Review Article

The Development of Human Personality: A Comprehensive Overview

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ABSTRACT

The complex relationship between physical and psychological disorders can pose challenges for effective treatment. Both aspects often require a multidisciplinary approach to address their interconnectedness. An individual's personality is shaped by their mentality, psyche, and values, which must be in harmony for a well-ordered and disciplined personality. While medical interventions are important, incorporating non-medical interventions can be crucial for managing and treating these disorders. This includes lifestyle changes such as exercise and diet, as well as incorporating values that promote overall well-being. Neglecting our psyche can lead to negative traits and mental health issues. Therefore, nurturing our personality through positive experiences, healthy relationships, self-care and self-reflection is necessary to promote mental and emotional health. It is important to create a balance between material and non-material values to have a harmonious and stable life. Choosing a lifestyle that aligns with our values and needs allows us to create a compatible system, which in turn allows us to make informed decisions and realize our full potential.

Introduction

Physical and psychological disorders often have a complex relationship. Many physical disorders involve psychological factors, and similarly, many psychological disorders have physical components [1]. Given the close link between the mind and body, treating only one aspect of a disorder can lead to suboptimal results. While medication can be effective in managing symptoms, it may not address underlying psychological causes [2]. Therefore, addressing both the physical and psychological aspects of a disorder often requires a multidisciplinary approach that takes into account an individual's unique circumstances and needs [3]. Personality is a complex and multi-faceted concept that is determined by the interplay of an individual's cognitive processes (mentality), emotional and behavioural tendencies (psyche), and social interaction (values) [4-6]. An individual's mentality, which refers to their thought patterns, information processing, and judgment formation, plays a crucial role in shaping their personality [7]. Similarly, their psychological tendencies, which relate to their instincts and organic needs, and their values, which are the beliefs and principles that guide

their decision-making and actions, also contribute to determining their unique personality [6, 8-10]. Together, these factors create a combination that defines an individual's personality. The underlying principles that govern a person's mentality, psyche, and values are critical in shaping their personality [11-12]. When these principles are in harmony with human nature and consistent with each other, it leads to a well-ordered and disciplined personality. However, if these principles are conflicting or divergent, it can result in a disordered personality. Incorporating practices that prioritize mental development and promoting a lifestyle that values self-improvement can enhance psychological well-being, boost self-confidence, and lead to a more balanced and harmonious personality.

Non-medical interventions such as changes in lifestyle, maintaining internal equilibrium, balancing neurotransmitters, energy, and metabolic activity, and incorporating values can also be crucial in managing and treating disorders [13-14]. A balanced lifestyle that includes a buffer of permissible and prohibited activities can increase an individual's resilience to stress and stability in the face of changes [15]. This in turn

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helps to maintain body homeostasis, leading to improved overall health. In this paper, we will examine a range of theories and research studies that have been conducted to understand the underlying factors that shape personality. We will delve into the concept of personality, exploring how it is formed by the interplay between mentality, psyche and values. Furthermore, we will investigate other approaches that can be used in conjunction with traditional medical treatments to achieve optimal treatment results. The importance of adopting a lifestyle that prioritizes mental development and incorporates practices that strengthen the psyche in order to achieve a more balanced personality will also be discussed.

Personality

Personality is a multi-dimensional and intricate concept that describes the unique patterns of thinking, feeling, and behaving that differentiate one person from another [16-17]. It encompasses an individual's cognitive processes, emotional responses, motivations, and social interactions. It can be seen as a combination of traits that make up an individual's distinctive character, and these traits tend to remain consistent over time and in various contexts. This consistency is one of the key characteristics of personality and is referred to as trait stability. To comprehend personality, it is essential to examine the three primary elements that makeup personality, including mentality, psyche, and values:

I Mentality

Mentality refers to the habitual or characteristic mental state that shapes an individual's perspective and behaviour [18]. It encompasses the rational and emotional processes that influence their thoughts, feelings, and actions, including their thought patterns, information processing, and judgment formation. Additionally, it encompasses a person's mindset, outlook, and way of thinking, which determines how they interpret and respond to different situations [19]. Mentality is closely related to intelligence, representing a person's mental capacity and intellectual abilities, as well as their attitude and way of thinking, which can be influenced by beliefs, feelings, and values [20]. Mentality can be influenced by a variety of factors such as genetics, environment and personal experiences, and can change over time. Overall, mentality is a broad and complex concept that encompasses many different aspects of a person's mental and emotional well-being [21].

