CHAPTER 1
INTRODUCTION
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ADJUSTMENT:

In everyday life frequent use is made of the word "adjustment." For example, to some, adjustment cannotes happiness and freedom from personal problems. To other it means an unhappy conformity to group demands and expectations. Psychologists, too think and write about adjustment in different ways and do not always agree on which way is most meaningful.

The field of personality and adjustment are closely related as the process of adjustment stands on the structure of personality and the personality has to do with the consistent ways in which the person adjusts to the events. Adjustment is inseparably bound up with the nature of human personality and as distinct personal affair which occurs within the limits of personality characteristic of its possessor.

Focus upon understanding of the development, survival and general adjustment of an organism is one of the comprehensive character of personality research. The present era is characterized by the phenomenal scientific process and variety of programs. The human beings are facing and involved into manifolds of situations that has become commensurate with his happiness and adjustment. In
seems that we have advanced culturally and appear to have become more civilized not in a positive and creative way but along with, resorting to psychological process related to personality adjustment.

Adjustment can be simply defined as a satisfactory relation of an organism to its environment (Symonds, 1946). This definition hinges on the meaning given to the word satisfactory, and various conceptions of adjustment hinge on the different conceptions of what constitutes a satisfactory relationship.

Environment consists of all surrounding influences or forces which may influence an organism in its efforts toward maintenance. The environment may be threefold: the physical, the social, and the self.

Adjustment may also be defined as adaptation to demands of reality. Adaptation brings in a slightly new concept of the necessity for the organism to govern and mold itself in response to the conditions which it meets and also to manipulate the surrounding conditions to meet the demands of survival. In lower animals the capacity for adaptation is relatively inflexible; this necessitates the perfection of instinct which is required by a simpler organization in stable surroundings. On the other hand, just as man differs from other animals by his greater capacity for adaptation through learning or modification of his behavior, so he also has
inherent in his nature greater potentiality for inconsistency and conflict. It is this possibility for inconsistency which constitutes one of the gravest problems of adjustment that man has to face.

**Meaning of Adjustment**

Adjustment can be defined as a person's interaction with his environment. Each person constantly strives to meet his needs and reach his goals. At the same time, he is under pressure from the environment to behave in certain ways. Adjustment involves the reconciliation of personal and environmental demands.

Interaction means mutual bearing or influence. Every person is influenced by his surroundings. And each has some effect on the particular environmental setting of which he is a part. The relative amount of influence varies from setting to setting and from time to time within a particular setting. Sometimes an individual is more influenced than influential, and sometimes it is the other way around.

Environment refers to everything external to the person with which he is in some relation. In the study of adjustment, the unit of study is frequently a social group. For example, the individual is studied in relation to his family or to the people with whom he works.

Information about adjustment often concerns an individual's performance in a stressful situation. The focus
may be upon a person about to take his first parachute jump or major surgery. It may be upon a man struggling to find purpose and meaning in his life.

Although a few major adjustments may loom large in our lives, most of our adjusting is not of heroic or even semiheroic proportions. As a matter of fact, most of our adjustments occur almost automatically almost without awareness. If we think back upon the events of a day— even a very average day—we may be surprised by the complexity of our interactions.

**Biological Meaning of Adjustment**

**Self-maintenance:**

This biological meaning of adjustment as survival is responsible for two criteria of good living—longevity and health. Biologists would measure the favorableness of environment and the quality of forms of adjustment in terms of the extent to which they prolong life. Raymond Pearl, for example, used longevity as one criterion in studying the influence of alcohol on man. In a still more immediate sense, good health, with its implication of vigor, buoyancy, and freedom from disease, is a criterion that is applied both as a measure of the favorableness of the environment and the quality of adjustment.

**Psychological Meaning of Adjustment – Need Reduction – Biological Nature of Need:**
The psychological meaning of adjustment can be discussed in terms of need reduction. Every organism develops needs. Internally these have to do with homeostasis, or the necessity that an organism maintain a number of equilibrium in energy reserve, chemical composition of the blood and so forth, giving rise to such well-recognized needs as hunger, thirst and sleep. Externally, there is the need of avoiding pain and other irritating influence on the surface of the body. These needs must be satisfied by interaction with the environment.

