

# Personality and Health

# Learning Objectives

1. Describe components of personality
2. Enlist various traits of personality
3. Describe the process of development of personality
4. Define and describe IQ

- Key word in psychology
- Implies certain physical and mental traits which determine individual's behaviour or adjustments to his surroundings
- The personality of a doctor affects well being of his patients

# Components of personality

## 1. Physical:

- Ht, wt, colour, facial expression

## 2. Emotional:

- Fear, anger, jealousy, worries, confidence

## 3. Intelligence:

- Smart, dull

## 4. Behaviour:

- Gentle, kind, aggressive, balanced, affectionate

# Personality traits

- A trait is "the tendency to behave in a consistent manner in variable situations"
- Cheerfulness, good manners, honesty, sportsmanship, kindness, reliability, loyalty, sense of humour, tactfulness, willingness to help others...
- Extrovert - introvert
- The personality traits a doctor is expected to possess...

# Development of personality

- Infancy: rapid physical and mental growth
- Pre-school: considerable growth of brain
- School-age: by the age of 8, mental powers are fully developed, begins to reason, forms groups
- Adolescence: turbulent period; independent, fully aware of social values and norms; rapid physical growth

# Intelligence










- An important aspect of personality
- Ability to see meaningful relationships between things
- Includes perceiving, knowing, reasoning and remembering
- Results from an interplay between hereditary and environmental factors

- Mental age - chronological age
- Binet and Simon (1896)
- Intelligence Quotient (IQ)
  - An improvement over the concept of mental age  $\{(mental\ age / chronological\ age) * 100\}$
  - When  $ma = ca$ ;  $IQ = 100$
  - Higher the IQ, more brilliant the child
  - 80% of people have an IQ of or near 100



# Levels of Intelligence

# IQ Range

Idiot		0 - 24
Imbecile		25 - 49
Moron		50 - 69
Border line		70 - 79
Low normal		80 - 89
Normal		90 - 109
Superior		110 - 119
Very superior		120 - 139
Near genius		140 and over