



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2015; 1(3): 78-80
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www.kheljournal.com
Received: 28-11-2014
Accepted: 30-12-2014

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Psychological factors affecting personality development

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Abstract

Personality is a pattern of relatively permanent traits and unique characteristics that give both consistency and individuality to a person's behavior. It is determined by various physical, psychological and environmental factors. Personality can be termed as the combination of qualities mental, physical, and moral that sets one part from others. Having a strong personality is the key to success. This is also a key determinant of good leadership. A good personality enables one to establish self-control and self-direction to discover the reality of freedom; of choice. A person with a positive attitude can direct his thoughts, control his emotions and regulate his attitude. In order to have a good personality, self-development is needed. An executive's self is the sum total of all that he can call his own. A review of the history of personality traits, the recent attempt of define and limit personality structure to the 'Big Five', and the influence of these and related traits on behavior, which also details the theoretical emphases associated with the various approaches, especially in the current century.

Keywords: Personality factors, personality traits, psycholism, extraversion, neuroicism etc.

Introduction

Personality is a concept to be used to recognize stability and consistency of behavior across different situations, uniqueness of the person and individual differences. There are controversies among psychologist to define personalities. The word personality has been derived from the Latin word "persona" at first this word was used for the mask wear by actors in ancient times, to indicate to the audiences whether they played the villain's or the hero's role in a drama, thus the mask gave the actor his characteristics features.

Personality includes the behavior patterns a person shows across situation or the psychological characteristics of the person that lead to those behavior patterns. Personality is the total quality of an individual behavior as it is shown in his habit, thinks, attitudes, interest, his manner of acting and his personal philosophy of life. It is totality of his being. It includes his physical, mental, emotional and temperament make up and how it shows itself in behavior.

The term of personality is used by all sections of people on certain occasions during the courses of their conversations about a person. The concerned person may be young or old, male or female, a person of ordinary type or person of great eminence. Whether they have known the person very well or known simply from what other say. They attribute some characteristics to the person and admire with some pleasant words that he is an attractive, pleasant, agreeable, dynamic, friendly, uncontroversial, person of outstanding ability and so on it may be also stated that he have a very good personality. They are attractive or the person is not so good looking, very forceful, not friendly, and quarrelsome. Thus the person is described in term of some traits or characteristics. This is what we observe in the common sense world in utilizing the concept of personality, but it does not mean that what we cannot say that the common sense observations are totally wrong or incorrect. This is what the psychologist's state as social attraction. Whatever it is, not with the all, which the psychologist are satisfied.

Dimension of personality

Big Five personality traits such as:

- Extraversion
- Agreeableness
- Conscientiousness
- Neuroticism
- Openness

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1) Extraversion

Extraverts enjoy being people, are full of energy, and often experience positive emotions. They tend to be enthusiastic, action-oriented, individuals who are likely to say "Yes!" or "Let's go!" to opportunities for excitement in groups they like to talk, assert themselves, and draw attention to themselves.

2) Agreeableness

Agreeableness reflects individual differences in concern with cooperation and social harmony. Agreeableness individual values getting along with others. They are therefore considerate, friendly, generous, helpful, and willing to compromise their interests with other. Agreeableness people also have an optimistic view of human nature. They believe people are basically honest, decent and trustworthy. Disagreeable individuals place self-interest above getting along with others. They are generally unconcerned with other's well being and therefore are unlikely to extend themselves for other people. Sometimes their skepticism about other's motives causes them to be suspicious, unfriendly and uncooperative.

3) Conscientiousness

Conscientiousness concerns the way in which we control, regulates and direct our impulses. Impulses are not inherently bad; occasionally time constraints require a snap decision and acting on our first impulse can be an effective response. Also in time of play rather than work, acting spontaneously and impulsively can be fun. Impulsive individual can be seen by others as colorful, fun to be with and zany.

Nonetheless acting on impulse can lead to trouble in a number of ways. Some impulses are antisocial. Uncontrolled antisocial acts not only harm other members of society, but also can result in retribution toward the perpetrator of such impulsive acts. Another problem with impulsive acts is that they often produce immediate rewards but undesirable, long term consequences. Examples include excessive socializing that leads to being fired from one's job, hurling an insult that causes the breakup of an important relationship, or using pleasure inducing drugs that eventually destroy one's health.

4) Neuroticism

Freud originally used the term neurosis to describe a condition marked by mental distress, emotional suffering and an inability to cope effectively with the normal demands of life. He suggested that everyone shows some signs of neurosis, but that we differ in our degree of suffering and our specific symptoms of distress. Today neuroticism refers to the tendency to experience negative feeling.

5) Openness

Openness describes a dimension of cognitive style that distinguishes imaginative, creative people from down to earth conventional people. Open people are intellectually curious appreciative of art and sensitive to beauty. They tend to be compared to closed people, more aware of their feelings. They tend to think and act in individualistic and nonconforming ways. Intellectuals typically score high on openness; consequently; this factor has also been called intellect.

Factor affecting personality development**1) Individual factors affecting personality****A) Heredity**

Heredity is something that passes from generation to

generation. It is due to the genetic transfer from parents to children. That is the skill and traits that pass from parents to children as it is.

B) Physique

Physique of a person affected his personality that is his/her enduring, biological makeup affects his personality. The body types are short and stout, tall and thin; muscular and well proportioned the body type will be a factor of personality.

C) Biological Factor

The endocrine glands like thyroid, parathyroid pituitary gland, adrenal gland etc. will affect personality of a person. This ability enables him to mould the social environment according to his requirements.

D) Intelligence

Persons who are very intelligent can make better adjustment is social environment.

2) Environmental Factors affecting the development of personality**A) Family**

First and the foremost factor that influences the personality development of a person in his family. Parent's behavior and attitude, their expectations from the child, their education and attention to the child, influence the child's personality. The type of experience received from family in early childhood will play an important development of personality. Economic and social condition of the family will also influences a child's personality.

B) School

Next social factor that affect the child's personal development in the school. School atmosphere and discipline affects personality development of a child. Teacher's personality and character, peer students attitude and character all influences personality of a child's development.

C) Early experience

One's experience is influencing the personality of a person. Bitter experience and positive experience suffered by person early in the stage of life is also affects personality of a person.

D) Success and Failures

Success and failures suffered in the also play a key role in developing personality of a person. It may play as a role of motivation and demotivation in a person's life.

E) Cultural

The cultural traditions, values accepted in a particular society are the cultural environment. These factors influence development of child's personality.

F) Physical and social

Physical and social environment such as country of birth and living will also affects the development of a child's personality.

Conclusion

In conclusion, the notion of personality traits has received widespread acceptance in light of the universal consistencies shown in individuals behaviors and responsivities to situational stimuli. Personality is what makes a person a unique person, and it is recognizable soon after birth. A

child's personality has several components: temperament, environment, and character. Temperament is the set of genetically determined traits that determine the child's approach to the world and how the child learns about the world. There are no genes that specify personality traits, but some genes do control the development of the nervous system, which in turn controls behavior. A second component of personality comes from adaptive patterns related to a child's specific environment. Most psychologists agree that these two factors temperament and environment influence the development of a person's personality the most.

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