



## Healthy Personality from the Perspective of Different Schools of Psychology

Abdolhossain Bahrami Ravangi\*

Department of General Psychology, Bandar Abbas Branch, Islamic Azad University, Bandar Abbas, Iran.

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### A B S T R A C T

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The psychology of a healthy personality is one of the fundamental categories in contemporary thought. Many philosophers, sociologists, and psychologists today take a different approach to personality; That is, they discuss the rational discussion of personality (realistic approach) or, in addition to the rational discussion of personality, the effects and consequences of theoretical commitment to personality in the field of psychological and social needs. In the present article, after the semantics of "personality" in psychology, the components of "healthy personality" in various discourses are discussed. Reflecting on the opinions and theories of psychologists shows that psychologists do not have a single opinion in introducing "healthy personality," and since the influence of philosophical principles in the field of psychology is an undeniable fact, and different schools of psychology in the context of epistemology and anthropology have found.

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**Keywords:** Personality, Healthy Personality, Psychology, Schools Of Psychology.

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### INTRODUCTION

No one hates having peace. It is the effort, work, and activities of people to achieve peace in life. Knowing the criteria of mental health helps to achieve the image of peace and freshness in mind faster. Mental and physical health is the desire of all human beings, and we all strive to find healthy personalities in life to establish healthy human relationships. However, have you ever wondered who has a healthy personality?

Allport (1943), was one of the first psychologists to turn his attention to a healthy personality. According to him, healthy people act at a reasonable and conscious level, are free from the constraints of the past, and are fully aware of the forces that guide them and can overcome them. It is a guide for people to have goals and expectations for the future (Novikova & Vorobyeva, 2019). The foundation of human personality is formed by measured and conscious goals (hopes and aspirations). These goals motivate a healthy personality and are the best guide for understanding current human behavior. Human life is based on long-term goals and distinguishes humans from animals, children from the elderly, and a healthy personality from sick (Hogan & Sherman, 2020; Rauthmann, Beckmann, Nofhle, & Sherman, 2019).

According to Allport, healthy people are in constant need of variety, new feelings, and engagements. They give up everyday tasks and seek new experiences (Huang et al., 2017). They are adventurous, take risks, and discover new things. These activities create tension, and in any

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\*. Corresponding Author: [abdolhossein.bahrami@mailfa.com](mailto:abdolhossein.bahrami@mailfa.com)

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case, it is only through stressful experiences and dangers that human beings can be proud. A healthy person's outlook on the future moves him forward, and this attitude unifies the personality with its specific goals and increases his stress level (Boyle, Matthews, & Saklofske, 2008; Segerstrom, 2019). The challenges of the new world have led to many personality conflicts. Accordingly, this article describes a healthy personality in different perspectives of psychology.

### DEFINITION OF PERSONALITY

Psychologists do not have the same definition of personality, and it seems that a part of human personality is presented in their definition. Rex has defined of personality as 'the balance between the accepted and rejected social traits of society' (Baumert et al., 2017; Shabahang & Amani, 2016) or Fayyazi, Eslami, Kermanshahian, and Mazloomhoseini (2013), means "the fixed element of a person's behavior, mannerisms and in general what "He is always with him and distinguishes him from others." They have known (Finkemeier, Langbein, & Puppe, 2018). Sharifi (1997) and Esmaceli, Reza, Hosseini, and Sharifi (2012), also considers three points in the definition of personality to be significant.

1. Every person is unique; Because no one person is exactly alike in terms of mood, interests, behavior, and other personality traits.

2. People do not behave the same way in all situations; What a person's behavior may vary from situation to situation.

3. Despite the uniqueness and uniqueness of the individual and the inequality of behavior in different situations, there is a considerable commonality in human behavior (Sharifi, 1997). Allport (1943), has collected more than fifty definitions of personality and, ultimately, has defined personality as the dynamic organization of a person's mental systems that determines his or her adaptations to the environment (Sheikh, Aghaz, & Mohammadi, 2019; Valikhani et al., 2017). These definitions indicate that personality is presented from the perspective of psychologists by neglecting the soul and psyche. Contemporary psychologists have mainly considered biological, social, and cultural factors in their research. In the study of biological factors, they pay attention to the issue of heredity and body structure and the structural nature of the nervous system and endocrine system. Deals in childhood, family, school, community, media, etc.; That is, in research, they ignore the spiritual aspect and its effect on human personality; Hence, the experimental method has placed them in a limitation that they have no way to access the topics of the human psyche, and this negligence has caused them not to understand the human being and the factors affecting him, and consequently in the treatment of the human being. They will inevitably make mistakes and disabilities. Undoubtedly, not knowing the nature and truth of personality, both material and spiritual, does not allow a correct understanding of man. Contenting one with material and environmental factors will be an incomplete picture of personality.

### SCHOOL OF PSYCHOANALYSIS

According to Freud, Fließ, and Schröter (1986), a unique feature essential for psychological health is self-awareness; anything that may cause problems in the subconscious must be self-aware. According to Freud, an ordinary human being is one who has successfully

passed the stages of sexual development and psyche and has not been over-stabilized in any of the stages. In his view, he is less human than usual (Kaplin et al., 2017; Van der Hart, 2016). From a psychological perspective, Freud divides the unconventional human into two groups, the neurotic and the psychotic, and considers anxiety to be the central core of the mental illness. According to Freud, the types of defense mechanisms used by healthy, neurotic, and psychotic individuals are different. A healthy person uses the defense mechanisms of altruism, humor, piety, and austerity.