**Process of Adjustment:**

1. **Person and Environment**

   Adjustment, as it was defined earlier, is the interaction between a person and his environment. How we behave in a situation depends on our personal characteristics and in depends on the characteristics of the situation as well.

   In recent years, psychologists have been paying increased attention to the environment and its effect upon behavior. They have become more interested in observing the real-life situations in which people find themselves. Such environments are, of course, much more complex than laboratory situations, but ways are being devised to measure them and determine their influence on patterns of adjustment.
To understand behavior, both person and environment must be taken into account. As Sundberg and Tyler have succinctly stated, "it is the interaction between person and environment that is important." (1962, P.165).

(2) **One-way or Two-way**: 

It is common to think of adjustment as a one-way process, a process in which the person-rather than the environment—must do the adjusting in order to ensure harmony.

More recently the two-way nature of the adjustment process has been emphasized.

In this view, our environment influences us, but we also influence our environment. We not only conform, we are conformed to.

(3) **Static or Dynamic**: 

sometimes adjustment is spoken of as if it were a state or static condition.

As has been indicated, a person’s adjustment can be expected to change from situation to situation. And it can also be expected to change over a period of time in a particular situation.

All of life is change. We constantly change. Changes are specially obvious and rapid during our early life. But even during relatively stable adult period, changes constantly take place (Bayley, 1963).
At the same time, our environment is also constantly changing. Political, economic, and social circumstances alter. Family and friends change with age and experience. New people enter our social world and crucially influence us. People who were in it depart.

With this constant change in ourselves and in our environment, continual adjustment (or readjustment) is necessary. A satisfactory adjustment is not something which we achieve once and for all time. It is something that we must constantly achieve and reachieve.

**Dynamics of Adjustment:**

The matter of adjustment mostly relates to demands, which is required to be achieved or complied. When difficulties arise, there are conflicts and frustration to be resolved. Difficulties are to be encountered in day life. In industries and offices, in the school and colleges, in the family life and in the interpersonal relation there are occasion while an individual is required to evolve with the adjustment and related outcomes experiencing frustration and conflicts.

The dynamics of adjustment are required to be considered in the light of or as related to motives, frustrations, conflicts, anxiety, defences and the leaping processes. Its purpose is the expression and gratification of the dynamic factors of personality leading to the reduction of
tensions, frustration and conflict that are resultant to these factors. It appears that human responses whether habitual, voluntary, instinctive or emotional are adjective while they are directed towards meeting internal or external demands in a culturally approved way.

The dynamics processes of adjustment are elaborated as listed below:-

Motive:

Our behavior seems to be fairly consistent or patterned. We tend to behave in the same way, reacting to the same needs and seeking the same goals. These patterns of need - impelled and goal - directed activity are called motives.

The concept of motive includes the ideas of need, act and goal. A need is a condition that propts us to act. For example, we all need oxygen, food, and rest. Some of us need to be with people, others need to be apart from them. Many individuals have a strong need to achieve, and a few appear to have an unrelenting need to fail.

Act refers to the behavior that is stimulated by the need and directed toward a goal. It may be a simple reflex action such as a sneeze or a shiver or a quick withdrawal of the hand from a too hot surface. It may be a very complicated series of events for example, the behavior
involved in succeeding in college, establishing a business, or getting married and raising a family.

Goal is the end toward which an act is directed. Goals can be tangible things; food, shelter, money, a spouse, children. Other goals are intangible; for example, the end which is sought maybe the approval of others or one's own self-respect.

Frustration:

Stimulated by our needs, we act to reach our goals. Some of our goals are easily reached. In our society not everyone eats what he wants, but few are very hungry. And not everyone lives where or in what he would prefer, but almost no one lacks some shelter.

