

**Course Name-Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Personality**

**Topic No. - Sec - C (12)**

**Paper No. - IInd**

**Lecture No. - 17**

## **Lecture Title**

### **Personality**

#### **Script**

Hello viewers. Welcome to the bachelor course of Physical Education. Today we'll discuss about Personality.

Well students, you must be familiar with the term 'Personality'

Personality is all that a person is. It is the totality of one's behavior. It includes everything about the person, his physical, emotional, social, mental and spiritual make up. It is all that a person has about himself which may be internal or external i.e. physical, social, emotional or mental.

You must be aware of a layman's idea about personality who thinks personality is something external. According to him, a person who has good physique, well dressed up is said to possess good personality.

To a psychologist, personality is an area of study that deals with complex human behavior, including emotions, actions, and cognitive (thought) processes. Psychologists study the patterns of behavior that make individuals different from one another.

Psychologists have defined the term personality in various ways but they were not completely successful in explaining it in clear and definite terms because human personality is a very complex phenomenon. Personality is not a fixed state but a dynamic totality, which is continuously changing due to interaction with the environment.

The conduct, behavior, activities, movements and everything else concerning the individual are known as personality. It is the way of responding to the environment; the way in which an individual adjusts with the external environment is personality.

The term personality has been derived from the Latin word “Persona” associated with Greek theater in ancient time, which was used for the mask worn by the actors to change their appearance but later on it began to be used for the actors themselves. Personality was thought to be the effect and influence which the individual wearing a mask left on the audience. Since then, the term personality has been used to depict outward appearance or external behavior etc. It is in this sense that we have developed a wrong notion about the term personality.

Sometimes, we use personality as equivalent to one’s character which is also a wrong notion. Character is, by all means, a moral or ethical term which refers to the standards of right or wrong, while personality is purely a psychological term and hence it is not proper to use it in reference to study of ethical values.

Thus we cannot take personality as equivalent to outward appearance or behavior, which is a very superficial approach. Personality includes the totality of one’s behavior and hence both inner and outer behavior should be taken into consideration.

Psychologically speaking, personality is all that a person is. What we are and what we hope or aspire to become is our personality. It pervades every aspect of human life. It is said to be the mirror of one’s behavior. It is the total integration of physical, emotional, intellectual, social and character make-up of an individual which is expressed in terms of his behavior, experiences, attitudes, values, beliefs, aspirations, interests, sentiments, temperaments and traits etc.

In this way, definitely, the term personality signifies something deeper than mere appearance or outward behavior. How should it be given a proper meaning or definition is a difficult problem. Its subjective nature does not allow one to reach a clear cut, well agreed definition. That is why it has been defined by psychologists in so many different ways according to their own point of view.

According to L Kolb, “Each individual’s characteristically recurring patterns of behavior are known as personality.

In words of R. B. Cattell, “Personality is that which permits a prediction of what a person will do in a given situation.”

Munn viewed Personality as “the most characteristic integration of an individual’s structure, modes of behavior, interest, attitude, capacities, abilities and aptitudes.”

Woodworth and Marquis defines personality as “the total quality of an individual’s behavior as it is revealed in his characteristic habit of thought and expression, his attitudes, interests and his own philosophy of life.”

