



## Personality: Biological Roots and Adaptive Dimensions

### Interplay of Biology and Experience: The Evolution of Personal Identity

Personality is what separates us from one another and makes us distinct and unique. It makes us who we are. Personality can be changed, developed, grown, and gained. Personality is obtained through both nature and nurture. Within this essay, we will expand on the biological influences of personality. Two biological systems impact the human personality. Personality is developed and grown through biological impacts. Biological traditions show differences between introverts and extroverts. Research shows that introverts and extroverts need varying levels of stimulation and arousal. Biologically we are predetermined to be introverted or extroverted. Analyzing the biological side of personality is beneficial to acknowledge the effects that biology influences our reactions to others and the environments that individuals choose.

From the start of the semester, my definition of personality has remained. With each week, I gain insight into new theories and approaches and adapt my definition. Personality is what makes us who we are. Personality is a combination of nature and nurture. We develop our personalities through biology, our genes, and our predispositions. We also develop our personality through experiences and conditions that change and morph us. I believe personalities are learned through experiences, but they are also genetic and seen even from early childhood development.

### Exploring the Layers of Personality: From Genetic Roots to Unique Experiences

"People express their personality in different ways in different situations" (Friedman & Schustack, 2016). Personality is not fixed and is extremely complex. I believe personality is a culmination of traits that make a person different from another. Different personality traits include extroversion, agreeableness, openness, neuroticism, introversion, sociability, irritability, etc. My personality is different from someone else's, and it is what makes me unique and different from the next person.

According to the 16 Personalities Assessment Report, I am an ISFJ and a "Defender." As an ISFJ, I am 71% introverted, 72% observant, 82% feeling, 71% judging, and 86% turbulent. Believe personalities are learned through experiences, but they are also genetic and seen even from early childhood. Throughout my childhood, I was a middle child as well as the oldest daughter in my family. The children in my family were raised at home as well as homeschooled for much of our education. I believe these unique childhood experiences shaped me and my personality to be more caring, introverted, and emotionally available to other people.

### Eysenck's Model: The Biological Underpinnings of Introversion and Extroversion

Biological traditions play a major role in defining personality. Within biological influences of personality, behavioral genomics studies the impact and influences that genes ha

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**SJ Ball**



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