But many needs are poorly met or met only after a great struggle. Some goals seem unreachable or nearly so. Anything that interferes with need-impelled, goal-directed activity, can be called a frustration. Frustration is a fact of life; we all have and many frustrations; we have many now; and we must anticipated many more in the future.

Frustrations can be lacks or deficiencies. To lack enough time or enough money to do all the things we want to do is a common frustration. Or we may lack the intelligence or knowledge or skill that a particular situation requires.
Other frustrations are losses—things we possessed or conditions we enjoyed but have no more.

**Conflict:**

One of the most important forms of frustration—so important that it deserves special and separate consideration—is conflict. A conflict consists of the simultaneous operation of mutually incompatible patterns of behavior. The individual must choose one pattern or the other (or make some compromise), until he does, he remains in a state of frustration.

Many conflicts are simple ones. They may involve several attractive choices, and no matter which we choose we get something we like.

Other conflicts are not so easily resolved. We may be confronted by several courses of action, none of which is very attractive.

Probably most conflicts are between a number of alternatives, each of which has some desirable and undesirable features.

**Anxiety:**

Anxiety is a very important concept in adjustment, but it is complex, and writers in this area have formulated it in different ways. In every day use, this word is also given different meanings: a person may say that he is anxious.
about a coming event, meaning that he dreads it, or that he is anxious to meet someone, meaning that he is eager to do so.

Anxiety is defined as a state of arousal caused by threat to one's well-being. Anxious feelings can be objective in the sense that we, ourselves, and other people can understand and share them: we may be anxious about a speech that we must give or an examination that we must take.

Some people are anxious almost all the time no matter where they are or what they are doing. Others are relatively free of anxiety except under special conditions or in certain situations.

**Defense:**

Certain patterns of behavior which are employed to protect oneself against threat or anxiety are called defenses. These patterns are also called "defense mechanisms" or "adjustment mechanisms." Occasionally, they are referred to as "ego defense mechanisms" since they protect the ego, or the self, against attack.

Defenses may be thought of as acts directed toward the goal of anxiety reduction. They are not necessarily special kinds of behavior. Almost any kind of act may be put to defensive or nondefensive uses. Defenses are rather special uses of common patterns of action.
Defensive behavior is not necessarily bad. How “bad” or “good” a defense is depends upon the consequences of its use in a particular situation.

**Learning:**

When we are very, very young, we are not expected to do very much for ourselves. Our environment adjusts to us. As we become older and able to do more, we are required to do more.

Learning refers to changes in behavior that come about through practice and experience. Deciding what is due to growth or maturation and what is the product of experience is not easy, but there is general agreement that human behavior is heavily influenced by learning.

Generally, we very our behavior, trying one act or response, then another, and another. When we hit upon an act that is successful, it tends to be strengthened and used more frequently in the future. Acts that fail to solve problems are weakened and tend to be used less frequently in similar situations.

Sometimes, however, we are unable to abandon a response which serves us poorly sometimes we are unable to institute a new one which might serve us well. We need to unlearn ineffective responses or habits. We need to learn and strengthen better patterns of adjustment.
The Efficacy of Adjustment

The adjustment process evaluates several dimensions. The quality or the efficacy of adjustment is evaluated along the approaches leading to the following categorical review. These approaches are:

A. Psychoanalytic Approach
B. Behaviouristic Approach
C. Holistic Approach
D. Medical Approach
E. Psycho Social Approach

A. Psychoanalytic Approach

Psychoanalytic point of view observes that human behavior, mental processes and mechanism of adjustment are conditioned and determined by unconscious. Psychic factors like drives, repressed wishes and complexes. These factors forcefully demand a typical expression of human responses. A smooth and undisturbed functioning of human personality is possible only when there is harmony in pleasure and reality principles in the process of psychosexual development. It is observed that: If pleasure does not become too dominating a force, if the ego achieves strength and security, if there does not dominate the ego, if the relation between the ego and the reality are adequate, if the super ego does not become over developed and if need gratification can be brought
effectively into line with the demands of reality and the super ego, then the organism should remain relatively free of damaging conflicts, symptoms, formation or personality disturbances.