II Psyche

Humans are driven by various vital forces, including organic needs and instincts [22]. Organic needs, such as the need for eat, sleep, and air, are physiological requirements that are necessary for survival, and they are controlled by the body's physiological systems. On the other hand, instincts, which are innate, implanted behaviours or impulses that do not involve conscious thought, are controlled by the brain's neural systems [23]. They can be divided into many categories mainly: survival instincts, kind instincts, and appreciation or respect instincts. Survival instincts, such as the fight or flight response, help an individual to survive and protect themselves [24]. Kind instincts, also known as social instincts, drive an individual to interact and connect with others, such as the parental instinct to care for and protect one's offspring [25]. Humans have an innate appreciation and respect for the potential that can

supplement their inherent limitations, weaknesses, and restrictions [26]. Sources of supporting information are highly appreciated and useful to maintain internal balances. These instincts are related to the brain's social cognition system and the brain's threat detection system.

The ability to regulate, control, and coordinate the driving forces related to instincts and organic needs is essential for an individual's well-being and functioning in society. These executive functions play a critical role in regulating behaviour and helping individuals navigate complex social environments. Without proper regulation and organization of instincts and organic needs, individuals may struggle with impulse control and decision-making, leading to negative consequences for themselves and those around them. The overall goal of psyche is to study the inner vital forces and develop a system to effectively organize these internal processes in order to achieve internal balances and in turn promote a happiness, satisfaction, and healthy life [27].

III Values

Values are the core beliefs and principles that guide an individual's behaviour and decision-making, deeply rooted in their personality, mindset, and psychology, shaping the way they interact with the world and the choices they make [28]. They are influenced by an individual's personality traits, mentality, and psychological processes [6]. Values can be classified into two categories: material values and non-material values [29-30]. The non-material values include human, moral, and spiritual values. Human values refer to the set of beliefs and principles that pertain to the essence and welfare of humanity [31]. These values include respect for human life, empathy, compassion, self-empowerment, and the pursuit of self-actualization. These values often align with promoting human dignity and the overall well-being of both individuals and society. Moral values refer to the set of beliefs and principles that distinguish right from wrong behaviour. These values include honesty, integrity, fairness, and responsibility [32-33]. They are closely linked to promoting ethical conduct and the cultivation of strong moral character. These values are shaped by a variety of factors such as religion, culture, and societal norms and can vary across different cultures and societies. Spiritual values refer to the set of beliefs and principles that pertain to the spiritual aspect of human existence. These values include faith, hope, and transcendence [34]. They are closely linked to the quest for meaning and purpose in life and the cultivation of a sense of connection with something greater than oneself. These values are shaped by various factors such as religious and philosophical beliefs and can vary among individuals and across different cultures [35]. Material values refer to the set of beliefs and principles that pertain to the physical aspect of human existence [36]. These values include wealth, power, and success. They are closely linked to the desire for material possessions and the attainment of material success. These values are shaped by various factors such as societal and cultural influences and can differ across different cultures and societies.

Theories of Psychology

Psychology has many theories, including behaviourism, which emphasizes observable behaviour; psychoanalytic theory, which focuses on the unconscious mind; cognitive psychology, which studies mental processes; humanistic psychology, which emphasizes personal growth; and evolutionary psychology, which explains behaviour based on

evolutionary history [37-39]. Each theory offers a unique perspective on human behaviour. These theories provide distinctive viewpoints on the intricate workings of human personality and can be valuable tools for comprehending and enhancing personality development. Among the numerous theories for psychology, the following scientists have been recognized as the most prominent contributors to psychological theories:

I Sigmund Freud

Sigmund Freud, an Austrian neurologist, is widely recognized as the founder of psychoanalytic theory, the clinically proven method of treating mental disorders through dialogue between patient and analyst [40-42]. His theories and techniques have had a profound influence on Western thought and have been the subject of considerable controversy. His ideas about human behaviour and the mind, particularly the concept of the unconscious and psychosexual development, have been the subject of much debate and have had a significant influence on fields such as literature, art and philosophy [43-45].

