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**COMMUNITY ENGAGEMENT: WALTHAMSTOW LEISURE
CENTRE FOR COMMUNITY DEVELOPMENT PROJECT
REFLECTIVE REPORT**

Executive summary

This report is dealing with the self evolutionary work for attaining the personal development into track. The two theories of Knapp and Duck have revolved around making the personal analysis well and thus the communal development is quiet satisfied and the project is tried upon the aims of the stakeholders of the project undertaken at 'Waltham stow Leisure-Centre'. The work is emphasized on the factors and the actions influenced by the factors in making the choice of friendship. Both of the theories are quite satisfied here. Therefore an understanding of the self skill development can be known from this report.

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Introduction

There is no doubt that community development is the process where the people get engaged in the action based on the importance of the actions accordingly. The concept of community development has been deep rooted with the belief of people having access to health, wealth, opportunity, justice and well being. Here the aim of the work revolves around the discussion of community development at the 'Waltham stow Leisure-Centre' in the UK. The introduction is based on the reflective view of the student against the models and the theories developed and their understanding. The aim of the part is to analyze the self evolution of the personal development of the student for getting higher employability.

Reflection of the personal experience

Description

The community development is the most holistic approach for the student understanding their personal development by self evaluation process. It is used in the life of the student in every step for the actions and evaluations to be made rational (Adhikari *et al.* 2016, p.523). There are several theories accompanied in the evaluation process such as Relation- filtering model by Duck and Relationship Escalation model by Knapp. These models are applicable in evaluating the relationship of the student like me with the different programmers and according actions in the present of social media interaction on a daily basis.

Relation- filtering model by Duck shows the impact of interrelation of the students with other students in the education prepress as it states the people finding the clue in the sequence during each meeting(Wu *at al.* 2018, p.268). Then the students and nearby presented people get filtered by evaluating the sequence and end up with very few in the relationship who pass the sequence. There are different cues for undertaking the evaluation process such as sociological or incidental cues, pre interaction cues, interactive cues and cognitive cues. The sociological cues make the limitation over the geographical places of living or studying for meeting new students (Brunton *et al.*2017, p. 5). The pre-interaction cues show the limitation over having a relationship before the first meeting. The interactive cues help to make the decision of whether to keep the friendship after the meetings have taken place or exclude the friends from the list by choice. The

cognitive cues state that the people keep the relation with the people who meet the psychological match in the process of friendship.

The Relationship Escalation model by Knapp shows the process of development of any relationship and its deterioration over the time. The model states the factors that determine the notion for coming together as initiation, experimentation, intensifying, integration and bonding. Huge also portrays the factors affecting the process of coming apart such as differentiating, circumscribing, stagnation, avoidance and terminating (David-Chavez *et al.* 2018, p. 123).

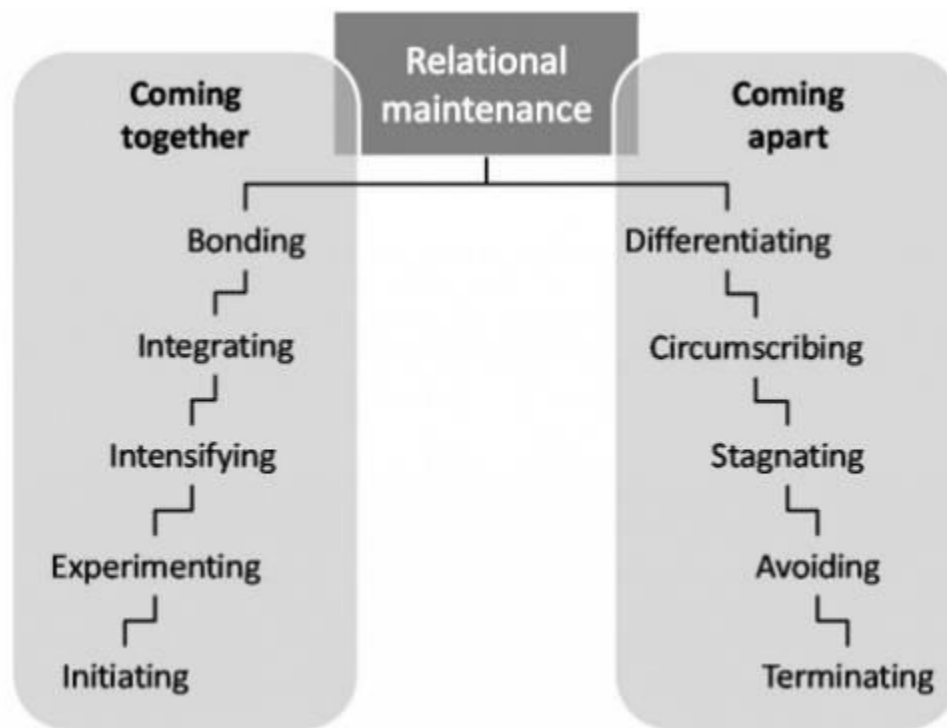


Figure: Relationship Escalation model by Knapp

(Source: David-Chavez *et al.* 2018, p. 123)