In case of a weakened ego and over developed superego, impaired relations with reality, neurotic symptoms, guilt, shame and neurotic conflicts develop and maladjustment gets gear up. The quality of the adjustment will be adequate when everything goes well in the process of growing up, on the other hand hindrance, if any, will lead to inferior adjustment. The psychoanalytic point of view looms largely on the history of psychosexual development of the Individual and incorporates the socio-cultural and moral ethical components through the concept of superego.

B. Behaviouristic Approach

This point of view focuses on a different grow for judging the quality of adjustment in contrast to the psychoanalytic view point. It considers personality as an organized totality of habit and responses which are formed through the process of development, a simple repertoire of responses of infancy gradually expands by the mechanism of conditioning in meeting the demands of its own nature and that of environment. It is stated that:
Adjustment is a process of adapting acquired behavior responses to the needs of the moment, maladjustment occurs when the habits formed are ill-suited to there requirements.

It may be concluded that the behavioristic approach refers to habits to lead maladjustment, that are inefficient, poorly formed and not suited to the demands imposed on the organism. It is the proper training and the conditioning which are the secret of effective and good adjustment. This approach seem to equate everyone with respect to personality variable. Its applicability may be limited to emphasize simple or artificial problem and it may be in fitness of deeper, unconsciously motivated and serious problem of adjustment.

C. Holistic Approach

Different from the psychoanalytic as well as the behaviouristic point of view, psychologists view adjustment on the basis of the scientific studies considering man as a whole. This assures extremism and adapts corroborative and complimentary facts and principles from different schools assuming that human problem are multiphase and hence proper education requires interdisciplinary approach. Scientific investigations reveal about learning conditioning, habit formation, and personality development, conflicts and frustration, needs and emotions which are the baseline for
the understanding of human adjustment. Utilizing different concepts and techniques, empirical qualities of adjustment become prerequisite of its adequate evaluation. The person who is estimated across scientific investigations possessing positive self concept, and effective learning and one capable of healthy resolution of conflicts and frustration and who has good habits and whose needs, emotions are in cultured context is treated as well adjusted and vice-versa.

**D. Medical Approach**

According to the medical approach the behavior of mentally ill person may be considered as symptomatic to an underlying psychological or neuropsychological conditions. Such a person characterizes maladjustment towards different situations. This approach views mental illness as a disease analogous to physical disease. Certain learning experiences, need and conflicts, neural defects, endocrinological problem may jointly contribute towards mental illness and lead to maladaptive behavior. The major emphasis is that the state of proper mental health brings harmonious relationship with environmental condition and makes the individual psychologically and mentally well equipped for healthy adjustment.

**E. Psycho-Social Approach**

According to this point of view mental disease or mental illness is maladjustive behaviors. Patterns of behaviour are
knowledge to be largely social and cultural in origin. Poverty, unemployment, broken families and poor living conditions are the main causes of personality disturbance and emotional disorders. The edifices of a quality of adjustment are employment, decent settlement, equal social participation. The advocates of this point of view observe that we behave in certain way because we have learnt to behave in this way and if one way of behaving or adjusting is not satisfactory, we can unlearnt and learn better patterns to their place" (Arkoff, 1968). Mental illness simply represents problems in living". Thomas Szaszy (1960) observes that our adversaries become fate or mental illness. We have no enemy whom we can fight, exercise or avoid by "cure" but we do have our problem in living whether these are biological, economical, political, social or psychological. The community mental health programs appear to apply simple types of adjustment problems which is useful for preventive measures.

It is apparent that the emancipation from economical, political and social aspect, psychological stresses will reduce the possibility of environmental adversaries so that the problem of external region apparent at the minimum of such an effort be practical and effective.

