Abstract
The ultimate goal of psychology and psychologist is to study and understand the behavior and nature of organisms. The aim is to examine and explain how human beings (and other animals) learn, remember, solve problems, perceive, feel, interact with one another, the cause of mental, emotional, and personal abnormality. This quest, to study and understand human personality and behavior, is as old as humanity itself. However, each epoch and civilization handled this task in definite ways. Right from the cradle of human civilization, human beings have struggled to understand themselves, why they behavior the way they behavior, and the way construct their idea of the universe. This quest, which started as early as stoic ages (as far as human documentation can reach) has achieved a lot grounds in the scientific interpretation and understanding the human personality and behaviors. It follows, therefore, that human behavior and personality can be studied scientifically to determine the laws that govern them. This break-through has bequeathed to psychology some of the human behavior and personality problems previously dimmed demonic, spiritual, irreconcilable, and heredity. Among these problems are related to mental and physical aspects of the human behaviors: Explaining the physiology of perception and contents of perception, determining the basis in the human intelligent and adaptability to different circumstances.

Key Words: integer-eclectic, connectness, mind-flexibility
Introduction

Apparently, the study of human behavior and personality has widened the spectrum of human knowledge of his activities and actions, and has transported behavioral sciences from the convoluted paradigm of behavior to a more definite and précised concept of the mysteries of behaviors. In this position paper, I will use the knowledge acquired vis-a-vis the course on the History and System of Psychology to present my personal view of human behavior and personality. The conceptualization of human beings as possessing an innate potential which enables them to strive toward a more realistic and authentic existence in the universe has led to the theoretical exploration of what actually constitutes human behavior (Corey, 1996). Theorists have proposed various notions, yet much remains uncovered about the actuality of the psychological and natural disposition of human beings: the composition of their personality, their thoughtfulness, potential, and their interactions/relationships with one another (Marx et al., 1987). The Greek philosophers regarded human being as part of nature and would probably have agreed that human behavior is lawful and predictable, just as the behavior of physical objects. For example, the theory that holds, “whatever goes up must come down” or “water follows its course.” In the realm of natural philosophy or physics, it is demonstrable, but in behavioral sciences, the result may different.

In the middle ages, the concept of human nature was viewed differently. Human beings were considered as creatures with “a soul, possesses a free will which set them apart from ordinary natural laws and subject only to their own willfulness and perhaps to the rule of God” (Marx, 1987). Although such concept of human being elevated human nature from it “primitive” view, it could not be an object of scientific investigation. Rene Descartes (1596-1650) redefined the notion of human nature and started a trend which favored psychological researches (Marshall and Wendt, 1980). Descartes maintained that the human body is a machine with a soul which moves and behave in a predictable ways if we know and understand what propels his to act. Charles Darwin (1809-1882) carried the concept of human nature to a very complicated and expensive dimension with his evolutionary theory. Although very destructive to the bibical account of creation (creationist theory), Darwin’s theory paved the way for psychologist to study human behavior from a more scientific ambient. Therefore, the acceptance of Darwin’s integer-eclectic “has made the science of psychology more acceptable by making it more plausible than ever to view human behavior as
lawful.” (Marx et al., 1987). In such a scenario (Darwin’s notion of evolution) human behavior is represented as an entity that obeys and respect both internal and external laws of human propensity and ecological settings. This human propensity, however, has its own complications in studying and understanding human behavior and personality. For example, if human beings have innate potential or propensity, how can we account for the differences in their emotions, values and concepts of realities? Why is it that one person responds differently than others to internal and external stimuli? And why is it that two or more people in any group may experience the same natural or physical calamity while others do not? In this position paper, I will present my own concept of human beings from the following perspective.