Sigmund Freud advanced the concept of the id, ego, and superego as a central aspect of his psychoanalytic theory of personality [40, 42, 46, 47]. The id, the most primitive and instinctual aspect of the psyche, is ruled by the pleasure principle, which seeks immediate satisfaction of one's desires and needs. This aspect of the psyche is completely unconscious and operates outside the realm of reason or morality. The ego, the rational and self-aware aspect of the psyche, acts as a mediator between the instincts of the id and the demands of the external world. It is guided by the reality principle, which aims to fulfill the instincts of the id in a socially acceptable manner. The superego, the moral component of the psyche, represents an individual's sense of right and wrong and their personal ideals and values. These internalized values and morals are learned from one's parents, society, and culture and serve as a self-critical conscience, judging the ego's actions against these internalized norms and ideals.

According to Freud, the id, ego, and superego are in constant conflict with each other, and the personality of the individual is the result of the way these conflicts are resolved. Many of Freud's theories and concepts, such as the Oedipus complex and the concept of penis envy, have been criticized for being oversimplified and based on limited observations [45, 48, 49]. Furthermore, his theories were heavily influenced by his own prejudices and cultural context and may not be applicable to all people and cultures:

i. Freud's theories rely heavily on the concept of the unconscious, which is difficult to research and hard to test. Consequently, it is difficult to assess the validity of his claims and theories.

ii. Many of Freud's techniques, such as free association and dream analysis, have been criticized as unscientific and subjective.

iii. Many of his theories were widely debated and critiqued by other theoreticians of psychoanalysis and by researchers in other fields, including cognitive, neurological and social psychology. The result of this criticism has been a decline in the popularity of psychoanalysis in recent years, and many of his theories are considered unsupported by current research [50-53].

II Skinner Theory

B.F. Skinner was an American psychologist and behaviourist who developed the theory of operant conditioning. He proposed that behaviour is shaped and maintained by consequences, which he called reinforcement and punishment. In operant conditioning, a behaviour is followed by a consequence, either a reward or a punishment, which determines the probability that the behaviour will be repeated in the future. Positive reinforcement occurs when a behaviour is followed by a desired consequence that increases the probability of the behaviour being repeated. Negative reinforcement occurs when a behaviour is followed by an aversive stimulus that also increases the probability of the behaviour being repeated [54-57].

Skinner also proposed the concept of reinforcement schedules, which refer to the timing and frequency of rewards or punishments. He believed that different schedules of reinforcement can have a significant impact on behaviour. Skinner's theory has been applied in many fields, including education, animal training, and therapy for people with developmental disorders. However, it has also been criticized for being too deterministic and neglecting the role of internal mental states such as thoughts and emotions in behaviour.

Some people argue that B.F. Skinner's theories of operant conditioning and behaviourism are not fully consistent and limited for several reasons [58-64]:

i. Skinner's theories focus on observable behaviour and neglect the role of internal mental states such as thoughts, emotions and intentions in shaping behaviour. This has been criticized as being too reductive and not providing a complete understanding of human behaviour.

ii. Skinner's theories are based on the assumption that behaviour is determined by its consequences, which has been criticized as being too deterministic and not taking into account the role of free will and personal agency in shaping behaviour.

iii. Skinner's theories were criticized for focusing excessively on external factors and failing to consider the role of internal factors such as motivation, personality and cognition in behaviour.

iv. Skinner's theories have been criticized for not taking into account the role of cultural, social and environmental factors that influence human behaviour.

III Carl Rogers

Carl Rogers, an American psychologist, played a crucial role in establishing the humanistic approach to psychology. He introduced the theory of person-centered therapy that prioritizes an individual's subjective experience and self-actualization as the motivating factors for their behaviour and mental health. According to Rogers, people have an innate tendency towards self-actualization or realizing their full potential, which can be hindered by societal expectations and personal insecurities. He believed that individuals can only achieve self-actualization if they have a positive self-concept or a realistic, positive perception of themselves [65-68]. In therapy, Rogers advocated a non-directive approach where the therapist creates a supportive and accepting

environment and encourages the client to explore and express their thoughts and feelings without judgement. He believed that this approach enables the client to gain insight into their own experiences and make positive changes in their lives. Rogers' theory has influenced the development of various forms of therapy, including client-centered therapy, person-centered therapy and experiential therapy [69-71].

