

# Abnormal psychology paper

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Introduction In the following paper, I focus on the abnormal psychology. In this regard, a description of abnormal psychology is presented. After the description, attention shifts to the terms: normal and abnormal. The definitions of the terms are given. In addition, the two terms are examined using biological, behavioral, and cognitive perspectives.

Upon considering the two terms, I argue that ‘normal’ is a word that applies to human beings. How would you describe Abnormal Psychology? Abnormal psychology focuses on psychopathology, as well as abnormal behavior (Hergenhahn, 2005). The word encompasses such disorders as depression, obsession and sexual deviations. Counselors, psychotherapists and clinical psychologists are some of the professionals that work in the field of abnormal psychology. Any attempt to understand abnormal psychology necessitates the understanding of the term ‘abnormal’.

Literarily, abnormal implies aspects that fall out of the norm. In practice, human behavior is expected to follow some normal curve. A big percentage of people are clustered around the average conduct. Those people who fall into the extremes are presumed to be abnormal. In regards to psychology, abnormality relates to high levels of disruption or distress that affects behavior negatively (Hergenhahn, 2005).

Specifically, if behavior causes problems in the life of a person, or disrupts other peoples’ lives, such behavior could be deemed abnormal. How would you define Normal and Abnormal? The two terms: normal and abnormal are related. The relationship rests on the fact that they are the opposite words. Normal refers to what is usual or generally acceptable. Thus, the term

normal is used to refer to aspects or behavior that fall within the societal norms. In reference to workplaces, the term normal relates to practices that are accepted.

On the other hand, abnormal is seen as unusual conduct or behavior.

Abnormal behavior is the conduct that falls outside the precincts of what is seen as acceptable or tolerable. Hence, I would define normal, as the behavior that is within approved standards among societal or institutional members. On the other hand, I would define abnormal, as one that falls outside expectations among members of a group or an institution. How do these Terms Relate to Success in the Workplace? The terms normal and abnormal have a considerable bearing on success at the workplace.

This is because the terms are mostly used to refer to the conduct of workers. When this is the case, some individuals are assumed or labeled as abnormal or normal based on the kind of behavior that they depict. Labeling workers as normal or abnormal has an effect on the performance of workers. Those whose work is labeled normal would be content on what they do. Thus, they would guarantee continued good performance.

On the contrary, those individuals who are deemed to be abnormal are likely to be withdrawn. Thus, they may compromise work performance if the organization they work for fails to take appropriate action to redress an unacceptable conduct. At the same time, labeling the conduct as normal or abnormal is desirable since it spurs employees to observe organizational standards. In regards to behavioral psychology, the focus is on observable

behaviors. Thus, when focusing on normal and abnormal terms are defined based on positive or negative conduct.

‘ Normal’ is positive conduct while ‘ abnormal’ is negative conduct. On the other hand, medical psychology looks at abnormality in terms of biological attributes. This is because the school believes that abnormality is a function of the biological process. Hence, genetic inheritance, physical disorders, chemical imbalances or infections are presumed as abnormalities. Thus, ‘ normal’ is freeness from any form of disorders such as genetic disorders.

The other school is based on cognition. The cognitive school gravitates around the view that perceptions, internal ideas and reasoning influence the emergence of psychological disorders (Hergenhahn, 2005). Thus, ‘ normal’ is proper reasoning while ; abnormal’ is improper reasoning. Thesis I argue that ‘ normal’ is a word that applies to human beings. It is clear from the discussion that human behavior or conduct has boundaries. The boundaries are set in order to standardize behavior.

Those people who execute tasks or conduct themselves as expected are presumed to be normal. On the other hand, those people who act contrary to expectations are viewed to be abnormal. Labeling behavior as normal or abnormal has serious repercussions at the workplace. For instance, no person is expected to act outside certain provisions unless she/he is abnormal. Abnormal behavior types include antisocial conduct such as the lack of respect for colleagues, breaking rules, abusing or injuring people. In the past, such behaviors were largely unacceptable.

However, in the current times open-mindedness has risen since victims are allowed to seek help. Thus, abnormal behavior is recognized as a disorder among humans (Hergenhahn, 2005). In dealing with it, psychologists have developed therapies. Therapy sessions play a useful role in controlling abnormal behaviors. Conclusion In the paper, I have focused on abnormal psychology. Hence, a description of abnormal psychology has been presented.

Upon giving the description, the terms, ' normal and abnormal' are considered. The definitions of the terms are given. Moreover, the two terms are put into perspective using biological, behavioral, and cognitive perspectives. After considering the two terms, I argue that ' normal' is a word that applies to humans. Based on the paper, categorizing behavior as normal or abnormal has significant consequences.

This leads to the conclusion that identifying and classifying unusual behaviors should be carried out diligently. This approach would lower the pressure that accompanies labeling behavior as unusual or abnormal. Seeking the services of psychologists in order to help in identifying and classifying unusual behaviors could be helpful within workplaces.