Abnormal Psychology

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**Introduction**

Almost at some stage in everyone's life, everyone encounters some mental disorders or abnormal behaviors, because everyone has a different definition of abnormal behavior. The abnormal behavior can be due to any reason, which in some conditions, makes tough for these behaviors to detect. They include depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Schizophrenia, etc. These abnormal behaviors sometimes lie in the context of the mental disorders which cannot be clearly identified. There are many methods through which they can be easily identified. This essay will highlight the basic methods and principles for the detection of those mental disorders and the difficulties clinicians face in detecting and identifying them. (Collins, 2011)

**Discussion**

Other than this, social communities influence play an important role in the identification of mental disorder. Because of the cultural influence, the identification of mental disorders can be very difficult. The consideration of the cultural values highly matters in the detection, because the abnormality in one's culture can be substantially normal in other cultures. For example, in India, it is normal for a six-year-old to marry a teenager of a minimum thirteen years and even bear a child. However, in the United States and European Unions, the applicability of the same case would be considered highly appalling and sufficiently abnormal. According to Lilienfeld (1995), the concept of identifying abnormal behaviors is fuzzy because of no limitations and boundaries in the context. There can be other additional hindrances in the identification which might be the perceiver's view on the concept of the normal behavior., societal and cultural perceptions as mentioned earlier and the situation during the moment of perception. (Buthcer, 2007). Now, with a diverse approach that the majority of the society and different cultural aspects produce hurdles in the identification, we will specifically look at the disorders which are mostly considered by a number of cultures abnormal. Because every culture has a developed sense of normality and behavior as the child grows and develops. This essentially helps them in highlighting the social acceptance or unacceptance. The flaws in the behaviors are noticed when people from different cultures and perspectives come across at one place, and start discussing. The same example in the terms will be highlighted if we see that it is socially acceptable for a woman to have jobs, kids and their own places of living, which is not possible in a majority of areas in Asian communities like Pakistan and India communities.

With the evolvement in the technology and through other inventions and discoveries, peoples point of view is changing exponentially and expanding to new horizons and including a

diverse recognization among a population.

**Conclusions**

A load of problems is increasing in the lives of the generation of today, either at a young community level or an older community level. This is because as the new inventions, discoveries and methods for the benefits are kicking in, problems are coming into the lives of the communities too. This cause behavioral changes which can erupt the space between the mind to create mental problems and disorders like depression, anxiety, schizophrenia, attention deficit hyperactivity disorder, etc. There is a strong need of identification to cure them, which can subtly be used to regulate the problem and suppress it among the caused. There are multiple problems which are being faced by multiple cultures in their identification, which are known to be the main cause of the problem, peaking challenges in the identification of them. These challenges include the cultural and societal norms differentiation among the two. This means that what may seem abnormal to one cultural society can be totally pretty normal and healthy to the other one.

**References**