**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 on the other side.

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**Inputs & Outputs of the individual system**

**INPUTS**

- Oxygen
- Nutrients
- Water

**THE INDIVIDUAL**

- Self-worth
- Values, beliefs
- Perceptions
- Decision making

**OUTPUTS**

- Work
- Exercises
- Reproduction
- Wastes

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**INDIVIDUAL PHYSICAL SYSTEM**

- **3 BASIC elements** serve as inputs in individual physical system:
  - Oxygen
  - Nutrients
  - Water
  - These elements are important for functioning & generativity

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**INDIVIDUAL PHYSICAL SYSTEM**

- 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?
- Referring 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 components 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

Temperamental Response Pattern

<table>
<thead>
<tr>
<th>High</th>
<th>Low</th>
</tr>
</thead>
<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>
</tr>
<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>
</tr>
<tr>
<td>ATTENTION SPAN</td>
<td>PERSISTENCE</td>
</tr>
</tbody>
</table>

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
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 Ḟ 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
  - Extroverted vs. Introverted
  - 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>EXTROVERTED (E)</th>
<th>INTROVERTED (I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talks first, think later</td>
<td>Thinks &amp; rehearse b4 speaking</td>
</tr>
<tr>
<td></td>
<td>(“I’ll think about that”</td>
</tr>
<tr>
<td>Knows many people, counts</td>
<td>Enjoy a small number of good friends</td>
</tr>
<tr>
<td>many as close friends</td>
<td></td>
</tr>
<tr>
<td>Likes varieties &amp; action;</td>
<td>Likes quiet 4 concentration;</td>
</tr>
<tr>
<td>can tolerate noise,</td>
<td>enjoys peace &amp; quiet</td>
</tr>
<tr>
<td>distraction</td>
<td></td>
</tr>
<tr>
<td>Dominates conversation</td>
<td>A good listener, often feels</td>
</tr>
<tr>
<td></td>
<td>Taken advantage of</td>
</tr>
<tr>
<td>Approachable &amp; easily engaged</td>
<td>Appears quiet, reserved &amp;</td>
</tr>
<tr>
<td>By friends / strangers</td>
<td>reflective</td>
</tr>
</tbody>
</table>
EXTROVERTED (E)  INTROVERTED (I)

<table>
<thead>
<tr>
<th>Likes parties, enjoy talking to many people</th>
<th>Likes to share special occasions with selected friends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prefers generating ideas with a group</td>
<td>Thinks of ideas, reflects on them &amp; wishes to get them out 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 &quot;THE FOCUS&quot;</td>
<td></td>
</tr>
<tr>
<td>Talks way through things: &quot;I lost my books, has anyone seen them?&quot;</td>
<td>Thinks through where misplaced items &amp; looks 4 them on own</td>
</tr>
<tr>
<td>Needs affirmation; enjoys feedbacks about accomplishment</td>
<td>&quot;Recharges alone&quot;</td>
</tr>
</tbody>
</table>

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

SENSOR (S)  INTUITIVE (N)

<table>
<thead>
<tr>
<th>Prefers specific answers; details</th>
<th>Thinks about several things at once; &quot;absent minded&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concentrate on &quot;the doings&quot;; 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>

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

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

**×**

- Prefers 2 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

**×**

Wonders if people care; although it is not easily said
- Over extends self in meeting other's needs
- People & feelings are > important

It is > important 2b 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
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
- Examples??

APPLICATION – ON CHOICE OF OCCUPATION OR PROFESSION

<table>
<thead>
<tr>
<th>Preferences</th>
<th>Occupations/Profession</th>
</tr>
</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>structured jobs with well defined procedures</td>
</tr>
<tr>
<td>Intuitive + perceptive</td>
<td>Less structured; &lt; initiative</td>
</tr>
<tr>
<td>Sensing</td>
<td>Deals with facts</td>
</tr>
<tr>
<td>Intuitive</td>
<td>Look 4 possibilities; creativity= architects; writers; mathematicians; research scientist</td>
</tr>
</tbody>
</table>