It seems that in the diversity of problem involved in the process of adjustment, no single approach is capable of
accounting for all the complexities of adjustment. However, for practical purposes, an integrated approach shall be beneficial and effective, but the purpose of research as related to adjustment shall remain open specific issues in variety of their presentation.

**Modes of Adjustment:**

The quality of adjustments varies according to the attitude that the individual takes toward his environment. On the one hand, environment can be conceived as something to be molded, manipulated, and mastered. On the other hand, it may be thought of as something to which to submit and to conform. In the first of these concepts, adjustment is thought of as mastery or as the solution of a problem, and adjustment is measured by success as opposed to failure. This concept of adjustment is more in accord with the original biological meaning of adjustment, in which an organism wrests its satisfactions from a reluctant and hostile environment. Adjustment, then in this sense, is the characteristic way in which a person perceives, reacts to, and solves the main problems of life.

In using the term adjustment in the sense of mastery, one is at first likely to think of it in terms of force and domination or competition. However, this may be a decidedly ineffectual and crude method of gaining satisfaction and achieving mastery. It is very probable that the quieter and more
thoughtfully planned methods of cooperation and joint activity may be more fruitful in successful problem solution than attempts in terms of force or of surpassing others.

The fact of differences in the nature and capacities of individuals must be recognized and taken into account in any attempt to evaluate adjustment in terms of mastery. The extent to which an individual can achieve mastery must be limited by his capacities and aptitudes and also by his adjustability.

**Conformity to the Environment**

The second mode of adjustment would consist of conformity to the environment, particularly the cultural environment on which emphasis is placed here. This perhaps is the most widely accepted concept of adjustment in vogue today. To submit and conform to conditions, requires an individual to modify his appetites to a certain degree and to tolerate some frustrations. Culture is a satisfaction of wants on a group basis. Insofar as a culture is an advantageous group-solution of life's problems, there is need for uniformity. The individual who fails to conform is thereby failing to do his part in the group enterprise and, therefore, he should be deprived of benefit by it. The individual must conform in order to survive socially.
**Adjustment as Effective Adaptation**

A third mode of adjustment, in contrast with adjustment as mastery and adjustment as conformity, is the reduction of inner needs, strains, and conflicts. Adjustment in this sense cannot be defined in terms of direct relations to the environment. The well-adjusted person who has a minimum of inner strain and conflict probably meets his surroundings with a combination of mastery and conformity. In this sense the exact nature of adjustment will be unique for each individual has a grown up in his own family and occupies a very special position in the family and has a unique father and mother who have adopted certain relationships to him, so each individual develops a personality structure which is unique to himself. Every person has individual adjustment needs. The healthy person has different needs from the sickly or listless person. Individuals differ in their talents and capacities. They differ in their emotional reactions, their fears, hostilities, prejudices, and loves. As each individual differs, so the requirements for his adjustment differ. One person growing up in an atmosphere of security in childhood can undergo severe privations and hardships before he is subject to strain or shock. Another individual must live a sheltered and simple life because he is so unstable. Adjustment, then, in this sense is defined in terms of the individual as that
relationship to his environment which is necessary for him in order to live comfortably and without strain and conflict.

**SOCIAL SUPPORT:**

During the past two or three decades, there has been a great deal of interest in social support, a term that has been widely used to refer to the mechanism by which interpersonal relationships presumably protect people from the harmful effects of stress. Interest was triggered by a series of influential review of papers published in the mid 1970’s (Caplon, 1974; Cassel, 1974, 1976; Cobb, 1976).

Social support has emerged as a significant construct in the stress literature. Usually social support refers to helpful social transactions that make people feel better. People who interact closely with friends and relatives are better able to avoid illness and, if illness occurs, to recover from it sooner than those who are interpersonally isolated. This cushion of helpful others is termed as social support.

Social support can generally be defined as the availability and dependability that a person gets from people closely associated with him, people who believe they belong to a social network of communication and mutual obligation experience social support (Handers, Byrne, Adcock, Scatt and Steele, 1978; Colb, 1976). Social support is the buffering agency which facilitates a person to pace with the life changes and stresses in a better way and promote adaptability. It is
commonly seen that a person who does not get sufficient social support is affected negatively.

