

# Understanding human nature

[Life](#), [Childhood](#)



Understanding Human Nature Alfred Adler PSYC 3331: Theories of Personality Understanding Human Nature Alfred Adler was born on February 7, 1870, in a suburb of Vienna, Austria. He is the second of seven children of his parent. His mother may have rejected him because Alfred was dethroned from papering at age two by his younger baby brother arrival. He was jealous of older brother who, often feeling inferior to him. However, in his early childhood, he suffered some illnesses and the death of his younger brother by pneumonia. But he was jealous of his older brother who he felt of healthy and engaged in the physical activities. Adler was compensation for weaknesses through persistence for his physical limitations despite of the illness. Therefore, he worked hard to be acceptable in the eyes of society. With all of his experiences, they contributed greatly to his early career such as physician specialized in neurology and became psychiatry. Alder received his degree from University of Vienna Medical School in 1895. Throughout his life as a therapist, Adler was a teacher who focused on his patient's mental health. He encouraged self-improvement for his patients by giving them problem-solving strategies they could use to cope with their problems. Adler seemed to think himself as an enabler, who guided his patients through self-determination. Therefore, his patients learned that they themselves can make changes to their lives and the ability to improve it. He was the first psychiatrist to use therapy to help families, children, marriages, and criminals. Adler, author of the book, Understanding Human Nature, focused on " Individual Psychology". He originally began working alongside Freud, but then withdrew from the group to begin his own work. His focus of individual psychology was the concept of " Inferiority Complex". The definition of

Inferiority Complex is a condition to develop when a person is unwilling to compensate for normal Inferiority feeling. This is important because the theory of neurosis allows the patient to escape from normal responsibilities. Not only had he emphasized the importance of equality to prevent numerous forms of psychopathology, but Adler developed and supported the social interest and independence of family structures (i. e raising children). Adler is known for his " inferiority complex" concept in which he focuses on the problem of self-esteem and provides methods for ways not to let it negatively impact human health. He mentioned how individuals can be creative to change life for the better. It was my decision to select Adler because I agreed with many points he mentioned within his many theories. One point that he made was, how an individual child " acquire peace and security in life, [and how] it determines the very goal of his existence, and prepares the path along which this goal may be reached" (Adler, 65). According to Adler, he would let the child to make an attempt to reach their own goal without making a mistake. His statement is true and I agreed that the child should be the pushed to the best of their ability. Therefore, another valid point he maintained was, " Children who have such a goal are always easily recognized. They become " problem" children because they interpret every experience as a defeat and because they consider themselves always neglected and discriminated against by nature" (Adler 66). I felt that this information is completely true. To face the reality indicates that children grow up in such an environment consider themselves as weak, small, and capable of being lonely. They do not trust themselves to do a simple task that leads to them to think they are capable of doing without making an

exemption mistake. Another point of view he mentioned, " In the comparison of the results of intelligence and talent tests it was actually found that for particular subjects, as for instance, mathematics, boys showed more talent whereas girls showed more talent for other subjects. . . . "(109). Therefore, I felt that this information has changed over the past century with women now being capable of meeting the roles of a wife, mother, and financial contributor. Therefore, women do not necessarily have to depend on men to be their sole providers. I want to emphasize three critical points about early childhood, women inferiority, affect and emotion as I felt them to be really critical components to human nature. The first point is in regards to early childhood. Children can develop a sense of struggle such as inferiority/superiority through his or her stage before adulthood. This is important because every child could have made a decision without making an error or mistake in his or her life. If it does happens life becomes filled with anxiety; with more or less feeling of inferiority when one sees the weakness and helplessness of every child. Then soon or later, every individual have a conscious regarding his or her own inability to cope with challenge. The second point is women who face inferiority. This is important because Alder approach was geared more towards females as opposed to males. He believed women should remain in the roles of a homemaker while men remain the financial provider in the home. However, society has changed over the years. Currently in the twenty first century, there are now higher educated women with greater talents that seek the same opportunities as men. Women no longer need to be dependent on their spouses to provide for them. More women want to be independent and well