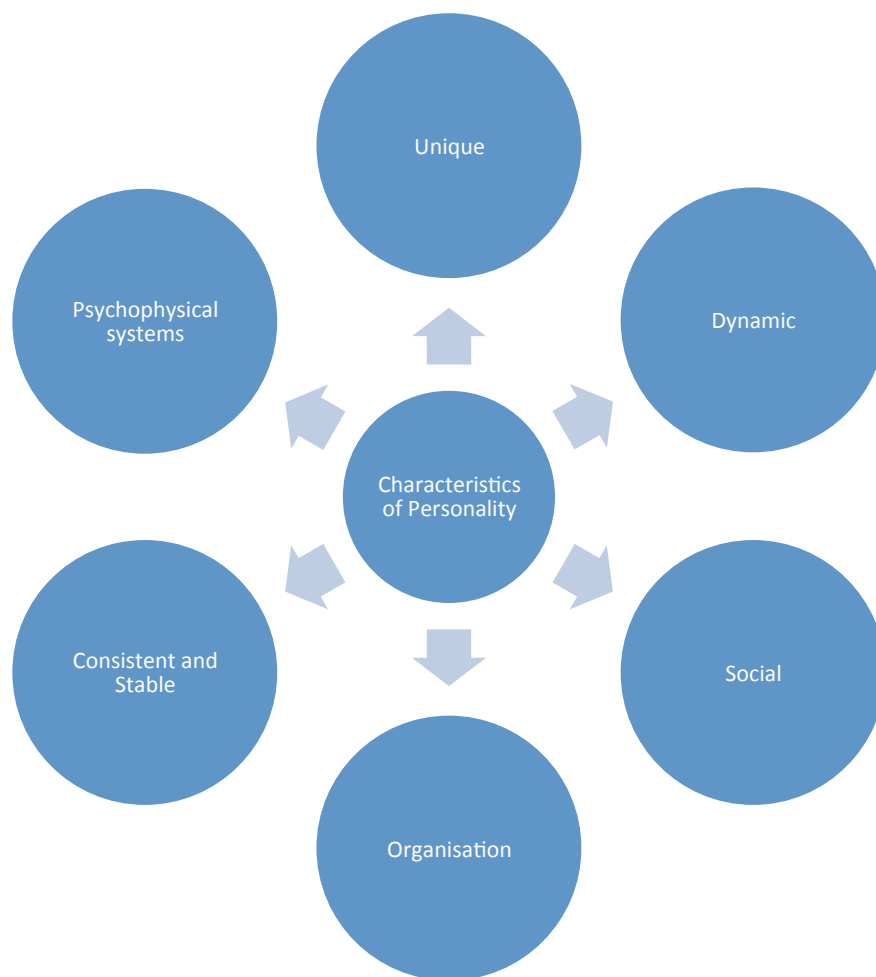
In words of Eysenck, “Personality is the more or less stable and enduring organization of a person’s character, temperament, intellect and physique which determine his unique adjustment to the environment.”

Allport who devoted most of his time for research on personality defines Personality as “the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to the environment.”

This definition is very comprehensive and includes all aspects of an individual’s personality. Here, the word ‘dynamic’ means that personality is undergoing a constant change but is still organized. It constitutes two types of systems: mental and physical, and these two systems interact with the internal and external environments. The word ‘determine’ emphasizes that it is the psychophysical system, which activates the organisms for action.

Now we will discuss the CHARACTERISTICS explaining the nature of PERSONALITY

We have seen how personality has been defined by various psychologists, though there are differences in views, but even then all psychologists agree on certain common characteristics. Our understanding of the nature of personality will be clear when we go through the characteristics of personality. Some of the characteristics are:

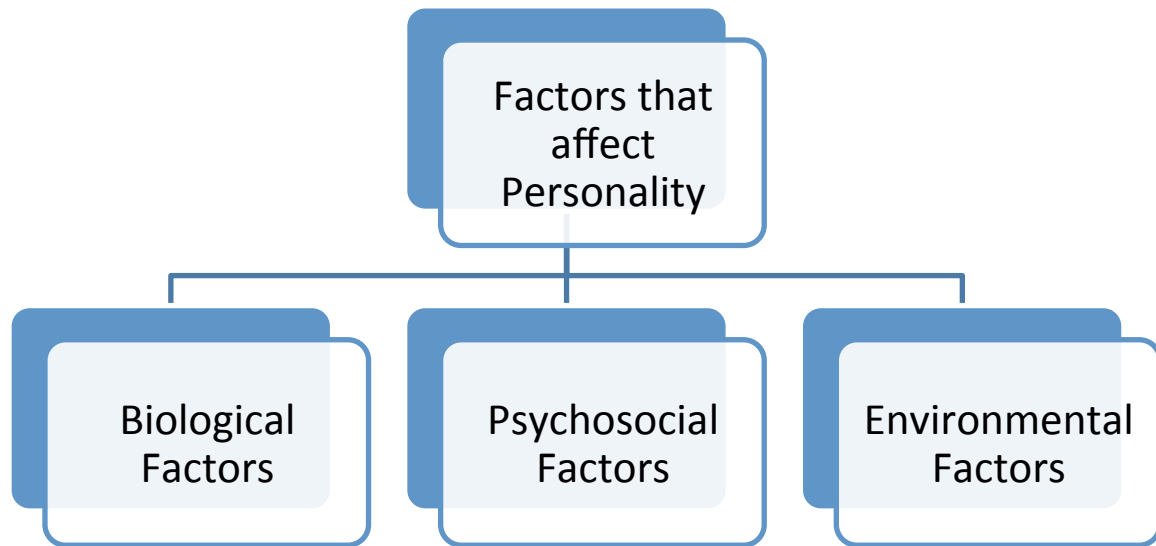


- ▶ **Personality is Unique:** Each individual's personality is unique and specific. No two individuals have exactly the same qualities and attributes and do not behave in precisely the same way over a period of time. Since no two persons, not even the identical twins, have the same life experiences, each individual learns to respond to his environment in terms of his individual experiences, drives, interests, etc.
  