On the basis of these definitions it is obvious that there are three aspects of social support i.e.

(i) Social network resources
(ii) Supportive behaviors
(iii) Subjective appraisal of support.

Bowlby (1969) defined social network resources as the available social network relationship that objectively may be called upon for help in times of need and that offer stable attachments to a social group. In other words, it may be stated that social network resources indicate the type and number of existing relationships the person is having which provide him or her help whenever needed. Cohen and Syme (1985) and House and Khan (1985) called social network as structural support.

The second aspect of social support is the kind of help person receives from others i.e. emotional, personal, informational and instrumental. It is more concerned with quality and quantity of help extended by different resources.

Focusing on the content of support, some researchers have distinguished affect, affirmation, and aid as types of support (Abbey, Abramis and Caplan, 1985), others have identified esteem, informational, social integration tangible and informational support (Cutrona and Russell, 1990); and
emotional, instrumental, informational and appraisal support (House, 1981). Although there is considerable overlap among these approaches, it is clear that some researchers make distinctions that other choose not to make, moreover, different types of support from the same person tend to be highly intercorrelated (House and Khan, 1985) and all types of support are perceived to have an emotional component (Barling, Mac Ewen and Pratt, 1988). A brief description of these different types of social support has been given below:

**Emotional Support**

It consists of warmth and friendliness, it reflects opportunity for expression of concern, encouragement and trust. This kind of support is offered when people let others know that they love and care about them (Cohen and Wills, 1985; Jung, 1987).

**Informational Support**

It has been called advice appraisal support and cognitive guidance, advice and information. This kind of support helps in defining, understanding and coping with problematic events.

**Instrumental Support**

Instrumental support is considered as direct assistance given to another person. Such support could involve giving money, doing another’s work or giving the recipient
custodial care. Instrumental aid may help reduce stress by direct resolution of instrumentals problems or by providing the recipient with increasing time for activities such as relaxation or entrainment. Instrumental support is also known as aid, material support and tangible support. Thus, instrumental support reflects access to practical services and material resources.

Tangible support includes information, advice and suggestions (informational) as well as aid in time, money or other forms of tangible help (instrumental). Emotional support includes the provision of esteem, affection and trust (Emotional) as well as feedback and affirmation (appraisal).

Finally cognitive oriented theorist have pointed out that it is not the availability or the receipt of support that is important but its perception or feeling that he/she has supportive network and can get supportive behavior whenever he/she needs. It has beneficial and facilitative positive effect.

Bowlby’s (1980,1973,1969) theory of attachments relies heavily on his interpretation of social support. When social support, in form of an attachment figure is available early in life, Bowlby believes children become self-reliant, learn to function as support for others and have a decreased likelihood of psychopathology in later life. Bowlby has also concluded that the availability of social support bolsters the
Capacity to withstand and overcome frustration and problem solving challenge.

There are two theoretical models in social support. Stress - buffering hypothesis is that social support operates by protecting people against the pathogenic effects of stressors, i.e. stressors put one at risk for disease, but stressors related risk reduced or totally ameliorated when those confronted with stressors, have strong social support networks. The alternative hypothesis or main effect is that stress is not really an issue in support’s influence on health. That is having social support is beneficial to health overall, irrespective of stressor exposure.

**Structural Support:**

Social networks refers to the structure of social relationships, the existence, quantity and types of relationships. In other words a network (structure) can be described in term of its composition and structure (e.g; the number of people involved and the number who knows each other) or by the content of particular relationship vs kinship.

The structure of social network resources -Social connectedness indices comprise: Marital status, religious affiliation, group associations presence of friends and relatives.
Social network indices comprise: Size and density, frequency of contacts, duration of relationships, proximity and similarity of network member.

**Functional Support:**

Perceived (functional) social support involves an evaluation or appraisal of whether and to what extent an interaction, pattern of interactions, or relationship is helpful.

