

Personality Type And Its Relationship with Emotional Maturation And Family Relationship

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Abstract – Many of the behaviour children learn from their family especially from their parents are self-concept, motivations, socialization, coping styles, sense of responsibility and conscientiousness and many other qualities are encompassed into personality. Many researches in relation to personality and emotional behaviour affirmed that, neurotic people are more disturbed in emotion than to the extrovert and introvert people. Similarly the five factor personality theory also confirmed that, neurotic people are emotionally less matured than to the extrovert people. The development of personality is primarily based on two perspectives such as genetic and behavioural. The genetic perspective of personality stated that, the characteristics and behaviour of individual are due to the hereditary transmission, and DNA plays a vital role for transmission of behaviour from one generation to another. In contrary, the behavioural perspective stated that, personality is shaped through the process of learning from the childhood in interaction with their environment. The personality development of the individual is mostly depend on family relationship and in interaction with the members of the other social agents. Basically parent child relationship plays very important role in personality development that directly or indirectly manifested in behaviour. The emotional maturation is also associated with family relationship of the individuals. The present article is going to review numbers of research articles in relation to personality type and its relation to emotional maturity. Besides that, the role of family relationship in association of emotional maturity will be critically illustrated in the present study.

Index Terms - Personality, Emotional Maturation, Family relationship, Neurotic, Extraversion, Introvert.

I. INTRODUCTION

During the early stage where the children don't need to think about inconsequential things, like different relationships in the family etc. as they are the little members of the family (Mason, J. (2017)). It is considered as the surrounding in which the children learn how the various relationship of the family exists by observing their different members of the family like parents, uncle, aunts, cousins etc. within the family surrounding they get schooling of various responsibilities, values of different people and so on that helps the person for building up their personalities (Friedman, E. (2011)). Individuality reflects the coherence of behaviour with different emotions and the variations of an individual to the surrounding (Mischel, W., & Shoda, Y. (1995)). The development of the personality depends on the experience made available to the child (Herman, J. L., & Schatzow, E. (1987)). The capability to direct the various emotions and the feelings and handle trauma is a different part of the emotion which has been initiated as the key success for every individual (Plutchik, R. (1990)). Emotional aptitude is the thing that has to be on the way by knowing how and when the emotions need to be expressed and control (Lazarus, R. S. (1991)). Emotional aptitude is a diverse approach of being elegant (Hogan, S. (2009)). And this includes the perspective about an individual's feelings and also one's ability to make several useful decisions, administration of their beliefs and so on (Karasek Jr, R. A. (1979)). This aptitude of the emotional skills affects the person's family, in education and everywhere else where the person goes on. (Petrovsky, A. (1983)).

II. LITERATURE SURVEY

The place where the children live is considered as the natural school for the children. This is the place where the children learn. (Smith, G. A. (2002).) The parent and children bonding, though the bonding children have with their parents, children internalize the ethical principles that are possible to form their outlook demeanour. (Schepard, A. (1985).) The development of the child influences the type of family. Family is a place where a person learns to value things, enhance their skills and modify their behaviour (Bandura, A. (1993)). It is observed that, a healthy family always deal and manage their families through the experiences learned from different situation and from different social agents (Walsh, F. (1996)). The psychosocial healthy families create a blueprint of habitat in one's life for the development of the personality. (Hertzman, C., & Boyce, T. (2010).) Therefore it can be said that the role of the family is very important for building the personality of the children and other family members. (Epstein, J. L. (1995)) Some of the researchers (e.g. Kundsens et al., 2006) affirmed that personality traits are strongly influenced by the stability of the family environment. Tough families comprise a sense of loyalty and attachment towards the other individuals in the family as the family members spend most of their times in their home setting. (Samuels, G. M. (2009)) Their early existence experiences disruptions in family structure that acts as an obstacle to the development of the child's personality. (Swick, K. J., & Williams, R. D. (2006).) In all over world each and every family has its own rules and regulations. These rules are made in keeping the views of the other family members for the better understanding among themselves (Grosjean, F. (1989)). Therefore these rules and regulations help the child to learn and develop a good personality. (Masten, A. S., & Coatsworth, J. D. (1998).) The children thrive on the feeling of their possessions and friendliness which comes from the family. (Crosson-Tower, C. (2005).) Many researchers have found that the type of family relationships is said to be important for children's well-being. (Amato, P. R. (2005).) The well-being does not depend on the composition of the family. (Hao, L. (1996)).

