

DEPARTMENT OF PSYCHOLOGY

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Advance General Psychology, sem-1st

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PERSONALITY

Personality is an individual's unique and relatively stable patterns of behavior, thoughts, and emotions.

According to Allport, "personality is the dynamic organization within the individual of those psychophysical systems that determine his/her characteristic behavior or thought."

NATURE OF PERSONALITY

- Personality is a continually making adjustment to environment and to inner life. Lack of adjustment means strain and tension and the individual is forever acquiring new pattern of adjustment to meet the challenge of new situations.
- Personality is always striving for goals. Our life and behavior is purposive and we are always seeking new ends and goals to meet our needs. Our needs define our goals, our interest and desires provide their basis, and

our behavior is directed towards their attainment.

- Personality functions as a whole. Different experiences and mental activities are joined together in a unity.
- Personality is self-consciousness. A person is self-conscious being. We do not attribute personality to a dog or a child they have no awareness of their own identity
- Personality is through and through social. It is only in relation to others that we are usually judged, and our own consciousness of ourselves arises only in our interaction with other members of society.

DETERMINANTS OF PERSONALITY

1. **Heredity and personality:-** Heredity may affect personality indirectly. If boys in a society prefers slim girls as their companion, such girls will receive greater attention of the society providing them thereby more opportunities to develop their personality.

According to Allport, Gordon, W. no feature of personality is devoid of hereditary influence.

2. Culture and personality:- culture can also affect the personality of a person. An American child is encouraged to be aggressive, bold and dominant., while an Indian child is encouraged to acquire obedience, respect for parents and old people and humility.
3. Climate and personality:-climate can also make a difference to personality make-up. People living in the arctic regions differ from those living in the equator. Food, temperature, living conditions, and the like affect the personality of a person.