

- **Lectures: L10,11,12,13,14,15,16,17**
- **Inferiority & Superiority Complex**
 - **Intelligence**

Inferiority Complex

- The American Psychological Association (APA) defines an inferiority complex as “a basic feeling of inadequacy and insecurity, deriving from actual or imagined physical or psychological deficiency.” At its core, it is a feeling used to denote a strong sense of being less than others.

Types

- Inferiority complexes are of two types
- Primary Inferiority
 - This sort of inferiority begins during childhood when parents compare their children frequently. Children are highly perceptive; they place a high value on parental input.
- Secondary Inferiority
 - Secondary inferiority refers to an adult’s inability to reach goals due to their perceived inadequacies. An adult with secondary inferiority has low self-esteem. They often struggle in social gatherings. They believe they can’t maintain healthy adult relationships.

What Causes Inferiority Complex?

- Parenting Style
- Societal Pressure
- Mental health disorders such as avoidant personality disorder (AVPD) and borderline personality disorder (BPD) are also one of the major causes of the Inferiority complex.

How to Overcome Inferiority Complex?

- Positive Self-Talk
- Be With Positive People
- Surround yourself with a lot of positive people to have healthy self-esteem. Mistakes are easily accepted when you are surrounded by people who encourage and lift you up.

Superiority Complex

- A superiority complex is a behavior that suggests a person believes they’re somehow superior to others. People with this complex often have

exaggerated opinions of themselves. They may believe their abilities and achievements surpass those of others, typically exhibit arrogant attitudes toward those around them.

What causes a superiority complex?

- Multiple incidents.
- Multiple failures.
- Shielded from the consequences.
- Repress feelings of inadequacy.

How to Deal With Superiority Complex?

- Dealing with someone who has a superiority complex will require quite a bit of patience and empathy.
- While exercising patience and showing empathy, try not to feed into their grandiose visions of themselves. Instead, tell them something they are truly good at while balancing it with something that may be more accurate about their performance or skill. If they've become abusive, hurtful, or vitriolic, tell them that they're being unkind or arrogant.
- It is also immensely helpful to help them recognize their weaknesses in such a way that it doesn't tear down their self-esteem but rather shows them areas they can work on so they can become more highly regarded by those around them.

Intelligence

Intelligence is the general capacity for reasoning and comprehension that manifest in various ways. it consists of individual mental/cognitive ability that helps the person in actual life problems and leading a well-maintained life.

intelligence can be divided into three types:

Concrete: It is the intelligence that has the relation with concrete materials. it is the ability of an individual to comprehend actual situations and to react to them adequately. this type of intelligence is applicable when the individual is handling concrete objects or machines, engineers mechanics and architects have this type of intelligence. This kind of intelligence is measured by performance test.

Social: It means the ability of an individual to react to social situation of daily life. Adequate adjustment in social situation is the index of social intelligence. person having this type of intelligence know the art of winning friends and influencing them.

For Example leaders, Ministers, members of diplomatic sources and social workers have it.

General: It is the ability to respond to words, number and symbols. abstract intelligence is required in the ordinary academic subjects.

Artificial intelligence (AI) is the ability of a computer or a robot controlled by a computer to do tasks that are usually done by humans because they require human intelligence and discernment.

Emotional Intelligence: The ability to perceive, express, understand, and regulate emotions.

Intelligence Quotient: An intelligence quotient is a total score derived from a set of standardized tests or subtests designed to assess human intelligence. IQ is the ratio between Mental Age (MA) and chronological age (CA).