

## FACTORS OR DETERMINANTS AFFECTING PERSONALITY DEVELOPMENT

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### ABSTRACT

Personality is a pattern of relatively permanent traits and unique characteristics that give both consistency and individuality to a person's behavior. It is determined by various physical, psychological and environmental factors can be termed as the combination of qualities mental, physical, and moral that sets one part from others. Having a strong personality is the key to success. This is also a key direction to discover the reality of determinant of good leadership. A good personality enables one to establish self control and self direction to discover the reality of freedom of choice. A person with a positive attitude can direct his thoughts, control his emotions and regulate his attitude. In order to have a good personality, self development is needed. A review of the history of personality traits, the recent attempt of define and limit personality structure to the Big Five and the influence of these and related traits on behavior, which also details the theoretical emphases associated with the various approaches, especially in the current century.

**Keywords:** *Personality factors/determinants, personality traits*

### Introduction:

Personality is a term that has many general meanings sometimes the word refers to the ability to get along well socially. The term may also refer to the most striking impression that an individual makes on other people. To a psychologist, personality is an area of study that deals with complex human behaviour, including emotions, actions and cognitive processes. Psychologists study the patterns of behaviour that make individuals different from one another. The psychologists have defined the term personality in various ways but they were not completely successful in explaining it in clear and definite terms because human personality is a very complex phenomenon. Personality is not a fixed state but a dynamic totality, which is continuously changing due to interaction with the environment. The conduct, behavior, activities, movements and everything else concerning the individual are known as personality. It is the way in which an individual adjusts with the external environment is personality. The word personality is used not only in the field of psychology, but can be applied in most of the fields of one's day to day life.

### Meaning of Personality:

The word "personality" is derived from Latin word "persona" meaning "Mask" which was associated with Greek theatre in ancient times. At first this word was used for the mask worn by the actors to change their appearance during their performances on the stage. The mask worn by the actors was called persona. But, later on it began to be used for the actors themselves. Personality is a thing or a quality that is possessed by all of us. However, this is a very limited view and the psychological concept of personality goes further and deeper than mere appearance or outward behavior. Personality refers to an individual's enduring pattern of behavior, thoughts, and emotions. We cannot take personality as an equivalent word for only outward appearance. We cannot ignore the inner aspect of the personality. It is a meaningful concept because it allows us to compare and explain differences in behavior. It

also may be considered meaningful because it allows us to have sense of uniqueness. We can say that there is no other person who is exactly like us.

**Definitions of Personality:** Some of the most referred definitions of personality are:

- **According to L.kolb**, "Each individual's characteristically recurring patterns of behaviour are known as personality.
- **According to R.B. Cattel (1929)**, "Personality is that which permits a prediction of what a person will do in a given situation."
- **According to Allport (1948)**, "Personality is the dynamic organization within the individual of those Psycho-Physical systems that determine his unique adjustment to his environment."
- **According to Woodworth and Marquis**, "The total quality of an individual's behavior as it is revealed in his characteristic habit of thought and expression, his attitudes, interests and his own philosophy of life.

### Determinants of personality

Man is the by-product of a complex system of variables, which constantly interact with personality and shape it. Some of the important factors that affect and determine personality are as given below:



### Biological Determinants:

1. **Heredity:** Heredity is of two types: Biological heredity which is the child inherits from his forefathers in the form of chromosome and second is the social heredity, which means all that one generation gets from preceding generation in the form of social tradition, customs, skills etc. Heredity factors determine a person's temperament, nature of intelligence, abilities etc.
2. **Nervous system:** Our behaviour is controlled by our nervous system. Sense impressions which we receive through our sense organs are meaningless until they are given meaning by our nervous system. Nervous system limits one's learning capacity. Nervous system is an important component of human machine that plays a significant role in the growth and development of personality of an individual.
3. **Ductless glands:** Ductless glands send their secretions directly to the blood without ducts. Their secretions are called hormones. These hormones are responsible for Different changes in the personality of an individual. Different glands secrets one or more types of hormones, which affect personality.
4. **Intelligence:** Intelligence is mainly hereditary and Intelligent Quotient (100) level of the child. It depends upon The IQ level of the parents Persons who are very intelligent can make better adjustment in home, school and society than there persons who are less intelligent.
5. **Sex differences:** Boys are generally more assertive and tough as compared to the girls. Boys shown interest in the machinery and mainly outdoor activities Girls are more interested in personal appearance. In this way sex differences play a vital role in the development of the personality of the individual.

**Environmental Determinants:**

1. **Geographical environment:** Physical & geographical conditions influence the personality of the individual. Research has proved that people of cold countries are industries and hard working.
2. **Early Childhood experiences:** One's experiences are influencing the personality of a person. Positive, experiences and Bitter experience suffered by person early of a person in the stage of life affects personality.
3. **Success and Failures:** Success and Failures suffered in the life also plays a key role in developing personality of a person. It may play as a motivation and de-motivation in a person's life.
4. **Language:** Human beings have a distinctive characteristic of communication through language. Language is an important vehicle by which the society is structured and culture of the race transmitted from generation to generation.
5. **Religious institutions:** Religious institutions like temple, Gurdwara, Church etc. and other religious activities, fairs and ceremonies etc. make a sound and strong appeal for the shaping of the child's personality according to their ideals.
6. **Neighborhood:** People in the neighborhood also influence the personality of the individual. What the child observes in the neighborhood tries to imitate. If they are well structured and educated then the child may also grow in a good person.

**Psychological Determinants:**

1. **Intellectual Capacities:** determined functioning Behaviour of a child almost the intellectual power & mental functioning in adjustment, learning, decision making and dealing with the situations. Intelligence helps an individual in making suitable adjustments at the right time, at the right place & in the right manner.
2. **Aspiration and motivation:** One individual can get success in achieving the objectives on the basis of level of aspirations and Achievement motivation. One person who does not aspire for a thing cannot be expected to achieve the progress in getting that think.
3. **Will power:** The persons with strong will power are emotionally balanced, good decision-making are ability, persistence etc. while people having weak will power are found to possess the negative traits in their personality.
4. **Self-Concept:** self concept influences our personality development in two ways-(1) If other people hold high positive attitude towards us, enhance our self and (2) of others people hold negative attitude towards us.
5. **Emotional and Temperament makeup:** The presences of positive and negative emotions, quality of emotional maturity, sentiments, temperament affect the way of behaving with things, idea and people. Child reacts according to the emotional and temperamental makeup and the personality is formed accordingly.
6. **Identification:** Identification is an important mechanism by which we try to imitate the physical, social and mental characteristics of our parental model. It is a I very important relationship with others.

**Conclusion:**

An impressive personality is often taken to be synonymous with a good appearance, healthy physique pleasing manners, a good character, a pleasant temperament etc. Although personality includes all aspects of one's self, it is far beyond each are even the sum of all these attributes. It may be defined as a complex blend of a constantly evolving and changing pattern of a person directed towards some specific ends in view.

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