The researchers have found many reasons to understand EQ and personality as one. (Ross, C., Orr, E. S., Sasic, M., Arseneault, J. M., Simmering, M. G., & Orr, R. R. (2009).) EQ is a part of human personality. The personality of an individual provides the framework in which EQ operates. (Aaker, J. L. (1997)) EQ is considered as a mental ability that employs the capability to prove logically with the information related to emotions, and to enhance the thinking processes through the various actions of the emotions. (Seal, C. R., & Andrews-Brown, A. (2010).) Therefore, personality can be considered as the trial product of the individual of their internal occurrence and interface of the society raised from the clout of that individual. (LaFromboise, T., Coleman, H. L., & Gerton, J. (1993).) Taking the above views, it can be said that, emotional intelligence is one of the psychological subsystems. (Mayer, J. D., Caruso, D. R., & Salovey, P. (1999).)

Big Five personality factor model is the most recent and most widely used personality trait model (Allport and Odbert, 1936) which has been used to illustrate the human personality. In Big Five factor MacCrae and Costa included five major factors i.e. (i) Openness to experience, (ii) Conscientiousness, (iii) Extraversion, (iv) Agreeableness and (v) Neuroticism. Sometimes its abbreviation **Ocean** is used. It says that each and every person falls among the two edges of each of the dimensions. Extraversion is considered to be the energy of the optimistic emotions, hostility, sociability and the trend to seek motivation (Depue, R. A., & Collins, P. F. (1999)). Persons with High extraversion personality are supposed as more aware and vibrant in nature. In contrary person with low extraversion personality are reserved and introspective in nature. (Kamphaus, R. W., & Frick, P. J. (2005).) Neuroticism is the inclinations to know-how unpleasant are the emotions. It also refers to the amount of emotional stability and desire control. A low need for stability causes a reactive and excitable personality. (PSyChol, B. T. J. (1972))

The personality of an individual provides the framework in which EQ operates EQ is a part of human personality. (Aaker, J. L. (1997).) The collection of characteristics thoughts, feelings, and behaviours that are associated with a person is a personality. (Heinström, J. (2003).)

Mayers et al (1996) researched on the ability of the individuals for for the better understanding of the various contents of emotions as well as the various purpose of this ability for better understanding with the other people. The result of this research showed that those persons who have imperfect awareness of the emotions were having less understanding and sympathy with other people. in day to day life every emotional well being helps the person to distinguish the various emotions in different situations. (Picard, R. W., & Cosier, G. (1997).) According to Lean & Schwartz (1987) emotional capability of an individual is considered as the factor of psychological well being. Salovey and Mayer (1990) proposed the theory of emotional intelligence. In their model they defined the emotional intelligence as the ability to perceive and express emotions, use emotions to assist feelings, know and explanation with emotion and control emotion in the self and others. Emotional intelligence is an important factor in determining personal success (Goleman, 1995 & 1998). EQ and personality are interlinked with each other. EQ is important to understand and control emotions and these are considered chief in the construction of the personality. (Bradberry, T., & Greaves, J. (2006).) Goleman, (1995) and Baron, (2005) viewed that there are various models of emotional intelligence those are associated with different personality theories. The models list's the components and sub components of their theory of emotional intelligence. Mayer and Salovey (1997) in their Pure model of emotional intelligence showed the empirically significant correlations with the measures of personality.

Personality is the superlative realization of native irregular behaviour of the human being and therefore the personality traits have a strong relationship with the emotional intelligence (Mohanty, J. (1998).). In many researches (e.g. Petrides & Furnham 2001) stated that, there is a significant relationship between emotional intelligence and the components of big 5 personalities i.e. extroversion and neuroticism. The first one is positively related whereas the second one is negatively related.

In a study conducted by Mayleen, et al. (2009) aimed to examine the feasible connection between the personality type of an individual as it has been defined by the MBTI as well as in the elements of the EQ. The sample size of the study was 529 persons. The result of the study indicates significant relationship between different factors of big 5 personality and different components of emotional intelligence.