- ▶ **Dynamic:** Although the personality of an individual remains stable to a large extent, it is not static. It is always dynamic and continuously in the process of change and modification. It is ever growing, ever developing and ever changing. One has to struggle with environment and inner force throughout life. As a result, one has to bring about change in one's personality patterns. It makes the nature of personality dynamic and flexible.
  
- ▶ **Organization:** Personality is the organized whole. It is one's total integrated behavior, woven into a whole. The greater the degree of organization, the more healthy and normal the person is. Personality is organized and integrated. It functions as a united whole. As G.W. Hartman remarked, "personality is the integrated organization of all the characteristics of an individual as it manifests itself in focal distinctiveness to others." Physical, mental, emotional, social or other functions and activities of personality are influenced by the total pattern. The achievement of unity or integration takes place through the exercise of internal control to will and sentiment of self-regard.
  
- ▶ **Personality is Consistent or stable:** Consistency or stability is one of the characteristics of personality. A person is recognizable from situation to situation by the consistent characteristics that are reflected in his behavior. If a person starts contradicting his own statements, it means he does not possess a balanced personality.
  
- ▶ **Psychophysical systems:** Personality is neither exclusively physical nor is exclusively mental. Psychophysical systems composed of habits, attitudes; sentiments etc. all of which are psychological but have physical bases in individual's neural, glandular or general bodily states. As Allport said, "this term reminds us that personality is neither exclusively mental nor exclusively physical." Its organization entails the functioning of both 'mind' and 'body' in some extricable unity. Psychophysical systems are not the product of heredity although they have hereditary foundations. They are the product of learning and they derive from life experiences of the Individual.
  
- ▶ **Social:** Personality is completely social. Personality has existence only in relation to the external world. Development of personality takes place through social experiences. An individual's relation with his environment, his feelings, attitudes, are basic to the idea of personality. An integrated personality is one which makes harmonious adjustment to environment, particularly the social environment

## 2. Now we shall discuss the

### Factors Affecting Personality Development

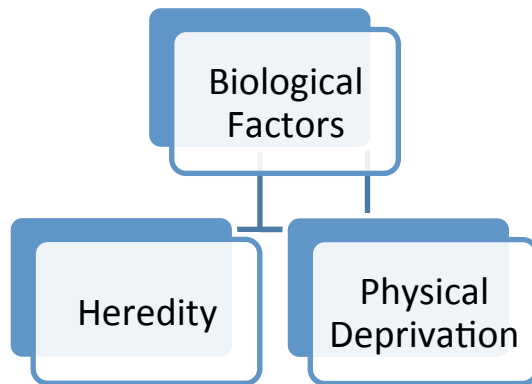
Development of personality is a complex phenomenon. It is determined by a number of psychosocial and biological factors. We will now discuss some of the important factors responsible for the harmonious development of personality.



First of all we will discuss certain Biological factors that are responsible for personality development

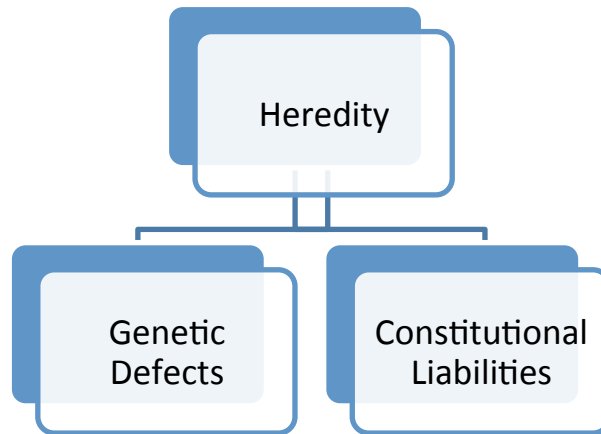
1. **Biological Factors:** Personality development is affected by number of biological factors which may be innate or due to the interaction of biological makeup with environment. A wide range of biological conditions such as faulty genes, diseases, endocrine imbalances, injuries, malnutrition and many other conditions interfere with the functioning of organisms and these become potential causes of disintegrated personality. Some of the

biological Factors are hereditary while others are in the form of physical deprivations.