Some people argue that Carl Rogers' theories of person-centered therapy and self-actualization are not entirely compatible with basic aspects of human character for a variety of reasons:

  i.   Rogers' theories are based on the idea that people have an innate tendency towards self-actualisation, a positive, and healthy condition. However, some argue that this view is too optimistic and does not take into account the complexity of human nature and the fact that people can have different goals and desires.

  ii.   Rogers' theories emphasise the importance of subjective experience, which in some ways can be seen as a limitation, as they can neglect the role of objective reality and external factors such as societal influences and past experiences in shaping behaviour and mental health.

  iii. Rogers' theories have been criticized for focusing too much on the individual and not taking into account the role of the social context and relationships in the development and well-being of the individual.

  iv.   Some argue that Rogers' theory is not fully consistent with human nature as it does not recognise the role of biological and genetic factors in shaping behaviour and mental health.

  v.   It is worth noting that Rogers' theory is widely accepted and used in many forms of therapy, including client-centered therapy, person-centered therapy and experiential therapy, and has proven effective in treating a wide range of mental health problems. In addition, some criticisms of his theory were not part of his original proposal [72, 73].

Discussion

The development of the human mind and consciousness starts in childhood and continues to evolve as we age. The intricate and ever-changing dimension of human nature known as personality has a profound impact on our ability to achieve our goals and live a meaningful life. The development of personality is shaped by three key elements: mentality, psyche, and values (Figure 1). Mentality implies that we are able to rationalize and make informed decisions and form an accurate judgement of the world around us. For an effective assessment of reality, it is advisable to take an enlightened approach that goes beyond mere superficial observations and explores the context and complexity of a situation. With a view to making well-informed judgements, having a trustworthy point of reference can be helpful. This reference point can be a respected individual, such as a parent, teacher, or scholar, or a universal source, such as a higher power or deity. Nevertheless, it is crucial to thoroughly assess the reliability of a reference before relying on it for guidance. To maximize the reference's potential, it is important that it is consistent with one's own values and takes into account the intricacies of human nature. From this perspective, a reference point in life can be compared to a personal philosophy, and dedication to the reference point is essential for making optimal decisions. As lifestyle and reference point become more closely aligned, judgment becomes more reliable, leading to greater potential for personal growth and development. [74, 75].
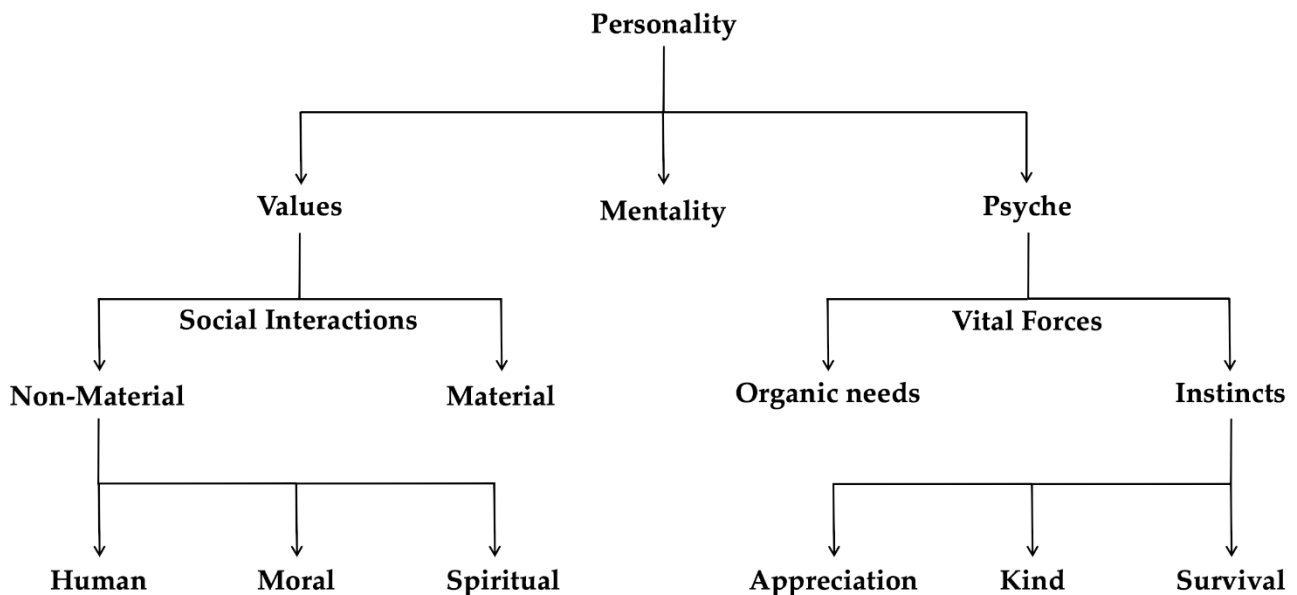
Figure 1: Components of Human Personality: A Holistic View.

