

The relation between adult development and individuation

Psychology



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Individuation is when an individual starts realizing his positive and negative strengths in their life. The individual develops to maturity in terms of psyche age the same way his body matures physically. Individuals varies, this creates a difference in the amount of ego exerted by the individual in the individuation process. The higher the ego the more likely the individual will achieve his goal of wholeness (Pettman, 2000). The major aspects of individuation include following: time orientation, environmental responsibility, social obligations, family obligations, sense of responsibility, civil responsibility, financial responsibility and sense of religion.

Social responsibility is the ability to induce change in people through direct orders or obedience and conformity to social norms (Cavanaugh & Fields, 2011). Conformity is when an individual acts against his beliefs as a result of pressure from people since they are acting differently. When individuals act against their peers or parent expect of them we call that anti-conformity. The need to achieve individuation so as to maintain uniqueness is one factor affecting conformity. Another factor is the need to be loved or accepted (Pettman, 2000). In an effort to gain love or acceptance individuals tend to avoid putting themselves in situations that will cause them embarrassments or rejection.

Social standards also make a person adhere to conformity if they are self-aware publically. In an effort of achieving the individuation goal the social influence from the peers and the society helps them reach self-actualization (Gray, 2008). When they achieve individuation they become very meek, mature and responsible. They bring with them ideas about life, justice and

freedom. This is as a result of the knowledge they have gained about the universe and human nature. In conclusion, individualization has a healing effect on individuals. Therefore it is easier for them to heal and psychologically analyze others.

References.

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