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Class: B.A. (H) 2nd Year

Paper: III Psychopathology

Topic: Psychopathology - Definition and Scope,
Normality & Abnormality.

Psychopathology is that branch of psychology which scientifically deals with abnormal behavior. In this field counsellors/clinicians are concerned with maladaptive behavior and irrational thought pattern, its severity and duration amongst clients, and look for indications of diagnosis, treatment and follow up. At one extreme are the greatly and visibly disturbed people, once called insane, mad or lunatic, and now called the psychotic. At the other end are the unhappy people, unable to cope effectively with life demands, limited in their ability to love, work or find ~~mean~~ purpose in their life, either over long periods or in brief stress related episodes. Against

standards of mental health or normality otherwise all are considered as forms of mental disorder or psychopathology.

Normality Vs Abnormality

Following are some of the norms used to to normality of the individual's behavior :

- (i) State of perfection as Normality
- (ii) level of Adjustment of Normality
- (iii) Reality testing as Normality
- (iv) Behavior control as Normality
- (v) Self worth as Normality
- (vi) Self awareness as Normality
- (vii) Social Relationships as Normality
- (viii) Effective Functioning as Normality

On the other hand, opposite of above features classifying as abnormality of behavior such as

- (i) Violation of Social Norms
- (ii) Maladaptive Behavior

(iii) Personal Distress

(iv) Failure to Function Adequately:

(a) Suffering

(b) Not adaptive

(c) Vividness and Unconventionality

(d) Unpredictability and loss of control

(e) Irrationality

(f) Causes Observer Discomfort

(g) Violated moral/social standards