The psyche refers to our inner motivations that motivate us to take action. Humans are driven by two types of vital forces: fundamental and essential. Fundamental forces are the basic needs like sleep, food, and water that must be met for survival. Essential forces refer to our instincts, which must be controlled and organized. These instincts are categorized into survival, kind, and appreciation instincts.

The survival instinct is a fundamental aspect of human nature, driving individuals to protect themselves from harm and danger. People

instinctively avoid circumstances or experiences that could compromise their well-being and instead seek out those that bring positive benefits to their lives and contribute to the greater good of humanity. The survival instinct affects various aspects of human behaviour and decision making, such as the fight-or-flight response, the quest for safety, and the avoidance of danger.

Our inherent desire to preserve and protect our human kind can be satisfied either spontaneously or consciously. On one hand, it can be fulfilled through random, hedonistic pursuits. On the other hand, it can also be accomplished through a more organized approach, such as building a family unit and raising offspring. This latter method provides a clear purpose and motivation for preserving and perpetuating our humanity for future generations.

By nature, humans have inherent limitations, dependencies, and weaknesses. To compensate for these inherent limitations, individuals instinctively seek out and appreciate any external sources of support that can help them overcome these challenges. When these supportive sources are not readily available, individuals may turn to the ultimate source of support, often perceived as a higher power or deity. To acknowledge this recognition, one can demonstrate appreciation, thankfulness, or offer prayers to the ultimate source of power, the Creator. This way, the individual recognizes and depends on the source of their potential to compensate for their weaknesses, limitations, and dependencies.

The human psyche must be continually nurtured and monitored to effectively regulate the fundamental and essential forces, ensuring its overall health and well-being. Our experiences, environment, and relationships all play a critical role in shaping the development of our psyche, which can be seen as having two sides: positive and negative. Neglecting the psyche and leaving it to spontaneity can cause positive traits to become weaker and negative traits such as anger, fear, sadness, and worry to become more pronounced, leading to impaired judgment and possibly mental health problems such as anxiety and depression, followed by physical symptoms [76]. However, nurturing the psyche through positive experiences, healthy relationships with supportive individuals, self-care, self-reflection, and the cultivation of positive traits can lead to a more resilient and harmonious state of mind, where positive traits such as mercy, honesty, truthfulness, fairness, wisdom, and kindness become dominant. To maintain a healthy state of mind, it is essential to acknowledge the importance of the psyche and to actively work towards its enrichment through personal growth activities, exposure to new experiences, and removing negative influences. By focusing on the positive side of the psyche through self-reflection, mindfulness practices, and positive relationships, we can enrich balance and cultivate tranquility.

Engagement and interaction with others, particularly those we highly esteem, such as our Creator (if we believe in one), can shape our personality. Our personal values have a decisive influence on our relationships and interactions with those around us. These values can come from two sources: material and non-material. Material values, such as wealth and possessions, can drive us to achieve education, build businesses, and create a civilized society. However, achieving these goals can bring about challenges and obstacles that can lead to the downfall of education and businesses, and result in the loss of material

values. A life centered solely on material values can lead to psychological and physical problems and health issues. To overcome these challenges, it is essential to have a balance between material and non-material values. Non-material values, such as human, moral, and spiritual values, can help create this balance, maintain stability, and prevent collapse.

