

PERSONALITY.

The following are some of the definitions of personality offered:

1. Durojaige defines personality as 'the sum total of what a person really is'.
2. Allport (1973) defined personality as 'the dynamics organization within the individual of the psychophysical systems that determine his unique adjustment to his environment'.
3. Personality has also been defined as 'the characteristic patterns of behaviour and mode of thinking that determine a person's adjustment to the environment'.

People tend to think or act in certain ways in many different situations. For example you may have two friends, one seldom expresses anger no matter what the provocation while the other flies off the handle at the slightest irritation. According to Allison et al (1983), behaviour is the result of the interaction between personality characteristics and the social and physical conditions of the environment.

Psychologists also refer to a public and private personality.

(1) Public personality: - 'the 'you' that others observe and listen to, the view of yourself that you present to the world'

This includes expressive features and mannerisms (eg. speech patterns, the way one carries himself/herself, whether one is cheerful, the way one reacts to threatening situations and the attitudes one expresses.

(ii) Private personality (hidden) part of personality includes fantasies, thoughts and experiences that you do not share with others. You may feel free to reveal some of these in a close intimate relationship with another person, but generally, they are yours alone.

✓ Broad areas used to describe personality include:

- (i) Physical characteristics - size, strength, grace and appearance. This may greatly influence the manner in which other people react to the individuals.
- (ii) Temperament :- One's characteristic mood
- (iii) Intellectual and other abilities
- (iv) Interest and values - What one enjoys appreciates and values
- (v) Moral values
- (vi) Social attitude - liberal or conservative.
- (vii) Motivational dispositions - the person's driving force goals.
- (viii) Aptitude (natural ability or skill at doing...)
- (ix) Expressive and stylistic traits (eg. aggressiveness, submissiveness, talkativeness, sociability, shyness, consistency, etc.

Factors influencing personality development ~~Determinants of personality~~

1. Heredity :- Genes determine an individual's personality as they determine factors such as physical characteristics which include physical appearance / stature and structure, intelligence / sociability / biochemical balance of the body and emotional reactions to various situations / temperaments which include impulse control and activity levels / predispositions to certain conditions.
2. Environmental factors which include
 - (a) Uterine environment :- If the mother is exposed to some teratogens while expecting this affects the development of unborn baby which in turn affects the personality of the child.
 - (b) Home environment - This is where the child's physiological and psychological needs are met. The child senses rejection and feels insecure and this determines how the personality of this child will develop.
 - (c) The school :- The child's ability to cope with the demands of school will determine if the child will be able to adjust to the school or not. The needs to adjust are to be able to meet with academic demands / social acceptance / conformity to authority.
 - (d) The culture - the acceptable norms or standards of behaviour in which the child is brought up will determine the personality of the individual child.

(c) Individual characteristics :- Individual differences in children determine the personality of these children. Some babies are calm and easy to control, smooth to be with and these determine how other people respond and will influence the personality the baby will develop. Other babies are irritable and difficult to soothe. These characteristics determine how other people relate with them and this also shapes their personality as the child grows, characteristics such as what one values or believes in will also influence personality development.

Personality determinants

1. Physical condition

A child's physical condition affects the personality development. The conditions could include physical defects and physique.

• Physical Defects :- If a child suffers malformation, it affects the child's character patterns and adjustment to life. Self concept is affected when a child compares himself/herself with other children. The concept of self is influenced by the child's comprehension of the attitude of the social group towards him or her.

• Physique :- Refers to a person's physical appearance, for example height, size, and

skin colour. It determines ones feelings towards own body. The feeling is enforced by how significant people to them feel and talk about it. (negatively) Being different makes a child feel inadequate and odd. People with socially inferior body may develop compensatory form of behaviour such as aggression which may be socially unacceptable, while the obese child may grow to become slow, outward and aggressive.

A child who is sickly receives a lot of family attention. Such a child may grow to become slow delicate and always expect attention and consideration from others.

2. Socialisation process - family

• Position in the family

— The first born is entitled to respect and obedience from later born. They may grow to expect to be respected and obeyed and may possess leadership qualities.

— The second born comes to find an elder child, he or she may grow to become revolutionary.

— The youngest child may be the only baby of the family and receives attention from everybody and becomes a favoured child. Such a child may not be ready to face hard life and may prefer soft life. The child may grow to be loving, trusting and kind hearted since his early years were showered with

3 Intelligence

- A very bright child may make others feel threatened and dislike him or her. The teacher may demand too much. The child may also become the hero of the others. This may determine self concept and personality development.
- Children of low intelligence may feel uncomfortable with very bright ones. They may also feel inadequate. This feeling of inadequacy may have poor social insight impairing the child's social adjustment.

Question

Examine ^{other} factors that affect a child's personality.

- Emotional state
- A child's name
- success or failure
- social acceptance
- school influence
- family influence
- emotional climate of the home and parental attitude towards the child.
- self acceptance
- Parental expectations
- Attitude towards peers.
- family social, economic problems.
- Social demands
- school opportunities.
- TV, radio, computer, internet (Mass media)
- Expand the above points. 17

Types of personality

People are generally divided into two types of personalities as follows:

(i) Introverts

(ii) Extroverts

(iii) Ambiverts

(i) Introverts: - These are people who turn their thoughts inwards. Introverts are generally reserved. They usually develop to be quiet, thoughtful and rather anti-social.

(ii) Extroverts: - Extroverts turn their thoughts outwards towards other people, they therefore outgoing. Generally, extroverts develop their character to be active, showy and social.

Extroverts and introverts can generally be compared as follows

Extroverts

1. Cheerful, lighthearted laughs often, optimistic

2. Talks freely and easily to all kinds of people

Introverts

1. Serious, rarely laughs, rarely smiles, takes life seriously, pessimistic

2. Always with a reserved and formal approval, large and narrow

3. Extraverts

3. Social, mixes with people easily and enjoys meeting new ones
4. Adaptable, can easily change. Dislikes routine, seeks excitement and adventure.
5. Quick in thinking, speaking and acting, hence often jumps into conclusion without sufficient thought, lacks self-control.
6. Talkative and confident.
7. Easily accepts and obeys set group rules
8. Tough minded. May appear insensitive. Not easily hurt.

Introverts

3. Anti-social, avoids mixing with people especially strangers.
4. Conservative. Dislikes and avoids changes in routine.
5. Slow in thinking, talking and acting. Weighs personal opinion carefully, sometimes unable to make decision.
6. Quiet, almost shy.
7. Makes personal rules and sticks to them.
8. Kind hearted and sympathetic. Can easily be hurt. Very sensitive.

(iii) Ambiverts

(iii) Ambiverts

Ambiverty personality tends to mix introvertly and extrovert personality types.

Every personality has a driving force, a motive which is also driven by goals - the eventual end towards which behaviour is directed.

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Words used to describe Personality traits

The following words are used to describe personality traits:

(i) Active, Careful, optimistic, pessimistic, impulsive, outgoing, reliable, anti-social, lively, responsive, talkative, moody, honest, responsible, restless, diligent, reserved.

Assignment

1. Explain the term personality
2. Distinguish the following types of personality:
 - (i) Introvert
 - (ii) Extrovert
 - (iii) Ambivert
3. Discuss the impact of heredity and environment on personality development.
4. State effects of different primary measures on the learner's personality.
5. Discuss emotional and behaviour problems among learners today.

PERCEPTION AND SENSATION

Psychology is concerned with the information our bodies take in through the senses and the way we interpret such information. Sensation is the process by which an organism's sense organs respond to a stimulus and, perception is the sorting out, interpretation, analysis, and integration of stimuli involving our sense organs and brain.