The function of social network resources:
- Indices of specific exchange or functions comprise: Social companionship, emotional support, cognitive guidance and advice, material aid and services, social regulation.
- Indices of the quality of social relationship comprise: Intensity and valence, reciprocity, multidimensionality, overall degree of cohesion or "supportiveness".

**PERSONALITY:**

The term 'Personality' is derived from the Latin word 'Persona' which means a theoretical mask used by actors in to indicate their role in theatrical play. But personality does not simply mean the outward appearance of a person. In addition to the outer self, it also refers to his inner self. So personality is the totality of a man his inner and outer qualities interacting with each other.

Several attempts have been made from different quarters by philosophers, sociologist lawyers, and psychologists to define personality in different ways. Though personality has
no standard meaning, fifty current definitions (English and English, 1958) are there. All these definitions mostly seek to include the total person i.e. his external appearance, his abilities, tendencies, innate and acquired, tendencies.

Warren states that 'Personality is the entire mental organisation of a human being at any stage of his development.'

According to Dashiel, 'The system of reactions and reaction possibilities in total as viewed by fellow members of the society is called one's personality. It is the sum total of the behavior traits manifested in his social adjustment.'

Mortin prince has defined personality as the sum total of all the biological innate dispositions, impulses, tendencies, appetites and instincts of the individual and the acquired disposition and tendencies acquired by experience.

One of the most adequate of personality has been given by Allport (1937). He defines personality as the dynamic organisation within the individual of those psychophysical system that determine his unique adjustment to his environment.

This definition points out that personality is not static. It is not merely additions of traits and qualities. It is an active organisation, which is constantly developing and changing. The term psychophysical states that personality in neither exclusively mental nor exclusively physical. The group of
traits, which constitute personality, are the determining tendencies. The psychophysical traits are organised in each individual in an unique form, so every has therefore his own type of personality. It is the personality which adapts itself to changing situations /circumstances. This adjustment is always unique because each individual has a unique dynamic organisation of his psychological and physiological system.

It may be concluded that personality is the sum total of the physical and mental traits of an individual which are dynamic and liable to change. These traits help one to adjust in his environment.

**Classification of Personality:**

*Pre-Scientific Classification:*

One of the earliest attempts to classify personality according to the body humours was made by Hippocrates. He believed that the peculiarities in one's temperament and character were caused by the humours of the body. He held that there are four types of personality.

1. The sanguine, having a surplus of blood and being is quick, gay, cheerful and active.
2. The phlegmatic having a surplus of phlegm is slow, dull, calm and unexcitable.
3. The choleric, having a surplus of yellow bile is irritable, quick and angry.
4. The melancholic, having more black bile is sad, depressed and pessimist.

**Kretschmer’s Classification:**

According to Kretschmer (1925) individuals can be classified in terms of their physical form and structure. He classified normal people into three types:

1. **Asthenic**

   The tall, long limbed and sickly physique is called asthenic type of personality. Persons belonging to this category are shy, sensitive, gentle, imaginary, intolerant, formal and romantic. They are of the introvert type.

2. **Athletic**

   The athletic personality is tall, well built and muscular. They are active, practical, tolerant, jovial and adjustable.

3. **Pyknik**

   The pyknik type of personality is short, fatty, thick necked and round. They are easy going, jovial, informal, tolerant, good humoured and popular with people. They are of extrovert type.

   He gave one more clarification for physically abnormal people, which is.

4. **Displastic**

   The displastic type of personality is a concoction of above-mentioned types of personalities. Physically abnormal people are kept under this classification.
Sheldon’s Classification

Sheldon’s (1942) classification of personality has much in common with that of Kretchmer’s classification. It is also called somato type theory. On the basis of his observations he classified human personality into three body types:

1. **Endomorphy**-

This body type is characterized as personality type viscerotonia. Endomorph is the tendency towards roundness and softness. The viscerotonic personality is characterized by physical comforts. People of this type of personality enjoy eating, relaxation and joviality. They are fond of food, apprehensive, insecure, amiable and they conform to social convention.