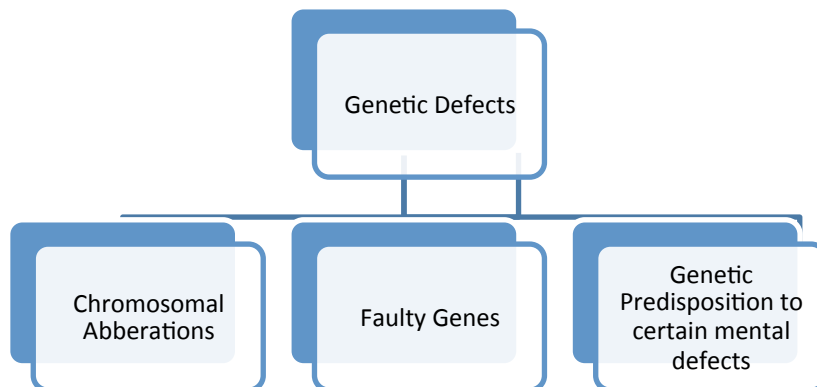


A) Heredity: Heredity is the foundation of human personality. It affects all the aspects of human behavior i.e. intellectual capacities, basic temperament, stress tolerance, anxiety, primary reaction tendency and adaptive resources, etc.

Now we will discuss two important hereditary conditions one by one



a) Genetic Defects: Our behavior is inevitably influenced by our biological inheritance. Genetic defects are clearly a potential cause of maladaptation and faulty personality development. Genetic defects of major concern are: Chromosomal aberrations, faulty genes and genetic predisposition to certain mental disorders which are the potential cause poor personality

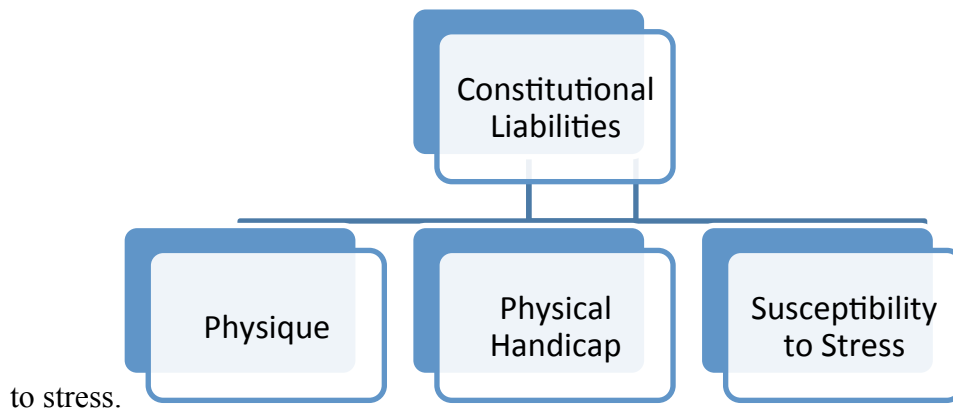


development.

- i) Chromosomal Aberration is a missing, extra, or irregular portion of chromosomal DNA. It may result from an atypical number of chromosomes or a structural abnormality in one or more chromosomes. Researches in the developmental genetics have shown that the abnormalities in the structure or the number of chromosomes are associated with the wide range of hereditary disorders which may further results in poor personality development.
- ii) Faulty genes: Genes are the carriers of the hereditary material. The breaking of the genetic code enabled us to study loss, gains or changes in the material in the genes itself. Thus introducing a more precise approach relating to the study of personality development.
- iii) Genetic Predisposition to specific mental disorders may result in unhealthy development of personality. Certain gene combinations predispose the individual to disintegration of personality.

### 3. Constitutional Liabilities

- b) Constitutional Liabilities: By constitution, we mean bodily makeup of the individual resultant of genetic and environmental influences. Poor health, constitutional weaknesses delimits one's stamina for effectively discharging duties which may result in faulty personality development leading to lack of confidence, poor self-concept etc. Important of these to personality development are- Physique, Physical Handicaps and susceptibility

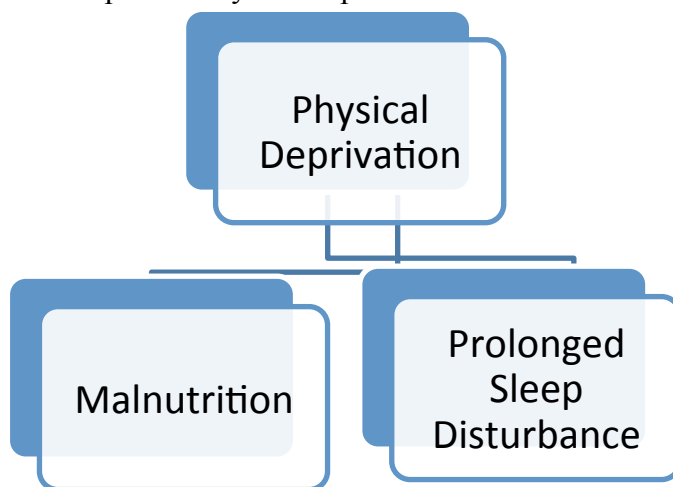


- i) **Physique:** Physique is bodily built. Though physique is not directly related to personality development but it does influence the type of personality, the individual is likely to develop. Most significant is the view we take of our own physical appearances. Sometimes, one's conception of own body as being different from standards valued by one's group can be self-devaluating and can make the person anxious or depressed about it. For example, too thin or too fat individual may feel others are staring and may develop feeling of inferiority and inadequacy. This hinders the smooth personality development.
- ii) **Physical Handicap:** Physical handicaps, inherited or due to accidental effects, deformities and imperfections of the body are likely to affect smooth personality

