughout his/her life. These values can change over time and may be influenced by the health, media, culture, religion, friends, and family. Throughout the life experience, we develop our personality while incorporating characteristics that were taught us from the childhood. Same is the case with my personality which I advanced through the role played in family and work in the relational circles. I had the significant influence of my faith because there were values which I inherited from it. The mixture of culture and religion provide me a guide as for how I will have to pass my life. After learning from both, I also had various experiences in my professional life which guide me what is wrong and what is right? Even staying in the health care center was a valuable experience of my life as it provides me how nurses are serving in their professional life.

**Discussion**

 In my life, I always recognized the values and ethics. The demonstration of these values has provided me to give space to the others and accept the opposite opinion. Providing space to others is a greater sense of humanity which is not easily recognized by the people across the world. For example, I have the concept that there should be equality among the diverse communities living across the United States (Pohling, et al., 2016). In other words, my education and understanding of humanity inform me to consider others as the vibrant member of the same society. People from the other communities are also the citizens of United States. I have friends from the black Americans to whom I always give respect and honor. It is helpful for me to learn more about life by accepting the opinion of individuals from other society. In such a young age I am consistently improving myself by allowing the ideas of those who are well in experience and have mature thoughts.

**Unconditional Love and Religious Values**

 Since religious beliefs have a greater role in developing and shaping the personality of an individual like me, I extended my faith according to the guidelines that are provided in the religion. Earlier I was highly motivated to harm other, and viewed those who belong to other religions should not be the part of this world (Stokes et al., 2016). I was tremendously rigid in my thoughts and traditional beliefs. Even I was against nature and happening around the earth. However, with time as I started in-depth reading and understanding of the religion, there was the philosophy of unconditional love. Again I was confused as I thought that this concept is meant for the creator of this world, but I realized that being a sensible human I need to change my behavior to the humanity which is also created by God.

 Here I started changing myself and viewed the world as more humane than what I thought. There was a consistent development in my personality through the understanding of these values. I started interacting and meeting with people of other religion where the concept of love weighted the hatred. I was also motivated by the war of civilizations but changed my views after developing the fact that love is more powerful than the use of arms. It was not easy to accept the values that have been given to me by the religion (Stokes et al., 2016). But I develop myself and teach that ethical values should be adopted properly. Religion became a reality when I increase my exposure to it, and there is a link of culture with religious beliefs. Both elements of my life provide me with an insight into how to move and progress in following ethical values. There is a concept of sins which can be revoked according to the mythology of religion.

 Since I was interested in adopting core ethical values that are central to my personality, I learn the importance of accepting my mistakes which were the primary message which is about redemption. It is an evil value of the humans not to accept the rational nature and to follow what is being given to them. Deeds are the major part of ethics as I learn throughout my life. So religion has a more significant role in developing my personality and moral values. The philosophy of compassion and patience is one of the significant factors that I derived from religious beliefs. When I used to show patience with others, there is always positive and encouraging response which gives me confidence and trust. My life is full of goal-oriented tasks along with physical services for the members and relatives around. In the cultural setting, I played various roles that contribute to developing values.

**Cultural Values**

 Cultural values have a significant impact on developing my personality and especially encouraging me to grow with certain social ethics. The culture of America for many can be times frustrating and confusing. The values and customs of US are different from others because they belong to the culture of other community. Familiarizing with the values that are adopted by foreigners is also difficult. However, I have learned a lot by following cultural values and learn how to behave and show my attitude in society (Van, 2017). For example, the benefits of independence have influenced my life where I believed in the individualism. I control my life through my views and principles that derive it, and no one can dictate or direct me for how I have to live my life.

Culture has already a more prominent role in the progress and shaping of one’s personality. The idea of individualism in my culture has to lead me to remain self-reliant. Being a self-reliant person I have to focus on my abilities and capacity to build under the ethical values. As a traditional American value, the firm belief on self is continuously followed. It is difficult to understand for many that how one can be self-reliant, but it is significant for the learners like me to progress and develop my personality. To keep my freedom, I must be self-sufficient in taking important decisions of my life. If I am relying on my family or the relatives for those decisions like marriage and education than I will not evolve in my life. What I have gained from the idea of being self-reliant is that I am stable and have respect from various circles.