2. **Mesomorphy**-

This body type is characterized as Personality type somatotonia. Predominance of muscles and bones is found in this type. The somatotonic persons are characterized as bodily activities like energetic movements, aggressiveness and competition etc. They are adventurous, like strenuous exercise and cold showers. They dress informally and withstand pain easily and willingly.

3. **Ectomorphy**-

This body type is characterized as personality type cerebratonia. Fragility and linearity in body build is found in this type of personality. The cerebratonic personality is
characterised by an influence cerebral processes resulting in being restrained, thoughtful, shy etc. These people are asocial unnamable and non- adventures. They lack desire for exercises and they do not withstand pain desire easily.

**Jung’s Classification**-

Jung’s typological division of personality has occupied a prominent place in the psychology of personality. Jung has divided personality into two main types. The extrovert and the introvert, keeping in mind whether the individual’s basic orientation is outward or inward.

**The extrovert**-

The extrovert people are outgoing, mobile, exuberant, lively and inclined towards direct action. Extrovert people are quite social, they take interest in other people, enjoy outwards activities in comparison to their own ideas and emotions. They are insensitive to social criticism. They are not easily offended or embarrassed. The extrovert is man of action. They are practical type of people. They are sportive, and act before thinking. They do not confine themselves to a particular routine work.

Extrovert people magnify their success and ignore their failures. It is easier to make friendship with such people. Attitudes towards life for these people are less
emotional. Actors, doctors engineers, sales representatives, advertising agents, social workers belong to this type.

The introvert-

The introvert person is more interested in his own thoughts and ideas than in immediate social environment. He likes to say than to do. Introverts obtain satisfaction from their mental imagery. They are shy, reserved, imaginary, indecisive and socially sensitive. They feel offended easily, their discussion are personalized. They magnify their failure too much. They are extremely self-analytical and self-critical. The introverts are repressive type and fond of day dreaming. They like to brood all the while. The introvert, unlike the extrovert is more prone to thought than to action.

The introverts remain moody most of the time. They are not very friendly, rather have a few friends. They center their interests on themselves. They prefer thinking and planning, then action. They are not very practical. They some time suffer from inferiority complex. They work too much for very small incidents. Introverts like jobs, which require thought, planning and systematic organization. Scientists, philosophers, teachers, poets, artists belong to this type.

Ambiverts-

It is not appropriate to classify people into extroverts and introverts as a large majority of people fall between the
two extremes having the characteristics of both type so a third name "ambiverts" was given.

The personality of ambiverts include the characteristics of both the introverts and extroverts in a balanced manner. Their interest are neither located in the self nor in the social environment. They are balancely distributed between the two. They can adjust themselves with any situation without trouble. The majority of people in the society is ambiverts.

Eysenck's Classification:

Eysenck was also Typologist and has tried to center on a small number of personality types defined by three major dimension:

1. Extroversion
2. Neuroticism- stability and
3. Psychoticism

Trait Approach to Personality

A trait is a generalized tendency towards individual behavior in terms of qualities. According to Kimble and Germany (1980) a trait is a stable and enduring attribute of a person.

Trait theory attempts to describe personality on the basis of trait. It deals with an analysis of quality which is revealed consistently in a variety of situations. The different trait remain in an integrated whole they are dynamically interrelated.
Many psychologists like Cattell, Allport and Eysenck etc. have tried to describe personality in terms of traits. Cattell has classified trait into two categories:

**Surface trait:**

The qualities of one's behaviors those are observable directly in action. Surface trait includes a list of 35 trait clusters which were obtained by judgment of close acquaintances of a group of people. These were called surface traits because they were overt expression of personality.

**Source trait:**

The organization of qualities at a deeper level. The source traits were obtained by isolating 16 of these more basic traits which are nearer to surface. Source traits are more of less permanent traits, which influence surface traits.