taken care of. The final point is in regard to affect and emotion. This is important because it is an aspect that each individual could affect life that is possible to achieve by highlighted movements such as goals. If there is not outbreak of method then there is no possibility of attaining recognition. Whether each individuals who do not have satisfactory confidence in their ability to accomplish their goal by not giving up their purpose because they feeling of insecurity, but to attempt the greater effort. It is definitely add-on to affects and emotion. One aspect of Alder's philosophy I agreed with is his concepts on early childhood because many children had struggle growing up. He maintained, " As a fundamental law that children who came into the world with organ inferiorities become involved at an early age in a bitter struggle for existence which only too often in the strangulation of their social feeling" (Adler, 1954). According his point of view, every child came into the world knowing whether he or she had illnesses impacting their health despite being normal. Children are reconsidering themselves and often question why they are the way they are. Therefore, I felt it is important to mention the next generation who will likely have chance to attain an illness that does not exist to children. This should be addressed parents to guide them to and accept their children for who they are, but not sign of weakness or abnormality. In contrast, when Alder discussed in views about inferiority of women, I had to disagree with him. I felt otherwise because he believes that women are less able than men during his studies. It was updated over twenty century and now women are going out into the workforce than remaining at home and being a homemaker. I also felt that the new century allowed for those women to be capable to perform their talents regardless

their age. Therefore, society has changed from the past where as women can now access the same opportunities as men. However, in opposite of what Alfred stated, " A girl is daily subjected to the argument that girls are less capable than boys and are suitable only for unessential activities" (109), I still disagreed with his theory because it seems that his points of view on women are still that they have fewer abilities than men. Now, in today's society women are smart, fearless their talents as similar to men. They are capable to open their own business, or running for governor and more etc. For example, Hilary Clinton was First lady of President Bill Clinton. If she can do this, then we as women are able to do anything a man can do and no longer have to depend on men to maintain financial responsibility of the household. In reading this book, there are several aspects that I will implement in my future practices as a family therapist. One practice I will help the children of their inferiority feeling are inescapable, but more important, they are necessary because they provide the motivation to strive and grow. I felt that children would benefit from and need guidance to be supported. A child who is disabled does not mean they cannot do what their peers can do. They can do the things similar to their same aged peers; however, the child may need accommodations and modifications to help them access those activities. However, I can also help these children who need assistance to feel comfortable in talking and expressing of their feelings. I say this because I can also see myself as a mentor to adolescents because I was also born a normal child until I developed a hearing impairment. I want to show young children that everyone is normal and there is nothing wrong with " defects" they may have whether it is a clef

palate or ADHD. Children are just normal but the "defect" is the effecting factor in their lives. I also feel that it is important to give children with disabilities a sense of confidence without feeling alone or having low self-esteem. In conclusion, I was a pleasure reading this book. I learned about the feelings of children who had organ inferiority and how each child thinks of them as "not normal". Then the children eventually realized that they should accept themselves for who they are and not worry about being abnormal to others. I really liked how affect and emotion does help people who have suffered their purpose because of their feeling of insecurity of not giving up or having low self-confidence but losing faith would cost them to pressure hard until reward of outcome. The individuals should deserve. Unfortunately, I would not recommend this book to my colleagues because his book was updated for long period of time and it changed the society equally. Generations has changed the society such as women now entering the workforce. Again, Adler's point of view is life is struggle and we are face problems whether its major or minor and relates to human nature because these are the principles of life. It is show Understanding Human Nature is satisfying to our sense of self-worth to consider ourselves capable of consciously shaping our development and purpose rather being conquered by instinctual forces and childhood experiences over which we have no control. Reference Adler, A. (1954). Understanding human nature. United States of America: Fawcett Premier Books.