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

Outputs:
- Self-worth
- Work
- Values, beliefs
- Exercises
- Perceptions
- Reproduction
- Decision making
- Wastes

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 one self 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 through out 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/ Persistence: ability to continuously / seriously focussing/ 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>
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<td>MOOD</td>
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<td>DISTRACTIBILITY</td>
<td>CONCENTRATION</td>
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<tr>
<td>ATTENTION SPAN</td>
<td>PERSISTENCE</td>
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</table>
**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

**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>EXTROVERTED (E)</th>
<th>INTROVERTED (I)</th>
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</thead>
<tbody>
<tr>
<td>Talks first, think later</td>
<td>Thinks &amp; rehearse b4 speaking</td>
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<tr>
<td></td>
<td>(“I’ll think about that”)</td>
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<tr>
<td>Knows many people, counts many as close friends</td>
<td>Enjoys a small number of good friends</td>
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<tr>
<td>Likes varieties &amp; action; can tolerate noise, distraction</td>
<td>Likes quiet 4 concentration; enjoys peace &amp; quiet</td>
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<tr>
<td>Dominates conversation</td>
<td>A good listener, often feels</td>
</tr>
<tr>
<td></td>
<td>Token advantage of</td>
</tr>
<tr>
<td>Approachable &amp; easily engaged By friends / strangers</td>
<td>Appears quiet, reserved &amp; reflective</td>
</tr>
</tbody>
</table>
EXTROVERTED (E) | INTROVERTED (I)
---|---
Likes to talk a lot; at any time | Often gets suspicious if people praise them; or repeating things that have been said

An individual may have both orientations; but one is > prominent

EXTROVERTED (E) | INTROVERTED (I)
---|---
Likes parties, enjoy talking to many people | Likes 2 share special occasions with selected friends

Prefers generating ideas with a group | Thinks of ideas, reflects on them & wishes to get them out > forcefully

Listening is > difficult than talking | Likes to state ideas without interruptions

Likes to be "THE FOCUS" | Thinks through where misplaced items & looks 4 them on own

Talks way through things: "I lost my books, has anyone seen them?" | "Recharges alone"

Needs affirmation; enjoys feedbacks about accomplishment

SENSOR (S) | INTUITIVE (N)
---|---
Prefers specific answers; details | Thinks about several things at once; "absent minded"

Concentrate on "the doings"; prefers doing than thinking | Perceives the future as intriguing; Excited about his/her future than other’s

Finds satisfying jobs that yield tangible results. | Details are perceived as boring & redundant

If s’ting is not broken, it does not have 2b fixed | Enjoys figuring out how things work

THINKER (T) | FEELER (F)
---|---
Do not show emotions; uncomfortable dealing with people’s feelings | > aware of other’s feelings

Calm, cool, collected when others are upset | A good decisions is one that takes other’s feelings into account

Settles disputes based on fairness, truth rather than what makes people happy | Over-extends self to others in considering

Likes to proof a point; argues on both sides | Prefers harmony; avoid conflicts

> firm minded; < gentle hearted | Can easily take back what has been said that offended s’one; indecisive

> objective; “cold hearted” | Takes things personally

Makes difficult decisions

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’ting has started without you

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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</thead>
<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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