### **ADLER FREDDIE PSYCHOLOGY**

According to Adler, Wagner, and McAdams (2007), life is not being but becoming. Adler believes in the choice of responsibility and meaning of concepts in lifestyle and considers people's lifestyles as different. The primary motivator of human behavior is his goals and expectations for the future. The human goal is to adapt to the environment and respond to it. According to Adler et al. (2007), a healthy person is aware of his concepts and goals, and his actions are not based on trickery and excuses. He is attractive and cheerful and has constructive and positive social relationships with others. He has a good reputation and knows his place in the family and social groups well. Also, a healthy person is purposeful in life, and his actions are based on pursuing these goals. The ultimate goal of a healthy personality is self-realization. Another characteristic of psychological health is that a healthy person always examines the nature of his goals and perceptions and corrects his mistakes (Eife, 2019; Hollway, 2018). Such a person is the creator of his own emotions, not their victim. Creativity and physical initiative are other characteristics of these people. A healthy person avoids fundamental mistakes. Major mistakes include absolute generalizations, false and impossible goals, misunderstandings and unreasonable expectations of life, diminishing or denying one's worth, and false values and beliefs.

### **ERIC ERICKSON**

According to Kell, Kliewer, Erickson, and Ohene-Frempong (1998), psychological health is primarily the result of the healthy and decisive function of the "I" as a title and concept that demonstrates the ability to integrate one's actions and experiences adaptively and adaptively. The "I" is the inner mental regulator that organizes one's experiences and thus protects one against the pressures of the "institution" and the "superior self." When human development and social organizations are appropriately coordinated, specific abilities and talents emerge at each stage of psychosocial development. According to Erickson, the psychological health of each individual is as great as the ability suitable for each stage of life (Erikson, 1994; Newman & Newman, 2017).

### **CARL ROGERS SCHOOL OF HUMANISM**

According to Rogers and Rogers (1998), creativity is the most critical innate desire for a healthy human being. Also, the specific way in which they develop and their health depends on the amount of love that the child has received in infancy. Satisfying "unconditional positive attention" and receiving unconditional love and approval from others is essential for developing a person's mental health (Barbot, 2018). These people do not have masks and are honest with

## Healthy Personality from the Perspective of Different Schools of Psychology

themselves. Such people are ready to experience and therefore are not closed, flexible, and have no defensive moods and are more emotional than other human beings because they experience a more comprehensive range of positive and negative emotions compared to defensive human beings. The most characteristic of a healthy personality is a life of existence, that is, it is ready, and in each experience, it finds a structure. According to the requirements, the experience of the next moment is transformed. A healthy person trusts his organism. Other characteristics of a healthy human being are: coming to gain experience, existential life, and freedom (Karwowski & Lebuda, 2017; Larsson, Rämgård, & Bolmsjö, 2017).

### BEHAVIORAL SCHOOL B. F. SKINNER

According to E. A. Skinner et al. (1999), mental health and a healthy person are equivalent to behavior that conforms to the rules and regulations of society, and also when a person faces a problem when it is considered normal in society, through behavior modification to improve. And uses it intermittently to normalize the behavior of himself and those around him. In addition, a healthy person should consider his freedom as a kind of illusion and know that his behavior is a function of the environment, and a few environmental factors determine each behavior (Snell-Rood et al., 2017). A healthy person is one who has more social approval for social behaviors appropriate to the environment. Moreover, those around him receive. Perhaps another implicit criterion for the characteristics of a healthy human being from Skinner's point of view is that human beings should use science not to predict but to dominate their environment. In this sense, a healthy person is one who can use more scientific principles to perform any method and achieve more useful results and put aside mental concepts such as desires, purposefulness, teleology, and the like (Haugen, McCrillis, Smid, & Nijdam, 2017; D. Skinner, 2019).

### WILLIAM GLASSER COGNITIVE SCHOOL

According to S. W. Glasser et al. (1991) and W. Glasser (1999), a healthy person is one who has the following characteristics: Do not deny the reality and do not ignore the pain and suffering of situations by denying them, but face realistically; To have a successful identity, that is, to receive love and affection, and to receive love and affection, to feel valuable, and for others to confirm his sense of worth; Accept responsibility for his life and behavior and behave responsibly. Accepting responsibility is the complete sign of mental health; His attention to long-term pleasures should be the more logical and following reality; Emphasize the present and the future, not the past, and emphasize the future and have an introspective aspect, not in the form of fantasy. Glasser reality therapy is also based on the three principles of accepting reality, judging the correctness of behavior, and accepting responsibility for behavior and actions. If these three principles are realized in a person, it signifies his mental health (Smith, 2019; Turkdogan, 2017).

## CONCLUSION

Mental health and mental health of individuals are affected by cultural, social, and moral patterns of different societies, but according to the social and cultural custom of societies, its variables are not different; However, a society may consider behavior to be healthy when that

behavior is not healthy or not in perfect health. The only reference for setting a model in a healthy human personality is the connection of the person to himself, which will form the best model of health in the three areas of emotion, cognition, and behavior.

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## Healthy Personality from the Perspective of Different Schools of Psychology

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