INDIVIDUAL’S ECOSYSTEM & THE DEVELOPMENT OF RESILIENT HUMAN BEINGS
3 aspects of focus:
- physical
- personality
- interpersonal communications

These aspects interact with family environment to produce a healthy & productive environment or otherwise.
Individual who are positive, well nourished, physically healthy, can function effectively, using resources accordingly & can adapt to changes, stress & transitions.

These individuals may grow to become effective members of family, society and nation.
INPUTS & OUTPUTS OF THE INDIVIDUAL SYSTEM

**INPUTS**
- Oxygen
- Nutrients
- Water

**THE INDIVIDUAL**
- Self-worth
- Values, beliefs
- Perceptions
- Decision making

**OUTPUTS**
- Work
- Exercises
- Reproduction
- Wastes
INDIVIDUAL PHYSICAL SYSTEM

- 3 BASIC elements serve as inputs in individual physical system:
  - Oxygen
  - Nutrients
  - Water

These elements are important for functioning & generativity.
We need oxygen for breathing, our body contains water, we need food – carbohydrate, fat, proteins, vitamins & mineral to survive.

These elements exist in the natural environment.

Other environments may influence the availability / quality or continuous supply of them (i.e. pollution (man built & socio cultural environments … lead to low air quality))
WHO IS A HEALTHY / FULLY FUNCTIONING PERSON?

- Refers to physical well-being = a balanced person is a healthy person.
- Aristotle: concept of “The GOLDEN MEAN”; referring to moderation (mean); avoiding the extremes (too much or too little of anything - food, drinks & exercise or self control, courage & other virtues) can be harmful.
- Homeostasis? Stability; centered.
- TOO GOOD TO BE TRUE? Esp. in a family system.
**INDIVIDUAL INTERNAL SYSTEM**

- Comprises self concept & personality
- The development of self concept *occur throughout individual’s socialization process*; *does not exist at birth*
- **Self concept** = An organized set of perceptions of oneself, governing thoughts & feelings about oneself as a person
- **Self esteem** is a sub of self concept; it refers to the emotional aspect (a feeling of) of self worth & dignity
• An individual may have various perceptions about him/herself & his or her abilities; which will influence his/her behaviour & personality
• Positive self concept leads to well/positive life functioning
• Individual personalities comprises a blend of characteristics that develop throughout life
• Temperament, birth order, personality styles etc.
TEMPERAMENT (NATURAL CHARACTERISTICS)
9 BASIC COMPONENT OF BEHAVIOUR BASED ON TEMPERAMENTS

1. **Activity Level** = frequency of spontaneous motor activities (“slow” vs. “very active”; constantly moving vs not moving much at all)

2. **Rhythmicity** = routines, organized, scheduled

3. **Approach & withdrawal** (ability to approach others or withdraw from social contact)

4. **Adaptability**
5. **Response threshold** – responsiveness; ability to respond based on senses = fast/slow; i.e. some people can tolerate loud noise; some are quick to react.

6. **Intensity of reaction**: how does one react to stress (adapt, withdraw or explode).

7. **Quality of mood / mood swing**

8. **Distractibility** = level of self control (impulse control) – to concentrate even with distraction.

9. **Attention span / Persistency**: ability to continuously / seriously focusing / concentrating on any specific task.
# Temperamental Response Pattern

<table>
<thead>
<tr>
<th>High</th>
<th>Low</th>
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<tbody>
<tr>
<td>LEVEL OF ACTIVITY</td>
<td>MOTOR ACTIVITY</td>
</tr>
<tr>
<td>RHYTHMICITY</td>
<td>TIME SCHEDULE</td>
</tr>
<tr>
<td>APPROACH /WITHDRAWAL</td>
<td>DISTANCE REGULATION</td>
</tr>
<tr>
<td>ADAPTABILITY</td>
<td>FLEXIBILITY</td>
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<tr>
<td>RESPONSE THRESHOLD</td>
<td>RESPONSIVENESS</td>
</tr>
<tr>
<td>INTENSITY OF REACTION</td>
<td>IMPULSE CONTROL</td>
</tr>
<tr>
<td>MOOD</td>
<td>HAPPY/SAD</td>
</tr>
<tr>
<td>DISTRACTIBILITY</td>
<td>CONCENTRATION</td>
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<tr>
<td>ATTENTION SPAN</td>
<td>PERSISTENCE</td>
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Goodness of Fit concept (Chess & Thomas; 1968)

= an interaction that results when properties of the environment & its expectations & demands are in accord with the organism’s capabilities, motivations & styles of behaviour

- In harmony--- optimal development in a progressive direction
- Can be influenced by: the organism, its attributes, the relationships of the system elements & the environment
Babies develop personality characteristics based upon **impulse & emotions** ➔ hunger, sad, fear, discomfort

Personality develops across life stages based on experiences & interactions esp. with the socio-cultural environment

Different types of personality make people unique
- Styles of interactions with family, friends & others are highly influenced by one’s personality preference
- According to Jungian Theory, each individual has 4 pairs of personality preferences
- Extrovert vs. introvert
- Sensing vs. intuitive
- Thinking vs. feeling
- Judging vs. perceiving
Personality preference depicts genetic influences as well as earlier life experiences.