**Experiences and Values**

 While discussing the personal values, I would like to share my experience which was occurred two years ago. I was adult and came back to home because of the poor economic conditions. I wanted to live with my parents for food and shelter and to share some time with them. After passing two months at home, I was shocked when the members of family asked me that your stay in this house is a short-term arrangement (Singhapakdi, and Rallapalli, 2015). You have to move for some job or do some work to earn money and live a respectful life. It was a great learning and grooming of my personality when I realized how it is important to be self-reliant while inheriting our traditional and ethical values. Getting help from the charity organizations or even from the government is not admired. Most of the Americans believed that people should take care of themselves through their work and services.

 There is the value of competition and equality for everyone in the United States. One of the primary reason as for why immigrants visit the US is that they have learned that American culture is open and everyone has the chance to succeed in personal life (Valentine et al., 2018). There is a better chance of personal success because individuals are free from excessive political, religious and social controls. For me, it was a great idea to develop these values in my personal life as the title of nobility was forbidden in the constitution. There is no formal class system because it also demonstrate the status of a person in the community. In the past, many European immigrants left their original places and moved to America because of a vibrant and progressive chance of success. They were well aware that in the US they would not have to live among noble families. The cultural values reflect that millions of immigrants have succeeded after they move to the US.

In this regard, the visit of French Diplomat Tocqueville provides the real insight of values through which I developed my personality (Valentine et al., 2018). He was impressed by the uniformity of the conditions of life in the new nation in 1830. The diplomat wrote that the more he advanced in studying Americans, the more he perceived that equality of conditions is the fundamental fact from which other seems to be derived. Here the culture of equality of opportunities leads me to think of ideal situations and services. President Abraham Lincoln expressed the same desire of fairness in culture that the humblest man has equal right to flourish and there are no fixed conditions for labor to remain labor for his entire life.

Similarly, the pressure of my family on me to compete with my friends was energetic. It placed me on the constant emotional strain. Even my mother through her experience of working in old age give me a lesson that I will not be a free man right after my retirement from the professional services. I would not like to be useless and unwanted in society (Singhapakdi, and Rallapalli, 2015). In American culture it is one of the primary reason that why older people have not much honor and respect as they have in other communities of the world. Competition gives me the motivation and energy for never give up in the struggle of life.

**Professional Values**

 Various aspects of life shaped the values in one's personality. Among those are the professional values that derive individual to follow certain ethics. For example in the nursing profession, some ethics are less or highly desirable. As a professional nurse, the central value is to care for the patient in an appropriate manner. It is a caring profession. It encompasses empathy for the connection with the people (Parandeh, et al., 2015). In this regard, I will demonstrate the five core values of professional nursing which includes social justice, altruism, autonomy, integrity, and human dignity. In the clinical practice, these are very important not only for the professionals but also used as the strategy to build the confidence of the patient.

Certain values in the nursing profession are less desirable like the extra caring of a patient in such a way that real patient could not be given due attention. Sometimes I will have to move for emergency actions instead of focusing on the moral values as described by the code of conduct for professional nursing. The code of ethics for nurses and important statement implies that nurses are responsible not only for the patient but also their associated groups and families. Now, this should not be desirable because sometimes professional nurses have to work on multiple tasks where they cannot give care to every person present in the hospital (Singhapakdi, and Rallapalli, 2015). With a heavy workload, there is exertion in serving the client.

As a professional nurse, I will report any immoral behavior towards the patient. Health care professionals and staff care will be issued notifications when they engage in illegal activities. I will develop a balance in nursing ethics with the performance of job. According to the American Nursing Association, there is a need to support and honor the rights of the patient. Education to a student for ethics and refusal to compromise on professional ethics will strictly be followed. Further, I am sensitive in discharging my duties to counter the challenges that create issues in the implementation of ethical values (Parandeh, et al., 2015). I have the authentic international codes of ethics which will be used as an assistance to resolve the complex roles and practices. These codes will be revised and updated according to time and changing situations. It also comes under the responsibility as a professional nurse to keep the codes current and in line with the development in science and technology.

**Conclusion**

Concluding the discussion values and ethics are the central characteristics of personality. These cultural, religious, experience-based and professional values define who we are and how we believe. The ability to reflect and demonstrate awareness is a challenge that I will do through various experiences and lesson learned in daily life. After learning these ethics, I can recognize them while looking at multiple cases. The knowledge of right and wrong is an excellent foundation to practice a good sense of values and ethics.

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