1. Describe the factors that influence the development of personality.

**Ans:** Factors of Personality Enormously the following five factors of personality are contributing to the formation and development of human personality.

1. Biological Factors
2. Social Factors
3. Cultural Factors
4. Physical Environment
5. Situational Factors

**Biological Factors of Personality**

Biological factors of personality are very important for the formation of human personality. Children are born in a family; inherit many traits and features from their parents. Children get physical and psychological characteristics from their parents which becomes a part of their personalities. Some of the inherited traits are courage, coward, intelligence, weakness etc. For example it was experimented on the negro that they are biological inferior. A normal healthy man has some physical similarities such as two hands five senses. Two eyes and these biological similarities help to explain some of the similarities in the behavior. It separates individuals from one another and their various physical characteristics except identical twins having the same physical qualities. So, biological factors of personality are responsible for the development of personality.

**Social Factors of Personality**

When an individual interact with other persons in his/her group give and take relationship takes place and it affects the personality of an individual. Social factors of personality are responsible for the formation of personality, when an individual has group experience and contact with others personality of an individual is influenced by others may be bad or good but depends on the association in which he/she keeps. In a society every person plays a specific role and status. For example in our society younger are expected to be respectful for elders. Many other social factors like environment, group life, family, media with which an individual interact in his/her society daily life mold their personalities. We can say that whatever comes in contact with an individual’s social life affects personality of that individual and develop good or bad personality.

**Cultural Factors of Personality**

Both material as well as non-material culture affects personality of an individual. An individual living in his/her culture adopts the traits consciously or unconsciously and acts accordingly. Culture of any society determines the behaviors and personality of an individual and he/she is expected to act according to the culture. A person follows all the social norms of a culture which results in the formation of good personality while non-conformity to the cultural rules develops abnormal or bad personality. So, the culture in which an individual seeks satisfaction adjusts himself/herself and develops personality.

**Physical Environment**

Physical environment also determines the personality of an individual. Environmental factors include land, river, mountains, hills, forests, plain area, atmosphere etc which affect the personality to be good or bad, healthy or weak. All the feelings, emotions, ideas, attitudes, habits and behavior as well as body structure is the result of physical environment of to which an individual belongs. For example body structure, physique, color and health of the rural people are different from urban people. These people have different environment due to which they develop variety of personalities. The people living in cities have facilities and modern ways of life which creates to develop delicate bodies and minds as compare to the rural people who are deprived of these facilities.

**Situational Factors of Personality**

Situational factors of personality also have a complete share in the formation of personality of an individual, situational factors of personality are changing according to the social situations. Every person face may situations in his life which enables him/her to change his/her behavior. For example, a teacher may be rigid and strict with students but may not with his/her family. An officer may behave with the subordinates differently as compare to his/her friends. Personality is not the result of only one factor but every factor is responsible to give complete share in its formation. A person behave and his/her personality exists when interacts with environment, culture, society, parents, friends and to those who come in contact by chance.

**Economic Factors**

In an interesting study children from low income group and rich families were asked to estimate the size of different circles of light with the size of coins of different denominations. It was found that children from poor families overestimated while those from rich families underestimated. Thus it showed that economic factor affects our attitude and perception and consequently our personality. Besides you might have seen that often children from low income groups have low self-confidence, feelings of inferiority and shyness. Economic condition determines access to opportunities to develop personality.

2. Elaborate the contribution of Alfred Adler towards the social psychological theory of personality.

**Ans:** Adler’s Personality Theory was created by Alfred Adler (1870 - 1937). Adler called his theory Individual Psychology because he believed that people were unique and that no theory created before his applied to all people. He originally followed Sigmund Freud's teachings but left after a disagreement of Freud’s theory which says that the drive of human behavior is sex. Adler’s Personality Theory is similar to that of Freud’s Personality Theory except that Adler’s drive for human behavior is the need to overcome the feelings of inferiority.

Self-actualization is perhaps the less problematic of the two terms, as one cannot process Adler’s ideas without immediately bumping up against the troublesome nature of the words “perfection” and “ideal”. While the idea of striving to be the best version of one’s self is an obviously positive goal, the concept of perfection is, in psychology, often given a rather negative connotation. After all, perfection likely does not exist, and therefore cannot be reached, meaning that efforts to do so are invariably frustrating and can come full circle to create an extreme lack of motivation (i.e., giving up).