

Theories of personality

Business



INTRODUCTION Personality is an important factor that intends to define the characteristic of a particular individual and how that particular characteristic assists one towards maturity. Basically, it could be observed that somehow, noting one's personality gives a practically best defining process by which one tries to face the different challenges in life. Yes, it depends on one's personality as to how one actually enables himself to deal with the different difficulties that life has to offer. Through personality adjustment through the years, an individual is able to make a good sense of what he or she becomes in the future.

Surely, this notes the fact that individuals having different perception of life also comes from the fact that they have different understanding of life depending on the experiences that they have undergone with in the past.

(Santrock, 2002, 76) THEORIES OF HUMAN DEVELOPMENT The humanistic theory of personality development identifies the possibility of instantiating human experience, problems and ideals as to how these elements are practically able to affect the being of one person. Basically, this particular theory revolves around the possibility of insisting on the most important experiences that an individual deals with every now and then in his life.

Through the experiences that one is able to mandate in himself, he begins to learn and therefore grow in connection with these matters; meaning his personality adjusts well in connection with the right kind of understanding that he or she has with regards the importance of adjusting towards the major changes that he has to undergo in life. Bringing about these changes into realization is not easy. This is the reason why sometimes, there are

individuals who are not able to easily manage the need to adjust with their situations as their life begins to undertake several twists and turns.

Basically, it could be observed that through these certain personality evolutions, a person may at times be overwhelmed with the changes and somewhat develop certain disorders in connection with this such as that of the mood swings that one experiences every now and then. These mood swings could be caused by one's confusion about the things that he or she needs to deal with everyday (Santrock, 2002, 65). Moreover, it could not be denied that these situations, when not dealt with properly could develop into a much likely identifiable cause of further severe issues of behavioral dysfunction in one. Among the said cases of severe mood swings is that of the borderline personality disorder which particularly describes the situation wherein one individual is not able to contemplate on matters and thus reacts to situations in a much disturbed manner. APPLICATION OF DSM-IV TEST According to the DSM-IV testing process, this disturbance is identified through the occurrence of certain imbalances in the process by which one responds to certain situations in life (Spitzer, 1999, 45). Definitely, because of this, a person becomes uneasy with small instances that make them uncomfortable.

As response, they then resort to self damaging acts or worse, they attack other people that they see, then afterwards forget about everything that has happened. In connection with the DSM-IV diagnostic criteria, this situation could be identified under the first category that describes immediate impulses of the one being practically affected by the situation. Through assisting these individuals see the balance of things and situations through <https://assignbuster.com/theories-of-personality-personal-essay-samples/>

the application of proper psychological therapy process, the individual could be better helped to improve. With the ample use of the understanding that has been gathered from the personality theory being considered and the application of proper therapy as aid to the person being treated, it could be expected that better applications towards proper dealing with the issues could be further assessed.