development of an individual. Deformities like deafness, blindness, lameness, etc. have different effects on different individuals. Some try to overcome these obstacles by using the mechanism of *Substitute Compensation and Direct compensation* and become heroes. For example, visually impaired may become outstanding magician or perform outstandingly in the field of music, arts, etc. (Substitute Compensation) or by overcoming the weakness by unusual efforts (Direct Compensation) as in the case of Oscar Pistorius (blade runner), a south African Sprint runner with amputated legs below knee who have successfully competed in men's 400 meters and became an outstanding sprint runner despite of the severe handicap.

While others may develop feelings of inferiority, helplessness (psychological handicaps) and they may become negativistic, aggressive or rebellious which is responsible for deteriorating personality development.

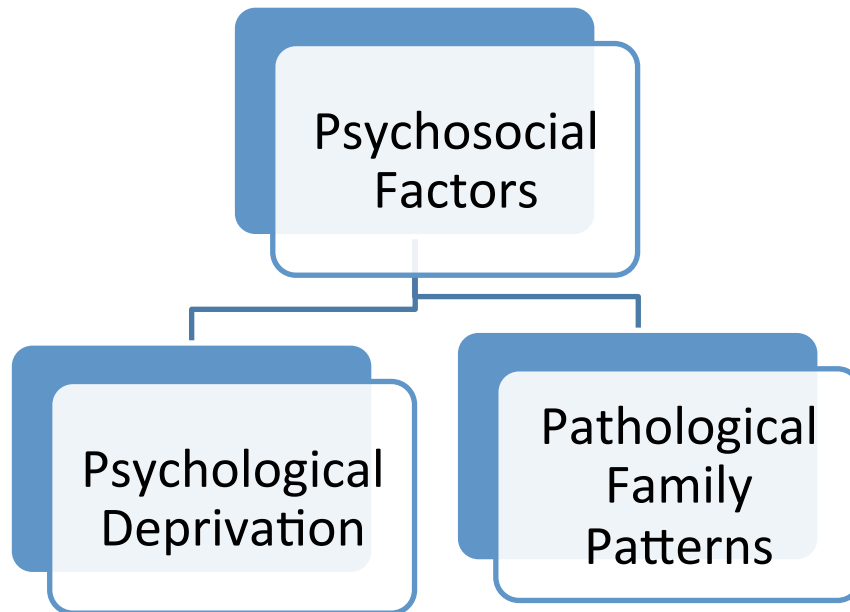
- iii) Susceptibility to Stress: The primary reaction tendencies of an individual like sensitivity, temperament and activity level affect interactions with the environment. Researches have established that primary tendencies have relation with mental adaptation and susceptibility to stress, thereby affecting the development of personality.
- B) Physical Deprivation: Physical Deprivation in one form or the other is likely to affect mind and body. Common physical deprivations like malnutrition, sleep deprivation, fatigue hinders smooth personality development



- i) Malnutrition: Malnutrition impairs physical development and lowers resistance to disruptive forces and control of psychological mechanism which affects harmonious functioning and proper development of personality.
- ii) Prolonged Sleep Disturbances: Prolonged Sleep Disturbances affects mental and physical equilibrium, thereby causing irritable and unstable personality.



2) Psychosocial factors: Personality development is affected by number of psychosocial factors in the form of psychological deprivations, traumas, losses, etc. we will briefly discuss some of the major psychosocial factors that have detrimental effect on personality development.