Feelings

The feelings that I have gained over the process of learning from the self evaluation are vivid and briefly contributing. I have learnt to share the information with my friends so that at any adverse situation the whole circle will be well aware of the fact about what is going on. It gives clarity in the friendship over several disturbing issues. The disclosure performs the community project to

run the self evolution in the matter of personal development in making a good bonding for the coming future. I being involved in the

‘Walthamstow Leisure-Centre 'tries to portray the experience that I have gained in the process inside. I have learnt to listen when it seeks the most. I have learnt about listening to other friends 'ideas and the thoughts in the education process. It helps me to take proper planning and decisions in the study process. I have learnt to tackle the suggestions from everyone whether it is good or bad (Di Napoli *et al.*2019, p. 554). I have overcome from the situation where I rationally keep the issues within me and explore outside discussing the main issue. That makes the students give interest equally in the problems solving. I believe that the more engaged my friends would be as a result the answers of my questions I would get. I have learnt to discuss the issues and regarding the process to result in the outcomes. The different approaches of the friends can yield multiple outcomes and approaches to deal with the risk and uncertainty of the result. I have developed better realistic communication skills to make the promises of the work done rationalized. I accept the reviews and the changes suggested by the friends in the modification of the study and assignments staying in the process. I have learnt to identify the best fitted outcomes that are desirable to me over the learning process by self evaluation.

Evaluation of skills

Relation- filtering model by Duck has helped me in the process of self evolution of personal development. The sociological cue has helped me to limit the people I want to meet. Pre-interaction cues have helped me to determine the acceptance of the person before the effective meeting. Interactive cue has helped me make the conclusion regarding keeping the relationship with the friend. The cognitive cues have developed the quality in me of evaluating the quality of the relation based on the character and the communication intensity and interest (Fredericks *et al.*2016, p. 202).

The theory of **relationship escalation by Knapp** is quieter effective in the life of a student like me. I have learnt the factors and their effect in coming together and going apart from any relationship with the friends. The initiation is effective as it creates the first impression in development of any relation. The initiations boost the judgment as at every point time it can't be the same and right. In this process the more important is the physical impression that makes the

initiation rationalized. The experimentation is the process all about the try and analyze the outcomes according to the testing in the making the relation with the friends. It helps in maintaining the relationship for me. I can decide whether to keep the bonding at its maintained way or leave the relationship. The factor of intensified actions helps me to unfold the petals of the relations one by one and reveals the impression for the person in the tender early stage. Similarly, integration also plays a vital role in making the relationship closer and making the friends feel for their importance in the relationships.

It leads to intimate friendship and the bonding goes stronger ahead. I have also learnt about the factors that affect me to go apart in any relationship with the friends in the process of time. From the misunderstanding to conflicts there are several issues that are responsible for going apart. The differentiation between two persons makes the bitter side of conflict much viral and leads to a split. That is the main learning remained with several more factors like stagnation and circumscribing. The stagnation in any relationship, the pace of progress of any relation limited to a certain extent. Circumscribing takes place when the differences in the minds of two people limit their conversations and make them stop conversation in fear of a new argument. Avoidance and ditching can also be effective in going apart by restricting the conversation. The termination of the relationship is the ultimate decision that is to be taken based on the nature of the relationship held by two friends. I have learnt hope to analyze the importance of the relationships and determine when to end the relationship.

