Historical Perspectives of Abnormal Psychology

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There have always been debates between what is abnormal and what is normal. Over time people have become more acceptable when it comes to abnormalities. A long time ago people would burn women, saying they are witches. These women were not actually witches; they just had different beliefs. Having different beliefs in that time was considered abnormal. It was not normal for a woman to stick out or seem to know more than a man. It was not normal for people to know things that other people did not already know, or things that people have never heard of. Back in these times people who were considered abnormal were treated just like a prisoner who has committed a serious crime.

People were sometimes chained to a pole and left there for hours. Instead of receiving help they need they were treated awfully. They were treated like they were monsters. They used to have a contraption called “the crib”. It seems pretty scary. It is basically a coffin, but instead of a lid; it has bars. People were also left here for hours at a time. Now we have people that study abnormalities and they have a better idea of how to classify someone as abnormal. They also help the people instead of treating them so harshly. Just because a person does something different than another does not mean their behavior is abnormal.

**Origins of Abnormal Psychology**

As mentioned before, some people do not have the proper education to label another person as abnormal. People are afraid of what is different from them. They would assume that a different behavior would be abnormal because that particular behavior is different from their own. In the Bible Abraham was going to sacrifice his own son. This means that he was going to kill him as a favor for God. People probably feel that his actions were bogus. However, it is what Abraham and his people believed in. To him this behavior was completely normal.

It is hard to say what is abnormal and what is not. There are always two sides to every story. Being a psychologist a person can get the proper knowledge, which gives them the ability to judge abnormality. There are so many factors to consider before you can suggest something is abnormal. People cannot just believe something or someone is abnormal because they do not act as another person would. People of different regions feel the others are abnormal because they believe in a different God, or a different way of life.

**Theoretical Models Related to the Development of Abnormal Psychology**

So many people wonder what the theories of abnormality suggest. Some people feel that there are specific reasons for a person’s odd behavior. A person will never be normal or abnormal without a motive. Something makes human beings act the way that they do. Psychosocial relates to a person’s mind and their environment. People can be influenced by their environment and their mental status when relating to abnormalities. A person can act “strange” because of an imbalance, or they could be abnormal because of their surroundings.

Medical and biological abnormalities may be more tolerated because people know that person cannot help their behavior. A person can develop abnormalities because of their chemical and genetic make-up. All it takes is an imbalance in the brain. These things cannot be avoided. This does not mean all people are abnormal, but it does mean that abnormalities can come from their genes or from a medical condition. They cannot be helped if this is the person’s case.

Sociocutural relates to a person’s social life and a person’s culture. They say that the people you are around the most are the biggest influences. This can be true. Around your friends you would act different from how you would at home, or at work. Your best friend could cause you to seem abnormal because of their own behavior. Also, some religions sacrifice goats. This relates to abnormality because sacrificing is out-dated and it is strange. The three theories discussed all make sense in their own ways. Now all that is needed is for a theorist to put these theories together; especially, because they all make so much sense. All three of the theories discussed would be so close to perfect if put together.

**Concluding Abnormal Psychology**

It is hard to say what they actual “right’ definition of abnormal is. People have many ideas which all sound good. Abnormalities are treated instead of harmed now. History has helped psychologist become more knowledgeable about abnormalities. They are educated and can understand both sides and are not bias.

Reference

Hansell, J & Demour, L. (2008). Abnormal Psychology. (2nd Edition). Hoboken, NJ: Wiley