

Personalities are
influenced by the
environment



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Personality as described in psychology is a unique pattern of feeling behaving and thinking that is enduring in a person over a long period of time. In this perspective, it is then clear that it covers almost all aspects based on human experience. Human beings are a social creation therefore our relationships are greatly influenced by our personality because we get a lot of information from the environment which has some meaning after being evaluated and as is occurs, feelings of what we think are experienced. This therefore shows that our personalities are influenced by the environment and in return, personalities also influence the behavior that we portray.

These factors strongly influences the way a person faces the world or take themselves. It is a combination of characteristics and traits that determines a persons expectations, values, and self expectations that predicts a persons reactions to problems, stress and to fellow human beings. Everyone has these characteristics and traits. Some have biological traits while others are influenced by the environment therefore these traits vary from a person to the other. A personality disorder therefore is a psychiatrist category of a diagnostic disorder that is characterized by maladaptive, inflexible and chronic pattern that is directly related to the world as a whole. This maladaptive pattern is manifested in the way an individual feels thinks and behaves therefore monitoring these disorders is base on those factors. These disorders have a noticeable feature which negatively affects interpersonal relationships.

Personality disorders are categorized under mental and behavioral categories. People with personality disorder lack a degree of flexibility rated to be high so their response to situations of thoughts feelings and behavior is

affected. This inflexibility reflects and defines the primary differences governing healthy and disordered personality. A person with these disorders is bound to notice and as a result, distress occurs in their system and they end up being troubled even though their traits cause distress to the people around them of which they might not be aware. Yes they might notice but they will have difficulties relating with peoples both at school or work. There are many reasons behind a persons awareness and the main reason is that these people may not know that there are better ways of feeling thinking or behaving and with this, they have no way to contrast their ways of being.

There are ten disorders that have been listed and are listed into three clusters by the DSM-IV. Essential features of any personality disorder shows a pettern that deviates from the expected culture of an individual and is seen in areas of affectivity, interpersonal functioning, cognition and impulse control. These patterns are studied under different creteriations inclusive of criterion A to D. They are classified into specific personality disorders, personality disorders unspecified and mixed and other personality disorders. There is another category that has not been specified in the ten disorders contained in the DSM. This specific category is called personality disorder not otherwise specified. Four core features of category under criterion A are also listed in the Diagnostic and Statistical Manual.

The four core features of personality disorders shows descriptively the ten enduring patterns of a persons traits and characteristics that influence their way of feeling, thinking and behaving that cause the rise to a level of disorder. These four core features enable us to differentiate between a healthy and normal personality from the one that is not. These features

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include: Extreme and completely distorted thinking patterns, important interpersonal problems and relationships, problems with impulse control and emotional response patterns that are problematic. In order to be diagnosed with a disorder, a person must at least portray two of these features.

Therefore people are cautioned not to diagnose themselves or others because this process is difficult even for professionals. People with disorders show distortions in the way that they think about the world and themselves as individuals. They may have thinking patterns that are distorted because as seen, they think in a different way from other people. It happens when a personality disorder tries to really understand their interaction with other people and this could lead to black-white thinking patterns, idealizing and devaluating other people or even themselves, distrust and suspicion of others and beliefs that differ from those of a persons `culture and all this could cause perpetual distortion of thinking. Some of the disorders include: avoidant personality disorder, schizotypal personality disorder, and narcissistic personality disorder. Persons without these disorders have an evaluated system where they are able to think as expected and their behavior should be normal so they should be able to understand and accommodate people with disorders because it can happen to anyone.

Personality disorders have different causes even though it is a fact that they mostly happen in the late adolescent. With the above facts stated, it is however been noted that experiences of physical and sexual abuse during childhood relatively cause personality disorder symptoms. Child abuse is associated with great levels of symptomatology as is statistically significant in the spread of all the cluster scale disorders. In a study, it was discovered

that the effects of abuse go hand in hand with those of child neglect because the two are traumas which could cause suffering from childhood to adulthood. The sexually abused however demonstrate consistent elevated psychopathology patterns while the physically abused play a strong role in the development of impulsive and antisocial behavior. The neglectful abuse creates child pathology and is a subject to adulthood partial remission.

The diagnosis of these disorders should have criteria that are followed to satisfaction. Being diagnosed with a personal disorder does not necessarily mean that that persons` personality is flawed fatally or does not imply that the individual is a freak by nature. Though they are not common, they trouble and cause pain to those diagnosed with them. Study has revealed that ten percent of those diagnosed are adults. Understanding personality disorder from health personalities independently is not likely to be understood because it is not the same as other disorders that are characterized by symptoms found in general population. Seizures is a good example of disorders with symptoms the general population.

Personality disorders as seen develop at the age of adolescence and at childhood as well therefore early stages need multi-dimensional and early treatment upon detection before it is too late. It is considered to be childhood risk factor therefore if not dealt with; it will definitely lead to disorders. Even the environment a person stays in is a major contributor to these disorders so making our environment suitable o the other person should be a priority in preventing these disorders. If not treated or identified at an early stage, it becomes a danger to even the people around because even executives are diagnosed with these disorders. A person with untreated

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disorder is not able to sustain a meaningful relationship with the others and most relationships they are involved in normally has many difficulties or problems.