

Psychological Development

Introduction

“Self-awareness is God awareness”. This saying may not be new to you, however, if you think that you are well aware of yourself then you are mistaken. If you think that all your doings are based on rationality then you are in for rude shock.

Stop for a while and think how much unexplored you are. Sometimes one is unable to recall the name of a familiar person or place then it suddenly flashes into one’s minds at some later stage.

At times one is more irritable than usual without a known reason. You might have experienced that you are doing things you should not do, or not doing things you should do, or are making silly mistakes repeatedly, or you feel hatred towards a person for no known reason. At times you become frightened at the sight of a tiny reptile lizard or of darkness or you feel dizzy at the sight of a few drops of blood. What are all these phenomena? Are you able to understand such behavior? Don’t you think that the right answer is ‘No’?

Normal Person

At times people behave strangely. Strange preferences, faulty inferences, undue forgetfulness, variety of fears and peculiarities of habits are observed frequently. Despite this they fall in to the category of a normal person.

We all are eager to know about ourselves and try to find out reasons behind a variety of phenomena but don’t find the answers. To find these answers we ought to go to psychologists and psychiatrists.

The human being is a complex creature. We are more complex than any machine. Is it not a wonder – no – a miracle that among the billions of people on earth no two persons are



identical, no matter what we are comparing, faces or reactions or any other aspect.

The complexity of the human behavior is due to two main factors, first the inborn complexity of the 'human psyche' and secondly events, experiences and environment.

Our body comprises of innumerable cells, which constitute different systems, of which the most complex is the central nervous system. This system (CNS) consists of varieties of 'networks', which are distributed throughout the body. These networks are pathways through which our five senses (sight, hearing, smell, taste and touch) send their messages to brain. As a result the brain sends commands to the different organs and systems for a proper reaction. So, through this circuit our system works. The brain does not work in isolation but in collaboration. Its status is that of the head quarter. It listens to everybody, sees every thing, involves all relevant organs and then gives a decision. Its reactions are multifarious and carry a lot of varieties and novelties resulting in various behaviors and responses. The differences stem from different experiences and environment in the different stages of life, which give shape to our personality.

In the initial stages of development our parents, siblings, peers, schoolfellows etc. constitute an environment which plays a very important role in building the personality.

Thus it is not difficult to comprehend why children reared in one family are different from those of another family?

You may ask why you should learn about these things. Let me give you an example; you can drive a car without knowing how it works but what will happen if the engine breaks down en route due to a very trivial problem. How you will take it if your car's life ends, five-years earlier than that of your friends. Will it not be better to know the technology as much as possible, in order that it works better and for a longer period? If your answer is in the affirmative then you must convince yourself that you must know about your own technology too, whether you are a student, teacher, single or



married, son or father, subordinate or a boss. If you know yourself better, you can interact better and increase your efficiency, as well as satisfaction and happiness in life.