1) **Approach to the System of Human behavior and personality**

Although most psychologists are generally in agreement that the subject matter of psychology is behavior or response make by organism, there is considerable divergence of opinion as to precisely what ought to be included under that category of behavior. Taken in the broader sense, behavior may include anything the individual does or experiences, which may include; ideas, dreams, glandular responses, fight-flight responses, maneuvering of situation, etc. In a narrower sense, behavior can be defined as objective or public observable responses made by an organism but with emphasis on human beings. Anyway the study of human behavior is akin to his or her personality or vise visa.

Fundamentally, there is as yet no one universally accepted definition of personality. In general, personality refers to long-lasting and important characteristics within an individual, ones that continue to exert a strong influence on behavior (Ewen, 1993). As complicated as it may seem, not all aspects of human personality is strictly open to observations or consciousness. On the contrary, a large segment of personality lays hidden from the “outside world” and to the individual. The aspect of personality has been known as the unobservable and unconscious world of humans.

Within the developmental processes of psychology, many systems of psychology have existed, and the central contentions of each of these systems make the directive function of its psychological inquiry quite clear. All effort is to decode and reveal the contents of the unobservable and unconscious world of human personality. Examples include:
1. Associationism: studies the principle of association of idea (or of word or of stimulus-response connections), analyzing complex events into simpler ones as the most direct road to understanding human personality.

2. Structuralism: studies the contents of consciousness through the method of experimental introspection, searching always for the irreducible elements which make up consciousness.

3. Functionalism: concerns primarily with the functions of mind and behavior in adapting the organism to the environment.

4. Psychoanalysis: its core investigation is motivation, most of it is unconscious and sexual, and it must be studied through it manifestation in dreams, error, symptoms, and associations.

5. Behaviorism: studies the behavior of the organism through strictly objective methods; consciousness cannot be part of the data of psychology.

6. Gestalt: the psychologist can arrive at useful and meaningful laws only through the study of significant wholes; premature analysis is disastrous.

7. Biopsychosocial Model: states that the boundary between the mentally well and the mentally ill is fluid because normal persons can become ill if exposed to severe-enough trauma; that mental illness is conceived along a continuum of severity—from neurosis to borderline conditions to psychosis; that the untoward mixture of noxious environment, biological, and psychic factors causes mental illness; and that the mechanisms by which mental illness emerge in the individual are psychologically mediated by the principle of psychogenesis (Wilson, 1993).

In every school of psychology, classic or contemporary, there is continuing interplay between the theories of one school and the other, but with different perception of human nation and personality. Because of the importance of the study of personality, and of its primary role in the understanding of behavior, it seems quite natural to assume that the field of personality has occupied a prominent position in psychology throughout the history of the field. Indeed, it might reasonably be assumed that personality is what psychology is all about. Psychology emerged as an independent and primarily experimental science out of an amalgamation of certain trends in philosophy and physiology. The question is, what model explains human personality and behavior better?

**Personal Concept**
Because of the multi-dimensional perspectives of human nature, I favor a resourceful approach which I may refer to as integer-eclectic. This model of studying human personality and behavior permits the integration of theories that I find agreeable to my concept of human nature. This approach allows me to use a combination of theoretical approaches already proposed and used by psychologists in the interpretation of human behaviors (integration). Concepts within my choice of theories which conflict with my notion of personality will be discarded, leaving only those with which I can agree (eclectic). Thus the emergence of a model integer-eclectic theory. The reason for an integrated and eclectic approach can be understood from the fact that the human person is complex; therefore, no one approach can definitively answer and handle these entanglements. For example, if only the Freudian psychoanalytic approach, which sees human nature as a bundle of sexual instincts or drives, is used to evaluate human nature (personality development) therapy will basically be centered on human sexuality which may not justify my position. The one sided approach to human behavior as seen in Freudian psychoanalytic approach may be found in other theories as well. From experience and researches, it is known that no single theory can well define human beings. Even in the integration of concepts, one readily finds views that conflict or exaggerate the real and practical human existence. This is why the integra-eclectic approach was preferred for the study and evaluation of human behavior processes.

