Assignment 1

Name

[Institutional Affiliation(s)]

Author Note

 **Critical Thinking**

Abnormal behavior is a behavior that deviates from an expected or normal behavior. For example, if Sandy stands up in the middle of the class and starts dancing, it would be suggested as abnormal behavior. Abnormal behavior may have many causes such as genetic abnormality, biological anomaly, and abnormal behavior due to cultural differences. Psychologists often classify abnormal behavior based on a violation of norms of the society, statistical rarity, personal distress or antisocial personality disorder. Certain other factors also contribute to an abnormality such as incomprehensibility, unconventionality, irrationality, unpredictability, violation or loss of control and vividness. Many psychologists suggest that the presence of the four Ds in a person identifies him as abnormal. Deviance, dysfunction, distress, and danger are the four Ds (Desmarais et al., 2018). If a person fails to perform his daily tasks in a normal way, then he might be recognized as abnormal. In case of dysfunction, it is recommended that a person may have acquired an abnormal pair of genes or any structural or functional anomaly (Tay et al., 2019).

It is also debated among psychologists that changes in genetic material and biological processes may also be criteria to identify abnormal behavior. Certain psychologists believe that there are various criteria for the identification of abnormal behavior including genetic and biological differences. If the number of chromosomes fail to be gathered in a normal pattern then it might result in abnormality. Genetic differences may result because of mutation or environmental factors such as exposure to harmful radiation. Psychological differences might be a consequence of stressors or depression-related factors in individuals (Huang et al., 2018). Therefore, certain factors such as genetic, biological, psychological, and socio-economical, as a result of a diverse range of elements, may cause abnormality.

# Discussion

If a person is statistically average, it does not represent that he is normal. Also, if a person has no socio-psychological issue, it does not imply that the person is normal in behavior. Normal behavior is a norm that is socially and communally acceptable. Abnormal behavior is a behavior that does not align with the norms of the society or it deviates from normal cultural aspects. In my family, I have my first cousin who is suffering from Down syndrome. It is a condition that results because of abnormality in chromosome number 21. This form of abnormality is a genetic difference that causes a person to suffer from this condition. We have encountered various situations where he often started eating in front of everyone at an odd time. It was so awkward when he once started eating at a funeral. This behavior is abnormal in society, however, the person is not able to control his actions in such a case.

The genetic abnormality is a kind of behavior that is beyond control. Similarly, one of my family relatives is suffering from epilepsy. It is a condition in which he cannot control his aggression. He started calling names to a person in the street and after that, he badly hurt him in front of everyone. At that time, he was not able to control his anger. This is also considered as abnormal behavior for society. He was advised to take some anti-epileptic drugs to calm him down. He demonstrates abnormal behavior because of genetic or behavioral differences therefore, his activities and conduct are not recognized as normal by others.

**References**

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