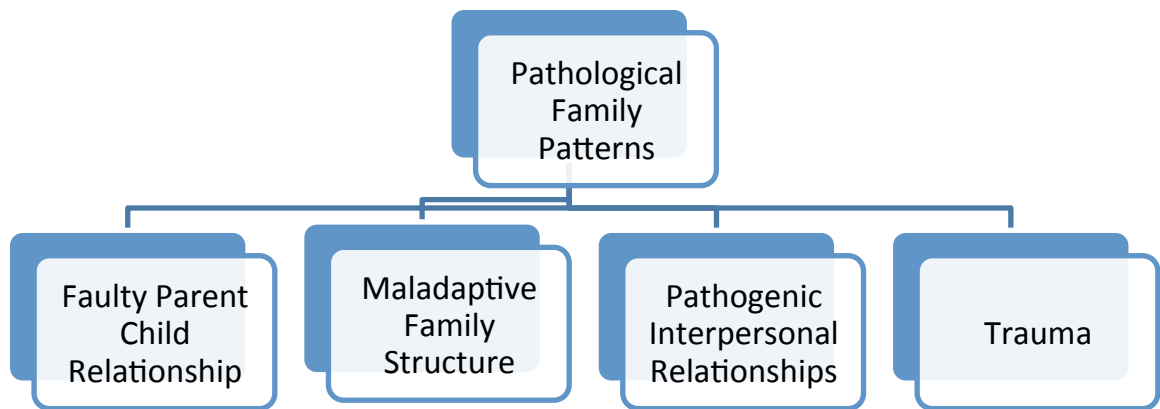


a) Psychological Deprivation: It has been observed that infants are deprived of mental stimulation as a consequence of

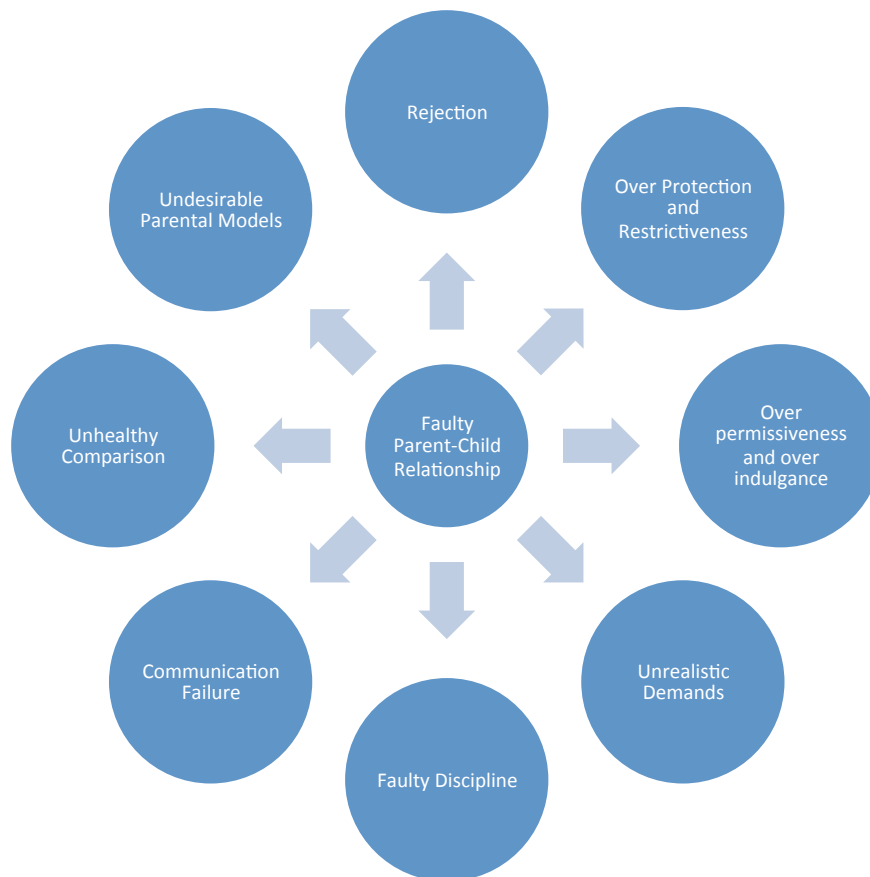
- separation from the mother
- inadequate care at home
- Autocratic atmosphere at home

that have detrimental effect on personality development of the child.

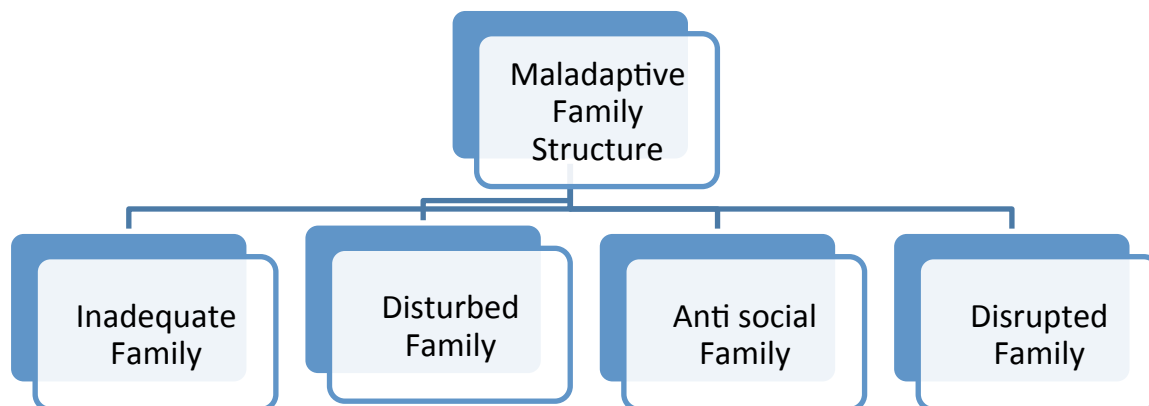
b) Pathological family Patterns: Family plays a very crucial role in the life of an individual and his personality development. Certain patterns of family relations affect the development of personality of an individual. Now we will talk about the major ones briefly.