In studying and evaluating an individual, many different theoretical approaches should be utilized, and every approach must be screened so that the concepts used are relevant to an issue at hand. For example, if I want to integrate Freudian, Jungian, and Rogerian approaches, I may not strictly and purely accept all their concepts. I may disagree with some Freudian concepts in favor of theories advanced by Roger. In another instance I may favor Freudian theories and disagree with Roger, or Furthermore, I may use both association and structural models in studying or evaluating or treating one individual personality problem which may not agree with the functional and psychoanalytic models. The same measure may be applied to behavioral, Gestalt, and biopsychosocial models.
View of Human nature and Behavior According to Integra-eclectic Model

Human nature is composed of internal and external dynamism. The internal dynamism is an innate or inherent propensity or potential with which every person is born. This internal dynamism is dominate at birth and can be activated by the external dynamism which is the environment. The child in the womb is affiliated with his or her mother’s nature. He derives nourishment through his affiliation with his mother. Therefore life in the womb is not a full blown encounter with the human experience, however, the biological link between parents and a child may be considered as an encounter. The birth of a child brings him into contact with external dynamism which immediately activates the internal propensity or dynamism. The normal cry of every newly born child is an essential sign of this activation. Without this activation, life would remain dormant. When a computer or cellular phone is activated (the process of linking the hardware (the environment) with the software (the internal dynamism), there is always a sign of connectness. Once activated, the computer or cellular phone assumes the command of its owner who is also bound by the internal formulation of the appliance. Human personality and behavior have infinite range of propensity which can assume any pattern depending on how, where, and when they are exposed.

How factor: the birth circumstance, biological factors (physical or neurological impediments). The howness of a person’s exposition controls not only the internal propensity, but also determines the impression the world will create on him or her. A child born with a low dopamine, for example is pre-disposed to dopamine deficiency which may invariably result to mental problems.

Where factor: cultural background, social status, and ethnic group can constitute ecological problems from individuals.

When factor: the generation into which one is born can have a great effect on one's behavior pattern. People born in 1880 behaved differently than those born in 1900. Therefore human nature can be said to be a compartmentalized process the quality of which is not known until it is activated by the environment (Castillo, 1997).

This theory is extrapolated from Freudian, Jungian, Maslowian, and Disease-centered concepts of psychic energy and instinctoid. However, unlike their emphatic claims that human innate dynamism are a priori healthy, benign, or destructive, I believe that the inherent human propensity is not qualified as good or bad, but it is structured to give an individual a Self that corresponds with how, where, and when he or she is born (evolutionary theory of Darwin). The psychoanalysts believe that
behavior is contagious, the successfulness of one behavior sequence results to the successful behavior of the other and the unsuccessfulness of the same. Unlike Freud, who maintains that human internal propensity or instinct is activated through needs, I believe that it is activated at birth and the way it is satisfied depends on how, when, and where the individual is exposed or grows up. My view is a mediation between Kant's epistemological theory of Tabular Rasa and that of the cognitive theorists who maintain that individuals are born with inherent potentials for rational thinking, but tend to fall victim of the uncritical acceptance of irrational beliefs. Therefore, they propose that therapeutic goals should be centered on changing the individual's thinking and belief systems. Unlike Kant, I believe that human beings are born with potentiality which can also be referred to as innate propensity. Changing a person's thinking and belief patterns is not enough without changing the environmental constituency of the individual, i.e. “howness” of the birth condition, “whereness” of the individual’s domicile or ecological equilibrium, and when the individual is born.

My approach fits in a multicultural and multi-social status. Since no place exists where everyone is born under the same social-economic, cultural, and physiological ambient, I would also say that this approach is inclusive.

