

# Example of abnormal behavior case study

[Sociology](#), [Violence](#)



A behavior is termed as abnormal when it differs from what is normally accepted. However, there are several ways one can define abnormal behavior, some of the definitions are as follows:

- Social deviance: Behavior, thoughts and emotions which are not common; disturbing and not acceptable by the society that defies the cultural norms is termed as abnormal.
- Uncommonness: Strange or rare behavior whether it is negative or positive which does not fit into the society norms is termed as abnormal behavior.
- Distress: Behavior or a negative feeling which a person finds distressing and is deeply affected and troubled by the illness is called as abnormal.
- Confused perception or understanding of reality: When an individual starts hearing or seeing things which is not real or exists is classified as abnormal.
- Dysfunction: Behavior which reduces an individual's ability to adapt to specific situation and cope with the routine activities in order to lead a healthy normal life style is also termed as abnormal.
- Risk to self or others: Particular violent behavior causing destruction and injury to self or to others in the environment is also called as abnormal (Beidel et al, 2010).

In order to understand and explain the cause of abnormal behavior, psychologists use diverse perspectives. Some of them are as follows:

- Medical Perspective: This perspective treats the abnormal behavior as a medical condition which mainly considers both biological as well as physiological factors. By performing physical examination one would know if there are any abnormal hormonal levels, injury to the brain or chemical deficits which could disrupt the normal functioning of the body which in turn

causes abnormal behavior.

- Psychological Perspective: Abnormal behavior is also believed to develop from distressful instances in the childhood. Experiences in the childhood which could be traumatic might have a huge impact on the person's personality. Any interpersonal issues may also lead to negative thought process which results in abnormal behavior.
- Behavioral Perspective: This perspective considers behavior as a problem itself. A particular incident or a past experience; a flawed and ineffective education might also be the root cause of abnormal behavior.
- Cognitive Perspective: In this case, the individual's beliefs and thinking which is mostly based on the assumptions that are false is the cause of abnormal behavior.
- Humanistic Perspective: In this case, the focus is mainly on the relationship between the individual and the society. This approach emphasizes that the individuals can set their own limits as to what kind of behavior is acceptable which would not hurt others and also does not cause personal distress.
- Sociocultural Perspective: It is believed that both normal and abnormal behavior is caused by the influence of family, culture and society. The stress and differences experienced by the individuals in their daily routine can instigate abnormal behavior (" Perspectives on Abnormality: From Superstition to Science," 2000).

The medical perspective is the best measure of abnormal behavior as there are several evidences which are based on extensive research wherein an association between biochemical disturbance and abnormal behavior has been established. Also by genetic analysis of the affected individuals, it has

been found that many such disorders are caused by genetic variations that are inherited. Only by proper diagnosis and treatment psychological abnormal behavioral conditions can be cured effectively.

## **References**

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