

Personality Theories Discussion 5: Male/Female Differences

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There are various observable personality differences between the members of the male and female genders. For instance, males are usually more violent than women. Additionally, females are normally more emotional compared to men. According to Blatt and Bless (2013), the biological theory of personality is the most appropriate in the study of the differences that exist between members of the female and masculine genders. The biological theory espouses that both genetic and physiological factors affect the personalities of men and women. This is due to the differences in their anatomical and DNA compositions. This paper explores the differences in personality between males and females based on the biological perspective of personality.

Genetic determinants have a significant influence on the development of character. One way of understanding the impact of genetic factors on personality development is through the differences in aggression, emotional stability, and sexuality. Concerning aggression, Harmon-Jones, and Inzlicht (2016), observed that males are more aggressive than their female counterparts. This implies that aggression is one of the most recognizable personality traits of males. The biological perspective explains that the existence of testosterone in males accounts for aggressive behavior (Blatt & Bless, 2013). Luyten and Blatt (2013) further argued that even though males exhibit varying levels of aggression, even the least aggressive men can become increasingly aggressive under the influence of certain socio-cultural determinants. This is the reason why it is the male gender that engages in violent crimes that their female counterparts.

Concerning emotional stability, women are usually less emotionally stable than males. In other words, females are more sensitive than males (Blatt & Bless, 2013). For instance, most women find it easier to scream or cry uncontrollably whenever they encounter an unexpected situation that out rightly frightens them. On the end side, men opt to remain bold in similar

circumstances. According to Harmon-Jones and Inzlicht (2016), the prevalence of higher levels of serotonin neurotransmitters in females is one of the reasons for their lower emotional stability. In their study on biological perspective on personality, Blatt, and Bless (2013) further suggested that differences in the brain's physiological composition between males and females could account for their differences in emotional stability. Specifically, the hippocampus and amygdala sections of the brain influence the development of stable and unstable personalities.

Regarding the sexuality aspect of their personalities, the biological perspective illuminates that females have a higher inclination towards preferring long-term mating strategies (Harmon-Jones & Inzlicht, 2016). From a critical viewpoint, this means that most females tend to prefer a consistent sexual conduct in their partners. On the other side, a majority of males have a high proclivity for short-term mating strategies (Blatt & Bless, 2013). Luyten and Blatt (2013) explained that the DNA codes in females allude towards a more cohesive personality that influences their preferences for long-term mates.

To sum up, the biological perspective of personality development underscores that the variations between the genetic and anatomical constituents of males and females have a substantial influence on their personalities. This is the reason why, for instance, females exhibit a lower level of emotional stability compared to males. Therefore, the biological perspective properly explains the differences in personality that exist between males and females since it uses scientific methodologies to explicate quantifiable personality differences between males and females. The findings of this study could form a necessary framework for future research on the personality differences between males and females based on the biological theory of personality.

## References

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