It refers to the concept that **ONE** personality style is more prominent in a person.
<table>
<thead>
<tr>
<th><strong>EXTROVERTED (E)</strong></th>
<th><strong>INTROVERTED (I)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Talks first, think later</td>
<td>Thinks &amp; rehearse b4 speaking (“I’ll think about that”)</td>
</tr>
<tr>
<td>Knows many people, counts many as close friends</td>
<td>Anjoys a small number of good friends</td>
</tr>
<tr>
<td>Likes varieties &amp; action; can tolerate noise, distraction</td>
<td>Likes quiet 4 concentration; enjoys peace &amp; quiet</td>
</tr>
<tr>
<td>Dominates conversation</td>
<td>A good listener, often feels Taken advantage of</td>
</tr>
<tr>
<td>Apprachable &amp; easily engaged By friends / strangers</td>
<td>Appears quiet, reserved &amp; reflective</td>
</tr>
<tr>
<td>EXTROVERTED (E)</td>
<td>INTROVERTED (I)</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
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<tr>
<td>Likes to talk a lot; at any time</td>
<td>Often gets suspicious if people praise them; or repeating things that have been said</td>
</tr>
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An individual may have both orientations; but one is > prominent
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<th><strong>EXTROVERTED (E)</strong></th>
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<tr>
<td>Likes parties, enjoy talking to many people</td>
<td>Likes 2 share special occasions with selected friends</td>
</tr>
<tr>
<td>Prefers generating ideas with a group</td>
<td>Thinks of ideas, reflects on them &amp; wishes to get them out &gt; forcefully</td>
</tr>
<tr>
<td>Listening is &gt; difficult than talking</td>
<td>Likes to state ideas without interruptions</td>
</tr>
<tr>
<td>Likes to be “THE FOCUS”</td>
<td>Thinks through where misplaced items &amp; looks 4 them on own</td>
</tr>
<tr>
<td>Talks way through things; “I lost my books, has anyone seen them?”</td>
<td></td>
</tr>
<tr>
<td>Needs affirmation; enjoys feedbacks about accomplishment</td>
<td>“Recharges alone”</td>
</tr>
<tr>
<td>SENSOR (S)</td>
<td>INTUITIVE (N)</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Prefers specific answers; details</td>
<td>Thinks about several things at once; “absent minded”</td>
</tr>
<tr>
<td>Concentrate on “the doings”; prefers doing than thinking</td>
<td>Perceives the future as intriguing; Excited about his/her future than other’s</td>
</tr>
<tr>
<td>Finds satisfying jobs that yield tangible results.</td>
<td>Details are perceived as boring &amp; redundant</td>
</tr>
<tr>
<td>If s’thing is not broken, it does not have 2b fixed</td>
<td>Enjoys figuring out how things work</td>
</tr>
</tbody>
</table>
- Prefers to work with concrete facts, not theories or concepts
- Does not engage in fantasies
- Reads from front to back
- Takes things literally
- See details easier than overall picture
- “Seeing is believing”; evidence is important
- Tries to connect & interrelate things, do not things at face value
- Reflect, think, imagine; analyze “what does that mean”
- Reads anywhere interesting
- Sees the BIG PICTURE
- thinks about possibilities; What could be
- Time is relative; it is not late unless s’thing has started without you
**THINKER (T)**
- Do not show emotions; uncomfortable dealing with people’s feelings
- Calm, cool, collected when others are upset
- Settles disputes based on fairness, truth rather than what makes people happy
- Likes to proof a point; argues on both sides
- > firm minded; < gentle hearted
- > objective; “cold hearted”
- Makes difficult decisions

**FEELER (F)**
- > aware of other’s feelings
- A good decisions is one that takes other’s feelings into account
- Over-extends self to others in considering
- Prefers harmony; avoid conflicts
- Can easily take back what has been said that offended s’one; indecisive
- Takes things personally
It is more important to be right than liked; it is unnecessary to like people in order to work with them & do a good job.

Impressed with scientific/logic things; remembers numbers & figures better than faces & names.

Wonders if people care; although it is not easily said.

Over extends self in meeting other’s needs.

People & feelings are more important.
**JUDGER (J)**
- Waits for others
- Puts everything in place
- “knows” that if people would do what they are supposed to when they are supposed to, things would be much better – Things are decided
- Does not like surprise, make this well known. Structured
- Keeps list & uses them.

**PERCEIVER (P)**
- Is distracted easily & gets “lost” between activities
- Loves to explore the unknown
- Does not plan tasks, waits 2C what the demands are; often perceived as disorganized; things are pending
- Very last minute
- Believes creativity, spontaneity & responsiveness are > important than order & neatness
- Turns work into play - FUN
- Thrives on order; has a system to keep everything in place
- States opinion emphatically; often accused of being angry when merely stating opinion – forcefully
- Completes things & get them out of the way - closure

- Does not have a system; changes conversation frequently on any topic
- Keep options open Does not like to be pinned down about most things; would rather keep options open
- Make things less than definite.. openness
Personality types constitute combinations of preferences (ways of perceiving & interacting with the environment)

- **ISTJ** = introvert, sensing & thinking, judging preference toward the outer world
- **ENFP** = extrovert, intuition & feeling; perceiver of the outer world
- There are many areas in life when personality types are considered important
- Sensing = to establish facts
- Intuition = to suggest all possible solutions
- Thinking = to determine all probable consequences of actions
- Feeling = to weigh desirability of each outcome
- Variability in personality types is an advantage; learn to appreciate the differences
### APPLICATION – ON CHOICE OF OCCUPATION OR PROFESSION

<table>
<thead>
<tr>
<th>Preferences</th>
<th>Occupations/Profession</th>
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<tbody>
<tr>
<td>Thinking</td>
<td>jobs using inanimate objects</td>
</tr>
<tr>
<td>Feeling</td>
<td>dealing with people</td>
</tr>
<tr>
<td>Sensing + judging</td>
<td>more structured jobs with well defined procedures</td>
</tr>
<tr>
<td>Intuitive + perceptive</td>
<td>Less structured; less initiative</td>
</tr>
<tr>
<td>Sensing</td>
<td>Deals with facts</td>
</tr>
<tr>
<td>Intuitive</td>
<td>Look for possibilities; creativity== architects; writers; mathematicians; research scientist</td>
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