**View of personality development:**

Personal development speaks of patterns in the external world to which the individual is exposed or with which he or she interacts. Immediately upon the birth of a child, a journey into the unknown begins. The future of the child is determined by the manner in which his needs are satisfied. Gratification or satisfaction of needs is not always readily available, and often an individual must maneuver obstacles in order to satisfy needs. The manner in which one is equipped determines how successfully or unsuccessfully obstacles will be maneuvered in order to attain needs. Since individuals are not born into the same environmental framework, because of how, where, and when, a person is born, one may confront obstacles with limited knowledge, information, and preparation, while another may confront obstacles with broader knowledge, information, and preparation.

The fear of facing the unknown world with limited information is central to many personality disorders. To eliminate this fear each child must be guided to full understanding of the realities of life. For example, children born with physical incapacitation should be equipped with true
knowledge of themselves and the society and cultural environment into which they are born. If such information is not well fashioned, they may face the obstacles with fear which causes neurosis or personality disorder. If a child grows with a real concept of how, when and where needs are satisfied, they are cognitively prepared to face the world.

A child born into a low income home should not be given the impression that needs are easily attainable. Parents of this home should train their children with broader ideas of needs and how easily or readily they can be satisfied, without however, undermining each child's potentiality. Minority group children, for example should be realistically informed of the possibility of discrimination from the majority group, so that they can be prepared to handle discrimination when it happens. The more a child is well informed of the external dynamism, the more the mind is prepared to maneuver the obstacle or problem. If children of minority groups are taught that every person is well accepted and integrated, he builds up a strong self-concept or construct that everything is all right. When this child encounters discrimination at school or on the play ground, the mental framework that forms his thinking pattern is conflicted with the reality of life. Such conflict may severely disrupt confidence and will power. When the individual encounters pronounced contradiction between self-concept and the real structural construction of life, one builds up anger over the source of incorrect information (Parents, school, society etc.).

**Approach to dealing with Personality & Human Behavior Experience**

Because of physical and emotional incapacitation, children cannot express anger in order to let out bitterness over their disappointments. Anger and agitation is then repressed in the unconscious. The more a child confronts insurmountable obstacles because of limited information, the higher the range of his anger toward parents and society. This anger is repressed until a time when the individual is physically and emotionally ready to re-visit the ugly feelings. In many cases, the individual with ugly feelings toward parents or society may not necessarily invest the anger on the original source of anger or the source of limited information, but on themselves or an immediate unconnected person upon whom all their anger will be projected. This can take the form of psychopathological magnification, like antisocial behavior, armed robbery, violence and aggressive behaviors, child abuse, etc.
The human innate propensity is dynamic, active, and flexible. This flexibility helps the individual to restructure that pattern of his or her self-concept or construct when the old one becomes difficult and impossible to cope with. If the mind's flexibility is not well developed, one may be locked up one outdated and unproductive concept or construct. The stimulation and reactivation of the mind-flexibility is the therapeutic goal for any client. By stimulation of the mind-flexibility, the therapist is able to test the client’s imagination. By reactivation, the therapist redresses the issues of human practical life which were perilously ill-presented and mishandled by the client in a more realistic and unbiased way. Our notion of mind-flexibility stems from the fact that the functionality of the human mind is much more than the behavior processes exhibit by humans. Behaviors are the externalization of the internalized processes or experiences, and therefore whatever form a behavior takes, is a sum product of structures and systems. In a set up such as human behavior, it will be erroneous and misleading to think that behaviors can be changed from outside.

The cognitive-behaviorist and existence psychologists seem to have revolutionized our old ways of seeming human behavior from a linear perspective. Such notion gives the false belief that human behavior is the central factor in changing a human being. Unfortunate, the systemic psychologist does not set out to change the behavior of his or her patient, but to refashion the patient’s self-construct, self-concept, and his “beingness”. All these phenomena are internalized factors which influences the individual to behave the way he or she behaves. If a child is a shoplifter (unacceptable social behavior) whenever he leaves the home, he lifts a shop. The natural way to look at this child’s problem is to change the behavior of shoplifting, which invariably would entail measures of restrictions like not to go to shops again, monitor his or her movements, imprisonment, etc. This method springs from linearity which suggests that action/behavior A (shoplifting) can be diminished or get reed of by introducing a negative action/behavior B (restrictions) which will result to acceptable behavior C (stop shoplifting).