The process of building personality begins with adopting a lifestyle and establishing reference points that serve as motivators and drivers to maximize our physical and personal potential. To achieve this, it is important to avoid disordered behaviour and engage in activities that contribute to a stable life. Life is full of challenges and problems, and having a system in place to tackle them is crucial. Aligning our realities, satisfying our needs, and enhancing our values in relation to our lifestyle helps create a harmonious and compatible system that integrates mentality, psyche, and values in a cohesive manner. This system helps us make informed decisions, effectively manage our needs, and enrich our values, all of which contribute to building mental and physical potential. This, in turn, strengthens our immune system, providing the energy to prevent and heal from illness.

Halalopathy is a comprehensive, integrative approach to healthcare that acknowledges the complex interconnectivity of physical, mental, and spiritual health [77, 78]. Its ultimate objective is to achieve balance and homeostasis within the body by utilizing a combination of lifestyle interventions, value systems, and energetic modalities. This approach places great emphasis on rationality and encourages the adoption of healthy lifestyle practices, commitment to positive expression, and stress reduction strategies aimed at minimizing fear and grief. According to Halalopathy, personality traits play an important role in determining health outcomes. Individuals who possess positive and tranquil traits are better equipped to cope with stress and disease [79, 80]. Conversely, those with high levels of fear, anxiety, and stress may have a lower buffering capacity and be more susceptible to illness. By fostering a more positive and optimistic outlook on life, this modality can activate the body's fight mode and enhance the immune system's function [81].

Halalopathy, as a concept, highlights the importance of understanding the fundamental elements of human personality to improve prevention and recovery [82]. The two opposing forces of entropy and potential energy are essential in comprehending human behaviour and all processes within the body [83]. Entropy, the negative and passive side of matter, is represented by involuntarily acquired or spontaneous energy, which is enriched by material values and distracting information. In contrast, potential energy, the positive and active side of matter, is represented by voluntarily acquired or non-spontaneous energy, which is enriched by knowledge, human values, moral values, spiritual values, and supporting information [84]. Just like physical objects, human personality is inextricably linked to both entropy and potential energy. The human psyche has three conceivable states: dispersed, suppressed or balanced. Normally, the vital forces exist either as potential energy, entropy or a combination of both. When vital forces are dispersed or suppressed, this can enhance entropy and lead to anxiety and depression. On the other hand, if these vital forces are coordinated through a compatible system, this can generate highly organized potential energy and lead to a state of tranquility with great potential. In order to organize the vital forces, a continuous effort is required to initiate and sustain the process. Without a system to coordinate these forces, spontaneous

processes prevail, leading to enhanced entropy and thus a highly disordered state. While entropy moves variably in all directions, potential energy moves linearly and in an orderly manner.

Positive personality traits such as voluntarily donating to poor people, activates moral value, build a compatible system and create a stronger connection between concept and behaviour, generating synergy and enriching potential. In contrast, negative traits such as forceful or involuntarily monetary contributions like bribes are incompatible with human nature, leave a negative aura, and increase collisions of particles and entropy. Halalopathy believes that all functions and information in the body can be perceived in terms of entropy and potential energy. Therefore, understanding these fundamental elements of human personality can be utilized to improve prevention and recovery [85].

Conclusion

The development of the human mind and consciousness is a lifelong journey that starts in childhood and continues to evolve as we age. The development of our personality is shaped by three critical components: mentality, psyche, and values. Mentality refers to our ability to rationalize and make well-informed decisions, form valid judgments, and solve problems effectively. It helps us to approach situations logically and objectively, thereby reducing the impact of emotions and biases. The psyche, on the other hand, refers to the inner workings of our mind and is responsible for our motivations, drives, and behaviour. It plays a significant role in shaping our personality and decision-making. The psyche is a delicate entity that requires regular care and attention to maintain its health and overall well-being. Positive traits do not tend to be enriched on their own like negative traits do, therefore it is important to actively work towards enriching positive traits and ultimately decreasing the prevalence of their negative counterparts. Values, the third key component, serve as a moral compass, guiding our interactions and relationships with others. A balance between material and non-material values is essential to ensure stability, prevent collapse, and lead a fulfilling life. The three elements play a crucial role in shaping our personality and help us to determine what is important in life. To cultivate a harmonious state of mind and personality, self-reflection, mindfulness practices, positive relationships, and personal growth are essential. These activities help us to understand ourselves better and maintain a sense of balance and well-being. By continuously developing and nurturing our mind and consciousness, we can lead a fulfilling and meaningful life.

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Ethical Statement

The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Conflicts of Interest

None.

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