- i) Faulty Parent-Child Relationship: There are many faulty parent-child relationships that are detrimental to the harmonious development personality of children like:



- Rejection: Rejecting Parents are responsible for developing a feeling of inferiority and insecurity among children resulting in poor personality development.
  - Over-protection and restrictiveness: It may develop in the children feeling of inferiority and aggressiveness.
  - Over-permissiveness and indulgence: Over indulged children and children with over permissive parents are characterized as spoiled, selfish, inconsiderate and demanding which results in antisocial aggressive behavior.
  - Unrealistic demands: Unrealistically demanding parents may cause anxiety in the minds of children.
  - Faulty discipline: Faulty discipline may cause fear, hatred towards the punishing parent and less friendly feelings towards others.
  - Communication failure: Many Parents fail to communicate properly to their children. They fail to foster the information exchange essential for healthy development of the child.
  - Unhealthy Comparison: Parents usually compare children within the family or with other children which develops a feeling of jealousy, bickering causing unhealthy personality development.
  - Undesirable Parental Models: Emotionally disturbed, addicted or otherwise maladjusted parents provide undesirable models for the children adversely affecting their personality development.
- ii) Maladaptive family Structures: Maladaptive behaviors may be fostered in children by general family environment as well as by the child's relationship with one or both parents. Now we will discuss different patterns of family structures detrimental to smooth personality development of children.

