

PSY 441

Question 1

According to Adler social interest is an inherited capability common to all humanity. It is the social forces that influence our behavior towards our fellow humans. In so doing the object of our interest focuses on valuing something or someone other than self. Individuals who demonstrate social interest exhibit acts void of self-centeredness, egotistical, and self-absorption, meaning their actions and emotions are channeled towards experiencing a life that requires them to live cooperatively with their fellow man. This produces a sense of psychological well-being that stem from refraining from being preoccupied with oneself the feeling to belong is common to all humans, therefore feeling inferior implies the presence of deficiency in social interest. However, feelings of inferiority have the tendency to propel individuals to indulge in social interest which will eventually lead to self-improvement and at the same time become a positive contributor to society as a whole. An individual who finds purpose and meaning in life by aspirations that are beyond oneself benefits psychologically.

Question 2

Adler's theory suggested that there are 4 lifestyles, in an effort to identify and place individuals in a group, he studied personality by observing people in their normal social aspect and used his findings as determining factors that qualify an individual into one of the lifestyles.

The ruling type- individuals who meet the criteria for this lifestyle are aggressive, domineering, and selfish, these personality traits as their origin from feelings of insignificance. During the childhood stage of their lives, they display rants or tantrums in an effort to influence their desired outcome, and in adulthood, there is the prevalence of authoritative personalities over others including their spouses. Individuals who exist within the ruling lifestyle are prone to suicide, substance use disorders, and participating in unlawful behavior during their youth.

The getting type- consists of individuals whose lack of self-conceptualization cripples their motivation to achieve their basic needs, instead, their entire existence and behavior are orchestrated on receiving reinforcement from others. The base of this lifestyle is the feeling of inferiority which oftentimes leads to relationships of dependency.

The avoiding type- is made up of individuals who lack the capability of being accountable, in that these individuals' lifestyle is clad with acts of evading of responsibilities and problem-solving. Their ability to manage and maintain life challenges exist solely in their minds.

The socially useful type- is the healthiest lifestyle in which individuals focus on achieving activities that provide psychologically healthy lifestyles. The presence of a support system that helps shape their lives is prevalent.

Question 8

Neurotic behavioral patterns get their origin from genetic or environmental factors, meaning that people who have a family history of neuroticism are at risk of inheriting this behavior, and twins are at a higher risk for neuroticism as well as childhood traumatic events including physical, sexual, emotional abuse and neglect. Children who are victims of such parental care, often develop an unhealthy lifestyle that is not conducive to effective development. The evidence of lack of self-confidence and the presence of anxiety are indications of the negative psychological effects resulting from neglect and abuse which existed during childhood. As the individual grows their lack of self-value becomes a challenge, and in an effort to cope, these individuals begin to develop personal protective devices. Climates that are prone to extreme weather patterns tend to increase the risk of neurotic behavioral traits. Neurotic behaviors cause emotional instabilities which fluctuate.

