



# CORE I UNIT V

## PERSONALITY



# INTRODUCTION TO PERSONALITY

## ◉ What is Personality?

- Personality refers to the unique and enduring **patterns of thought, feeling, and behavior**.
- It distinguishes individuals from one another, highlighting characteristics that make a person who they are.

## ◉ Key Features of Personality:

- **Patterns of Thought, Emotion, and Behavior:** These are foundational but do not solely define personality.
- **Underlying Dispositions: The consistent traits** that shape reactions and actions across situations.

## ◉ Predictability:

- Personality enables us to predict how someone may behave or respond in different circumstances.

# THE MEANING OF PERSONALITY



## ◉ **Origin:**

- The term “personality” originates from the Latin word *persona*, meaning a theatrical mask worn by Roman actors.

## ◉ **Modern View:**

- Unlike the ancient notion of a mask or false appearance, modern psychology defines personality as much deeper.

## ◉ **Psychological Definition:**

- A person’s unique, long-term pattern of thinking, emotions, and behavior.
- Consistency in who you are, have been, and will become.



# DEFINITIONS OF PERSONALITY

## ✦ G.W. Allport (1961):

*"Personality is the dynamic arrangement in the individual of those psychophysical systems which determine his unique adaptations to his environment."*

## ✦ Hans Eysenck:

*"Personality is a distinctive set of traits, behavior styles, and patterns that make up our character or individuality."*

## 🎯 Key Points:

- ◉ Personality is **dynamic and unique** to each individual.
- ◉ It consists of **traits, behaviors, and psychophysical systems** influencing adaptation.
- ◉ Different theorists provide **varying perspectives** on personality formation.

# DETERMINANTS OF PERSONALITY



## 1) Biological Factors in Personality Development

Three key biological factors influence personality development:

### a) Physique

- ✓ Height, weight, physical appearance, strength, health, and deformities indirectly shape personality.
- ✓ Example: A child with short stature or a physical disability may develop feelings of inferiority.

### b) Chemique (Effects of Endocrine Glands)

- ✓ The glandular system influences personality through chemical changes in the body.
- ✓ Mood swings, energy levels, and behaviors are affected by glandular secretions.



### Types of Glands:

- ◆ Endocrine Glands (release hormones into the bloodstream)
- ◆ Exocrine Glands (release secretions outside the body)

### ❖ 💡 Key Endocrine Glands & Their Role:

Pituitary Gland – Master gland, regulates growth & hormones

Adrenal Gland – Manages stress response

Adrenal Medulla – Controls fight-or-flight response

Thyroid Gland – Regulates metabolism and energy

5Pancreas – Regulates blood sugar levels

Sex Glands – Influence sexual development & behavior

# DETERMINANTS OF PERSONALITY



## c) Nervous System

- ◉ Sensory organs de-pends upon the well-developed quality of the nervous system. These sensory organs are the gateways of knowledge. For example: Quickness of adjustment, the readiness of acquiring new modes of responses, our reasoning and thinking all depend on the efficiency of the nervous system.

## d) *Heredity*

- ◉ The genetic blue print (molecular structure) sets the limit for the personality pattern within which individual grows and develops. It defines through facial features, sex, muscular structure and temperament.

## e) *Brain*

- ◉ Brain is the most important biological organ that determines the personality and its broad pattern.

## 2) Sociological Factors

### a) Home Factors

- Broken home,
- separated or divorced parents,
- alcoholic or quarrelsome parents
- Over-ambitious parents Step-parents

# DETERMINANTS OF PERSONALITY



- Order of birth
- Number of children in the family
- Educational and socio-economic status of parents
- Influence of the neighborhood.

## **b) School discipline**

- ⦿ Opportunities for curricular and co-curricular activities
- ⦿ Size of the school
- ⦿ Organizational climate
- ⦿ Personality of teachers

## **c) Society and Personality**

- ⦿ Social environment plays a crucial role in personality development
- ⦿ Social acceptance is vital for self-esteem and confidence
- ⦿ Individuals crave acceptance from parents, teachers, and peers
- ⦿ High social acceptance leads to leadership, confidence, and superiority
- ⦿ Low social acceptance may result in introversion,
- ⦿ low self-esteem, and
- ⦿ social maladjustment

# DETERMINANTS OF PERSONALITY



## 3. Psychological Factors in Personality Development

- a) Intelligence,
- b) attitude,
- c) emotions, and
- d) interest

are key psychological factors influencing personality.

## 4. Cultural Factors in Personality Development

### a) Beliefs and Traditions

- Cultural interactions shape personality through learning by observation.

### b) Norms and Customs

- Guide personality development via behavior modification and learning.

### c) Values

- Socio-cultural ideals form the foundation of personality style and virtues.

### d) Religion

- Defines personality by promoting specific behavioral patterns based on beliefs.

### e) The State

- Acts as an authoritative socializing force, enforcing laws that shape conduct.



# DETERMINANTS OF PERSONALITY



## 5. Environmental Factors in Personality Development

### a) Immediate Environment

- The ecological surroundings play a crucial role in shaping personality development.

### b) Socio-cultural Environment

- Influences ideals, behavior, response patterns, dressing style, food habits, manners, and self-regulation.
- Determines personality type through cultural and social interactions.