Another study was conducted by Petrides et al in 2010. He investigated the relationship between EQ and using Big Five Factors on Dutch population. The first dimension included 108 males and the other dimension included 104 males. The questionnaire used was TE Que-Sf for EQ and by using NEO-FFI, for measuring the personality factors. The result of this study affirmed that there is a significant correlation exists between neuroticism personality factor of big 5 personality and emotional intelligence. The study also confirmed the relationship of other four factors of big 5 personality and emotional intelligence.

Family environment is the first place from where children learn and starts developing his/her personality. (Santrock, J. W. (2009).) The growth of the child's personality is from the family, which is considered as the most primitive and the key role as the first school. (Parsons, T., & Bales, R. F. (1956).) Family is one of the central social agents which play a vital role for the overall development of the children such social, moral, ethical and so on. Family environment includes material entity and psychological environment. (Bandura, A. (2014).) The psychological environment of the family include education style of parents, the reliability and communication of the members of the family and also the activity plan of the members of the family independent behaviour of the family members and mind-set. (Coons, J. E., & Sugarman, S. D. (1978).)

The personality of a person, who lives in a certain environment, is shaped according to the features and traditions of the family. (Caspi, A., & Roberts, B. W. (2001).) Therefore it can be said that family has a great effect upon the human behaviours. (Kaplan, A. (2017).) There several factor that influence the child's personality. Some of these factors are:

Birth order: The birth order of the child affects the way one narrate him, the experiences which the members of the family share and therefore accordingly the child's personality develops. (Morgos, D., Worden, J. W., & Gupta, L. (2008).)

Family size: This is another factor that affects the personality of the child. It generally said by the researchers that the children are said to be more confident, well spoken and have trend towards perfectionism who spent most of the time with their and also large families have more relationships to experience. (Clark, R. M. (2015).) According to a research done on 1985 it is said that "Children having larger families are more prone to delinquent behaviour".

Family environment: the atmosphere that a person as a family provides for his child influences his personality expansion. (Bronfenbrenner, U. (1986)) If a person and his wife fight in front of his child, he may show signs of destructive behaviour or become inhibited and cry repeatedly. In this context, Cicchetti and Toth, (2005) affirmed that, "child who is a part of a stable family environment develops a sense of belonging which leads to a healthy self- esteem, confidence and individuality". Further, they also stated that, children from dysfunctional family environments do not experience normal development and adaptation. The reason might be that, family conflict and hostile rearing practice negatively influence the development of the children in many ways and impaired social competence and emotional regulation skills (Repetti et al., 2002). In this regard, McHale et al., (2003) suggested that,

social interaction of children, especially with parents help to build some of the important skills e.g. understanding self and other, rational expectations, logical thinking and decision making etc.

Low socio-economic status of the family is another factor. It also has bad effects on the functioning of the family (Bornstein, 2006). Socio economic status of the family also plays a vital role in personality development. In this regard (Hearn,2011) stated that the families with the Low socioeconomic status have low quality sources that causes family stress among the family members and also affects the parents behaviour which makes them more hostile on their children, leading to the poor development of their children. Poor socioeconomic status also affects the health and nutrition, the environment, interactions with each other.

A study was conducted on 504 children of age group ranging from 6 to 16. The questionnaires used were Family stress questionnaire, Family Life Questionnaire, Stressful Life Questionnaire, Everyday Feelings Questionnaire, General Condition Questionnaire, Parenting Styles and Dimensions Questionnaire. The result of this showed that the personality growth of the children is very much affected by the environmental factors, family type, education of the parents, income of the family, surroundings and different styles of parenting, various emotions effects the children's development(Corcoran, K., & Fischer, J. (2013).)

III. CONCLUSIONS

Family environment is the first place from where children learn and starts developing his/her personality. It is one of the central social agents which play a vital role for the overall development of the children such social, moral, ethical and so on. The psychological environment of the family include education style of parents, the reliability and communication of the members of the family and also the activity plan of the members of the family independent behaviour of the family members and mind-set. The personality of and individual provides the framework in which EQ operates EQ is a part of human personality.(Aaker, J. L. (1997).) The collection of characteristics thoughts, feelings, and behaviours that are associated with a person is a personality.(Heinström, J. (2003).) The personality of a person, who lives in a certain environment, is shaped according to the features and traditions of the family.(Caspi, A., & Roberts, B. W. (2001).) Therefore it can be said that family has a great effect upon the human behaviours

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