

## **EN\_48697453 Discuss A Concept/Topic in Psychology from The Perspective of The Biopsychosocial Model**

The biopsychosocial model is oftentimes the basis for research into various topics in which researchers explore these topics through biological, psychological and/or social means. For this specific question, I would like to look at the topic of personality through the lens of the biopsychosocial model. Personality refers to a set of enduring characteristics, qualities, thoughts and behaviors that form an individual's unique character. When it comes to the topic of personality, I am sure that all of us would say that we know a lot about it; be it about our own personalities or the personalities of our loved ones. What is not so clear, however, is where our personalities come from.

From the biological perspective, research over the years has yielded evidence that biological factors such as genes, for example, play important roles in determining personality. For example, in a study where the similarities between personalities in identical and fraternal twins was compared, identical twins proved to have more similarities with one another than did fraternal twins, suggesting that personality is in part determined by one's biology (Loehlin and Robert Nichols, 1976). Similarly in another study, the personalities of adopted children were compared to that of their adoptive siblings and parents. It was found that adopted children bore no significant similarities in personality with their adoptive family (Psychological Science, Chapter 13.1). One theory that supports the biological perspective of personality is that of Hans Eysenck. In his biological trait theory, Eysenck initially suggests that there are two major dimensions of personality traits; introversion/extraversion and emotional stability (Eysenck, 1967). He went on to propose that personality traits are based on biological processes that produce behaviors, thoughts and emotions, and that differences in arousal is what produces the behavioral differences between extroverts and introverts (Psychological Science, Chapter 13.4).

Conversely, from the psychological perspective, personality is thought to arise from one's own belief systems, self-understanding and cognition. For instance, in a theory held by Carl Rogers, the way in which we understand ourselves and how others evaluate us influences our personalities.

In another theory, our cognition is thought to influence our personalities (Julian Rotter, 1954). Rotter's theory emphasizes that our behavior comes from the ways in which we value the perceived rewards from certain situations differently. For example, if an individual is invited to a party a week before an important exam, their decision on whether to go to the party or to study is based on how they value the perceived reward from partying (having a fun time) and studying (getting a good grade). Whichever reward they value more than the other will determine their decision (Psychological Science, Chapter 13.5 and 13.6).

Lastly, from the social perspective, personality is said to be influenced by one's social interactions, experiences and environments. In the biological perspective, it was found that identical twins have more similarities in personality than do fraternal twins. Similarly, adopted children seemed to have no significant personalities to that of their adopted family. Although this provides evidence that genes determine personality, it does not account for the differences in personality that exist between biological family members. From the social perspective, these differences are thought to arise from the friendships and experiences these family members have outside the home (Rowe et al., 2013). In addition, it has been found that the environment inside a home as parents have more children also influences personality development (Avinun & Knafo, 2014). In Carl Rogers' theory, he suggested that personality is based on how we understand ourselves and although his theory focused more on the individual and their beliefs, he also mentioned the influence of parental treatment on the personalities of their children. He posited that parents' love is conditional (depending on whether their child does something desirable or undesirable) which causes children to suppress the portions of their personality that they believe will not be accepted and accept the parts that will garner parental love and support (Psychological Science, Chapter 13.1 and 13.5).

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