



What is Personality?

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Abstract: The field of human personality offers various areas of research. Most of them are topical because we are facing a complex concept that has multiple implications in all the planes in which and with which it interacts. Like other concepts in the field of psychology, personality raises the problem of defining and understanding in all its meanings. For psychology, personality is a quality that any human individual can acquire, at a certain stage of its development, meeting certain defining notes or characteristics. We have a number of factors and conditionings that occur naturally during the development of this notion of personality. Thus, the fundamental characteristic of the subject is dissonant nature of social maturity and therefore personality development.

Keywords: personality; heredity; environment; education; development; social maturity

Introduction

Certainly, personality has several definitions, these are elaborated according to the field of research, or in our case by the subject under discussion. Pavlov, a Russian physiologist, described 4 existing personality types as well as the main concepts, the most important was related to the basic nervous processes and their properties, which determine the behavioral differences between human beings. Thus, Pavlov's personality typology considered two fundamental nervous processes: arousal and inhibition, but also their 3 main properties: strength, balance and mobility.

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The definition of the two nervous processes, excitation and inhibition, processes that occur independently, is the same as today that we use in neuropsychology, in terms of the concepts of sympathetic and parasympathetic nervous system. The sympathetic nervous system and the parasympathetic nervous system are components of the vegetative nervous system, and their functions are to regulate the activity of internal organs and to control many functions of the body, including vital functions. These processes, closely related to their properties, determines the type of activity of the nervous system and therefore represents the biological features that would be the basis of the human personality. Personality sides are: temperament, character and skills. These in interaction with environmental factors produces differences in behavior between individuals in the process of human development, both individually and collectively, micro and macro.

Temperament is the dynamic energetic side of the personality. Dynamic because it provides us with information about how fast or slow, mobile or rigid, is the behaviour of the individual, and energetic because it shows us how much energy an individual has, and especially how it is consumed. Four classic types of temperament were discovered: choleric, sanguine, phlegmatic and melancholic. Character represents the individual psychic configuration or structure, relatively stable and representative for human, with great adaptive value, because it puts the individual in contact with reality, facilitating the establishment of relationships, orientation and behavior according to his individual specifics. Character can be defined in terms of attitudes and traits, so as a cohesive set of them, which determines a relatively stable way, constant orientation and reporting of the subject to others, to himself, to the activity carried out, to society itself, as global socio-human reality.

In the character structure, 3 fundamental groups of attitudes can be distinguished: the attitude towards oneself, the attitude towards others and the attitude towards work.

Personality traits that enter in the structure of character can be considered, to a certain degree, the expression of the attitudes that the person has towards himself.

Skills represent a complex of individual psychic processes and attributes, structured in an original way, which allows the successful performance of certain activities.

For a mental trait to be aptitude, it must satisfy a series of requirements: to be individual, differentiating in terms of activity performance, to effectively ensure the finality of the activity, to contribute to achieving a higher quality level of activity

and to have a degree of operationality and efficiency. The qualitatively superior form of manifestation of complex skills is talent, which differs from aptitude by the high degree of their development and especially by their corresponding combination, which makes possible the creation of new and original values, which leads to shaping the personality.

What Does the Term Development and the Term Psychological Development of Personality Refer to?

In general terms, development refers to the transition from of an old qualitative state to a new one, from a lower step to a higher one, from simple to complex. Human development is a natural response to the relationship between psychology, as a human science, and other areas of research on a topic of interest. Psychology is the science that studies the human mind and investigates psychological processes as well as the construction of psychological models. In supporting the process of human development for the creation of psychological models, 3 factors are especially researched: heredity, environment and education.

Heredity is the fundamental property of living matter to transmit, from one generation to another, in the form of the genetic code, information, specific messages regarding the species, group or individual, being the biological premise of development. Following the reasarche, a conclusion was reached that most characters are determined by several genes. The hereditary patrimony of each individual results from the combination of maternal and paternal genetic units, the possibility of combining the two categories of genetic units being infinite and the probability of the appearance of identical individuals is practically impossible.

The environment, generally speaking, includes all the natural, social, cultural elements that surround us and is represented by these elements in collaboration with all living conditions with which the individual interacts, directly or indirectly, during the process, in different stages of evolution. In general, we are talking about the physical environment and the social environment. The physical (natural) environment includes of all the bioclimatic conditions in which human lives. It acts on human by producing certain organic changes or orienting certain behaviors from the way of eating, clothing, etc. The social environment is made up of all the economic, political, cultural conditions of social, institutional organization.

Education represents the specialized activity, specifically human, carried out deliberately, through which the relationship between human and environmental factors is mediated, favoring the development of human through society and society through human. Education balances between what could be manifested (the contribution of heredity) in terms of content, time, level, intensity, duration, form and what is offered (contribution of the environment). Education begins, according to various theories of human development, from early childhood in the family environment and continues in educational institutions at various stages of natural manifestations. Education that takes place in preschool, school, high school, high school, post-secondary, university and postgraduate education institutions is the most important factor in the process of personality development.

In other words, we can say that the 3 factors that determine and contribute to the psychological development of personality have the following roles: 1. from the point of view of heredity, characters, as part of personality, represent the morphological or functional expression of what is stored in the cell genome, genetic information embedded in the gene and can level up personality; 2. from the point of view of the environment, either natural or social, the sides of the personality are outlined and consolidated; 3. from the point of view of education, the typology of personality is finalized.

What is Psychological Maturity and Social Maturity? What Role do they Play in Relation to Personality?

Maturity is defined as full development referring to its physiological aspect as a result of changes in internal biochemistry or other organs, such as the brain, sense organs or endocrine glands. Maturity also targets other areas such as the psychological and socio-cultural. In order to refer to a psychological maturity of the human being, it is necessary to distinguish between the stages of human psychological development and the ages that do not overlap with the notion of stage.

However, various studies and research emphasize with the idea that development itself is achieved until the age of 25, which leads us to the conclusion that maturity is the process that takes place after development and is the purpose of developing all psychological processes in relation to the factors or the elements that influence or condition them. In order to reach the definition of the term social maturity, we must understand that the first condition is the existence of the term social development,

which involves the sum of all elements and conditions, starting from the individual plan related to the development of interpersonal relationships in family, educational, professional and reaching the social one. Thus, the fulfillment of the social development requirements leads to the existence of the term of social maturity. The role of psychological and social maturity is to finalize the formation of the individual's personality.

Knowing these aspects about the formation of the human personality we can conclude that between its development and maturity, both from a psychological and social point of view, there is a very tight relationship, they interact with each other consecutively. It is necessary an individual psychological development through all the stages and stages of age related to internal, external and psycho-individual factors to reach a psychological maturity of the personality, as it is necessary a psychological maturity of the personality for its development and maturity from a social point of view. As a human, being aware of the process of development and psychological and social maturity on the scale of human evolution, the personality can reach its maximum potential.

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