

# Week 4 psy individuality

Psychology



**ASSIGN  
BUSTER**

Psychology in its quest to study human behavior and come up with explanations is faced with many limitations. For instance, psychoanalysis cannot be used to predict the future behavior from past experiences; although it offers great explanation and understanding of a behavior after it has occurred. There are no better scientific approaches to psychology mainly due to biological, mental and environmental influences on human behavior. As Karl Popper once said, " No amount of observation of white swans can allow the conclusion that all swans are white, but the observation of a single black swan is sufficient to refute that conclusion." (McLeod 2008).

To effectively study a person and learn why he/she behaves in a certain way, several factors have to be considered. These factors are clearly outlined in the Individual Psychology by Alfred Adler. They include:

I. Holism. Adler views an individual as a unit. Feelings, emotions, behavior and thinking can only be understood according to an individual's way of living. There is a consistent pattern in the individual's life that point to the same direction. This notion can be easily used when predicting an individual's future behavior. Holism may also be used during the diagnosis and treatment of unruly behavior and emotional problems.

II. Teleology. This refers to the struggle for future prominence or success. Behavior is goal oriented and is always affected by events that either favor or become obstacles towards the goal. In mental health, the goal is realistic and is of general importance to the society, for example a scientific discovery. In mental problems, the goal is unrealistic and exaggerated and becomes the main cause of unruly behavior. This can be used in the diagnosis and treatment of mental problems.

III. The creative unit. An individual's fictional goals are influenced by several

factors like culture and genes. However, the person's creative power allows him/her to achieve his/her goals. This concept places an individual's power or responsibility into his/her own hands. This notion is very useful to psychologists in the field of sports as it may be useful in helping athletes improve their talents.

IV. Field Theory. An individual can best be studied through his/her actions, movements and interactions within the social setting. Despite an individual being a whole unit, he/she is also part of a bigger unit, just like building blocks, each can stand alone. However, for the house to be complete they all have to be integrated. The social concept can be divided into three: relationship with other individuals, love and sex and occupation. An individual's response towards the family constellation (which is the basic social system) may be easily used to project his/her character towards society.

V. Mental health. A sound mind will result to creativity and willingness by the individual to achieve his/her goal with the aim of improving his/her life and also the lives of the people around him/her without jeopardizing other people's lives. According to Adler, this pattern or urge of 'self-realization' is manifested in the early life of an individual and is therefore a clear indicator of what the person wants to be at an early age (Mitchell n. d.).

#### References

McLeod, S. Psychology as a Science. 2008. Retrieved from <http://www.simplypsychology.org/science-psychology.html>.

Mitchell, G. (n. d.). ALFRED ADLER & ALDERIAN INDIVIDUAL PSYCHOLOGY.

Retrieved

from <http://www.mind-development.eu/adler.html>.

<https://assignbuster.com/week-4-psy-individuality/>