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A + B = C
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Linearity

Human behavior pattern does not always obey the laws of linearity because of the complex processes involved before a single action or behavior is performed. So any attempt to change the behavior outside of these complexities creates friction between the individual to be changed and the
changing factors. In order to stimulate the mind-flexibility, the Thematic Apperception Test (TAT), a technique developed by Henry Murray (1943), and stories should be used. In addition, the Unconditional positive regard and empathy technique developed by Roger (1961) will also help the individual to change their concept about life and to correct their wrong and unattainable construct of life.

The therapeutic relationship will be client-centered, coaching, and teaching. The therapist must be empathetic and genuine in his or her dealing with the client. Since the unconscious feeling of the clients is that the world cannot be trusted or the world is a very wicked place, the therapist must construct his or her concept with openness and sincerity of purpose. This approach deals with all of population and can be used in all cultural and socio-economic groups notwithstanding their multidimensional perspectives. The ultimate therapeutic goal is to open up more versatile and comprehensive ways of attaining the individual's needs without being locked up in the a stereotyped self-concept or construct.

Case Narration: This is a real story about a couple who nearly ruined their marriage because of constant disputes. For reasons of privacy, I will protect the identity of the parties and use alternative names. Don and Dona have been married for seven years. According to Don, with the exception of the first year of the marriage which seemed to be normal, the rest of the time was like living in a desert. Dona, although no longer in service, is a trained police detective who has participated in many dangerous investigations. Don is a journalist who covered most of the thrilling combat in the Gulf war for his media. He is managing his own business now. Almost everything they do in the family ends up in a serious argument, even including the position of the flower vase or the issue of who dresses or cooks better. Both of them say, however, that they love each other dearly.

Don accuses his wife of being so fixated to her point of view that she never examines other person’s side. “She feels that she knows it all, and she interferes with my own life”, Don says, “even to the point of telling me what to wear and when to wear it”. On the other hand, Dona is upset with her husband’s uncompromising attitudes. “He tells me”, she reports, “that I have not traveled enough to know the best place to go for summer vacation.” When I write applications or even letters, he wants me to give them to him for a “journalistic touch”. “He feels”, she states, “that I am not competent to
handle things on my own.” With their relationship in a mess, they are thinking of separation or divorce.

**Theories of Change:** For the traditional therapist, this situation may be seen from linear perspectives, as in Freud, which go back to autonomy in the child developmental stages. In the integrative-eclectic approach, the issue can be treated from more elaborate dimensions. The repeated pattern of challenges over ability to perform is very common in people who have misguided and limited information of the world. This concept subsequently creates a rigid symmetrical relationship whereby competition over equality or autonomy can escalate into an unhealthy productive patterns or communicational relationship in marriage, at work, etc. This tendency has driven Don and Dona into the danger of competitiveness which is often detrimental to relationships.

In every relationship (friendly, marital, or national) three phenomena govern, i.e. quality and dimension of communications which can be redundant, complementary, and symmetrical. However, there is no criterion that states that one is bad and the other is good. Complementary relationships can be healthy or unhealthy, depending on how they are applied and handled.

The same applies to symmetrical relationships. Many theorists say that a balanced idea of complementarity and symmetrical relationship is better. In the case of Don and Dona, if they can introduce a bit of complementarity in their symmetrical relationship, it will help to define their boundaries and reduce unhealthy competition.