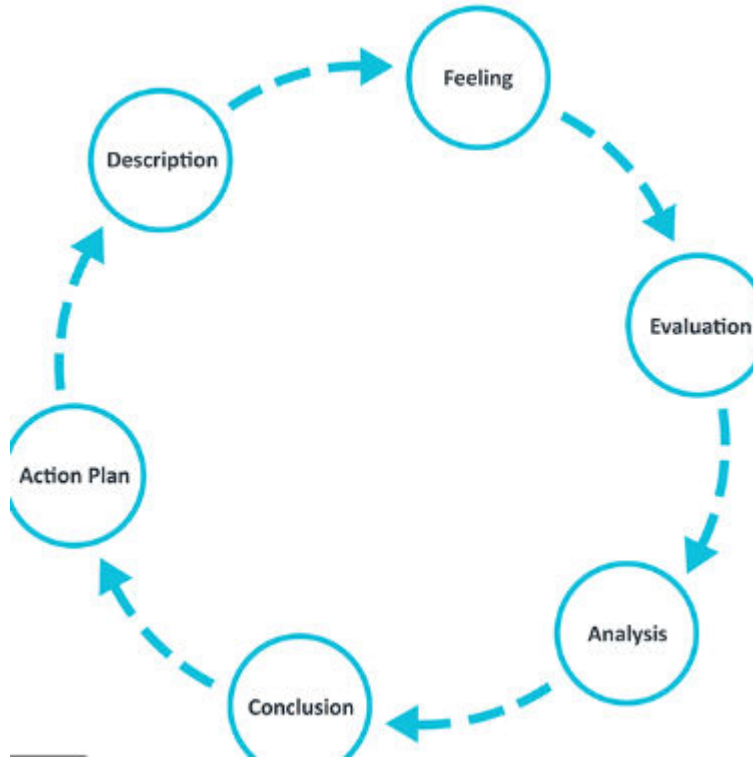


Figure 2: Gibbs reflective cycle

(Source: Kumar and Kumar, 2020, p.198)

Analysis

From my viewpoint the process of self evaluation is quite tough and seeks to attend proper judgment in making the relationship. There comes the unutilized potential in different avenues of the friendship and fades the fragrance of friendship in the introduction of differentiation. The analysis revolves around developing the relations without attending to the endeavors to keep it as it is. The feeling of the dislike often breaks the well developed everlasting relationship (Kumar and Kumar, 2020, p.198). Friends often get stuck on their feelings and avoid the emotions to be commented on by one side. The relations are not performed well by its worth and breaks in the weak situation. The friends break the heart of the friend and never judge the importance of the relationship again and roam for irrelevant relations to take place. Friends are the safe zone for understanding the adverse situation and plans in a structured way. The friends often don't take action at the leap of threat in a cordial relationship. Hence the minor elements reject the acceptance of one friend to another pal and cannot stand in a unique approach (Ojha *et al.* 2016,

p.275). A wrong decision makes the undertaking full of bubbles of misunderstanding and ruins all efforts taken place in the sociological insecurities (Martinez *et al.*2020, p.109). The aforesaid section helps to reflect the learning experience accompanied by the good happening of friendship and protects the views from mishappening and that benefits the future of working with friends. It makes the learning of self esteem and self evaluation by prioritizing the beliefs, opinions and the values instead of staying in the friendship. It helps to build the quality and the character based on the experiences and leads to act in different basis aptly according to the specific situations in a very structured manner. The analysis helps to give the proper judgment to entail the balanced and more accurate friendship to me.

Action plan for future

The two theories are helpful in making the decision for a person in relationship with. It makes me take the action to evaluate the strength of the relationship and yield the consecutive actions according to that. If the interest and the psychological bonding are there in between the two people then the other aspects of conflict and misunderstanding should be neglected (Ojha *et al.* 2016, p. 288). The more importance should be given to make the relation contented and based strong in the integration and intensify. I have learnt to take the precaution before making any new friendship as the psychological aspects are needed to be satisfactory. I would initiate the relation after deciding the worth of the relation by pre- interaction and better opt for experiments to take place. I would give less concentration on the factors of going apart to build a relation specially the factors of the differentiation as it grows with fading the bond. I would like to explore the relationship and would not let it stop within a boundary. I would not perform the circumscribing to take place before the lack of communication and try to entail the means of communication as much as possible (Pratt *et al.*2020, p.49).

Conclusion

The process of the action includes the two theories for the personal well being and attaining the suitable means of relationship. Here the experience is broken into two parts including one part dealing with the certain possibilities in making friendship and another with the factors for attaining the relation by virtue of positivity as well as negativity. Her discussion is molded

around the rhythm of making the relationship much carefully and building the connotation well induced with the factors effectively. The personal space and the activities should be prioritized and should not be sacrificed for the notion of friendship in bad terms. Moreover for sure there comes the need to attain the voice specific and well structured within the arena of personal comfort and interest.

Overall conclusion

The process of the self evaluation has made the resultant to come to a brief concluding approach for analyzing personal development. The two approaches engaged in the gibes cycle are quite apt in proclaiming the responses staying there. Here the two principles are working to make the relations chosen at the forefront of the sensible friendship. The Duck's relational approach shows the importance of timing in making the choice of person in the relationship. Similarly in the Knapp behavioral approach the importance is given in the causes of the behaviors. The theory ascertains the process of intimate and separation of the bonding in the friendship. Here the community development project has been satisfied with its essence and supported by its stakeholders under 'Walthamstow Leisure-Centre'. There the aim of the project on communal development is satisfied and mingled with the actions and factors responsible for the actions.

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