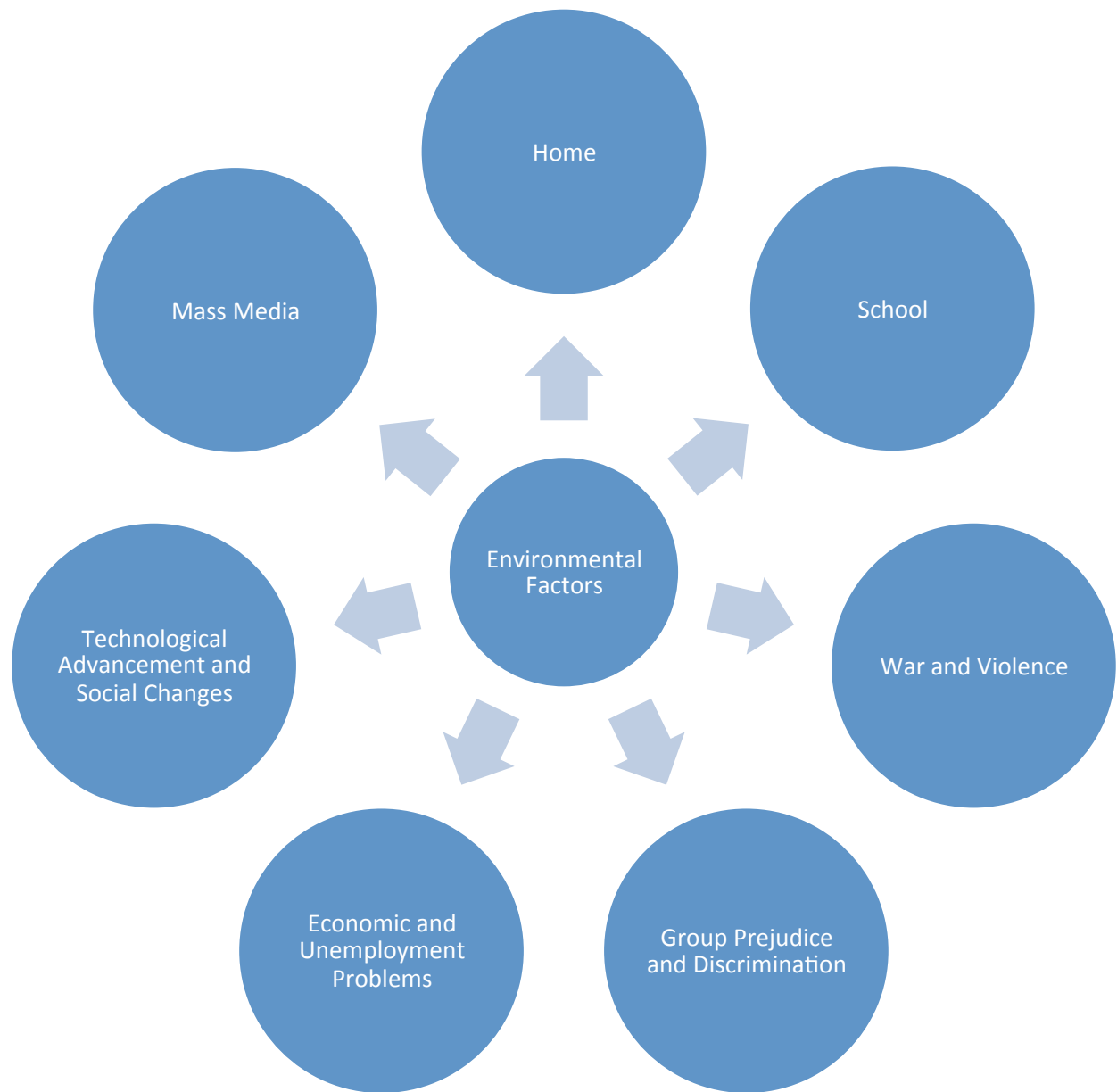


- Inadequate Family: it is the family characterized by inability to cope with ordinary problems of family living. It lacks physical and psychological resources for meeting demands.
  - Disturbed Families: By disturbed families, we mean families with parents who have grossly eccentric and abnormal abilities which keep the home in constant emotional turmoil.
  - Anti-Social family: Such a family inculcates values which are not accepted by wider community. Children in such families are exposed to dishonesty, deceit and many antisocial behaviors.
  - Disrupted Families: By disrupted families, we mean incomplete families whether as a result of death, divorce or separation. Disrupted families fail to inculcate feeling of security and adequacy in children, thereby causing poor personality development.
- iii) Pathogenic Interpersonal Relationships: Faulty interpersonal relationships may result into poor personality development.
- iv) Trauma: Trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless and vulnerable in the world. An event will most likely lead to emotional or psychological trauma if it happens unexpectedly. For example, a sudden loss of loved one, emotional breakup, physical or sexual abuse, etc. Trauma adversely affects personality development of an individual and produces the feeling of inadequacy and helplessness.

To sum up we can say that healthy family patterns results in integrated personality and pathological family patterns adversely affects smooth personality development of the individuals by developing in them the feelings of inferiority, inadequacy and insecurity.

#### **4. Environmental Factors**

3) Environmental Factors: Environmental factors like family, school, society, and mass media are important determinants of poor personality development. We will briefly discuss these factors one by one.



- a) Home environment: Uncongenial environment of home, inconsistent behavior of parents, mental health of parents, faulty models enacted by parents are responsible for anti-social, irresponsible and disorganized personality.
- b) School: School is also an important factor which determines personality development of the individual. Personality and behavior of the teacher, Teacher's attitude towards children, and teacher's relationship with his colleagues have strong effect on personality development of children. When teachers have unhealthy relationships with their colleagues, students become victim of their politics which results in poor personality development. Sometimes teacher favors particular children, others may develop inferiority complex or become rebellious.

Many a times teachers give homework which is beyond their capacities which causes anxiety and hinders the smooth personality development.

- c) War and violence have been the unavoidable evils of human civilization from time immemorial. The conditions of war and violence sometimes places great stress on a large number of people and hinder their personality development.
- d) Group Prejudice and Discrimination: Group prejudice of communal feelings and discrimination on the basic of caste, creed and region seems to be among our most ingrained cultural habits. The whole of our society suffers as a result of this prejudice and many victims undergo personality maladjustments.
- e) Economic and Unemployment Problems: When individual's economic needs are not fulfilled, they are likely to develop feelings of inferiority and inadequacy which may result in unhealthy personality development.
- f) Technology Advancement and Social Changes: Accelerating Technology and Social Changes place new responsibilities on individuals and may lead to unhealthy competitions. When the individuals fail to cope up with these changes, he may develop feelings of inadequacy, inferiority resulting into maladjustments and disorganized personality.
- g) Mass Media: Sometimes over exaggeration of certain facts flaring up some small problems may adversely affect tender hearts developing in them negative feelings and anti-social and disintegrated personality.

In the light of factors discussed so far, we can say development of personality is a complex phenomenon. Parents, teachers and coaches should very responsibly and judiciously play their respective roles to ensure smooth personality development.

That's all for the today's lecture.

Thank You