**Second Case Narration:** This is also a real case from an attorney’s casebook. The true names and identities of the parties are withheld. Ed and Nancy married after breaking away from their first marriages. While Nancy lost her first husband through illness, Ed had a divorce from his first wife. Ed. is a graduate of Harvard University and a member of MENSA, a club for intellectuals. He was a procurement officer for the military and retired as a full blown colonel. Nancy on the other hand is a physical education school teacher.

Ed and Nancy came to know each other through a newspaper advertisement. The marriage was quick, perhaps because of the fact that Nancy refused to have a sexual relationship with Ed outside of marriage. The marriage is not a happy one and there is great disparity in the relationship. Ed. sees
his wife as inferior to him and therefore belittles her. He says that she cannot perform sexually and he masturbates in front of his wife. Unable to withstand the marriage any longer, he says that he wants and needs a divorce. While there is no physical abuse, Ed verbally abuses and humiliates his wife. The greatest humiliation, according to Nancy, is her husband’s habit of masturbating before her. This has led the couple into divorce.

Triangle and triangulation in marital conflicts suggest an outlet through which couples channel the source of their marital conflicts to a third or fourth party as a means of achieving stability without a change. Triangles complicate and intensify conflicts because the conflict is organized around external issues or persons who may not necessarily be the cause of the conflict. This makes it difficult for a non-skilled or “help trained” therapist to notice the pattern at play.

The case at hand can be used as an example of marital triangulation. The prominent issue in this case is open masturbation and humiliation. This may be a cover over the real issues in their marital conflict. By fighting over open masturbation and humiliation, the couple may intensify their conflict, but the issues of their relationship, sexual functionality, and mutuality (emotional distance) will go unattended.

**Third Case Narration:** This case is from a television show. Karol started dating Marbel when he was 26 and she was 19. Toward the end of her college, she picked up Karol who is now working a part time job and also studying for a Masters degree in microbiology. At the ages of 28 and 21, Karol and Marbel got married. Karol was not ready for children at present and wanted his wife to use contraceptives. On the other hand Marbel wanted to have babies as soon as they got married. Furthermore, Marbel does not believe in contraceptives. Marbel thinks that Karol has no genuine reason for not having children because both of them are working and can take care of kids. She thought that the whole purpose for not having children is selfishness and irresponsibility. After two years of marriage, Marbel attended the convention of her college alumni where she met her friends and classmates with their children. Marbel has no explanation to give as to why she has no children. “Have you no man in your life? or are you are having some problem?” were embarrassing questions which Marbel kept hearing from her classmates This question continued to ring in her mind. From that time until now, a new but tense climate enveloped their relationship. Marbel accuses her
husband of infidelity and irresponsible behavior and becomes angry with him when he comes home late from work. Karol on other hand finds fault with Marbel.

There is always disagreement over every matter, no matter how little. At a restaurant, they might quarrel over who is to be seated first or who should start eating first. At home, it is catastrophic. The emotional climate becomes frigid and superheated; yelling and clamorous rage becomes the only available means of communication, and there is a divided domain within the same household. When the turbulence became complicated and confusing, Karol threatened to kill Marbel. He actually attempted to kill her but instead a burglar who tried to steal Marbel’s car that had been loaded with explosives was killed. The FBI later connected Karol with the explosion of the car. He was charged with manslaughter and attempted murder and was to serve 16 years in prison.

Turbulence can be an endangering phenomenon in the emotional stability of marital relationships. Every changing dyadic relationship is unpredictable and can escalate into unintended consequences. The case in question is an obvious situation of dyadic conflict which started with a “little” issue concerning the timing for when the couple will have babies and developed into a killing. Turbulence thrives in an unstable atmosphere, and gathers momentum with any situation. Almost any stimulus can activate turbulence and bring it to a marital conflict. When the situation is complicated, it leaves the couple in confusion and they may not know the source of their conflict. The same thing may the problem of a therapist who dwells only on the level of underlying simplicity of a marital conflict without exploring the surface complexities where patterns can be dictated and interrupted on a high leverage intervention.

References