**DIFFERENCE BETWEEN NORMAL AND ABNORMAL BEHAVIOUR**

**Degree Course (Three Years)**

**Psychology Honours**

**B. A. Part– I Honours Paper II : PSYCHOPATHOLOGY**

**Unit 1**

**By**

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In psychology, normality and abnormality refer to behaviors, including thoughts and emotions, as well as biological and psychological traits. Normality has been defined A Pattern of behaviour or personality traits are typical or that confirm to some standard of proper and acceptable way of behaving and being.

Normality is behavior that is consistent in a person’s usual way of behaving. It is conformity to societal standards as well as thinking and behaving similarly to the majority, and as such is generally seen as good in this context. Normality is also behavior that is expected and/or appropriate to the situation. It may also be just being average, as is the case in psychological statistics. It involves being able to adjust to the surroundings, manage or control emotions, being able to work satisfactorily as well as build relationships that are fulfilling or at least acceptable.

Abnormal behavior is any behavior that deviates from what is considered normal. There are four general criteria that psychologists use to identify abnormal behavior: violation of social norms, statistical rarity, personal distress, and maladaptive behavior. Abnormality is any impairment in an individual’s functioning or maladaptation to changes in life or the surroundings. It is behavior that is unusual, bizarre, atypical or out of the ordinary. It is maladjustment to one’s society and culture, exaggeration, perversion or violation of a society’s prevailing standards, and is generally viewed as bad. It can be a lack or a [deficit](http://www.differencebetween.net/business/economics-business/difference-between-surplus-and-deficit/) in a particular trait, like in limited intelligence, or just being a statistical rarity as in being above genius. It can also be a disorganization in personality or emotional instability. In abnormal psychology, abnormality is defined as behavior that is deviant from societal norms, distressing to the individual or to close relations, dysfunctional to everyday living, or dangerous to self or others.

**Difference between Normality and Abnormality**

**Statistics**

In any given behavior or trait, normality is being average or close to average. Scores falling within one [standard deviation](http://www.differencebetween.net/science/mathematics-statistics/difference-between-beta-and-standard-deviation/) above or below the mean, the most average 68.3% of the population, is considered normal. Normality may extend up to two standard deviations away above or below the average for a total of 95.7% of the population. Meanwhile, abnormality is the statistical rarity, falling in between two and three standard deviations away above or below the average, which is 4.3% of the population.

**Social norms**

Normality is conformity to the accepted or most common behavior within a group or even a subgroup. This includes following situational or contextual norms as well as reacting appropriately to situations and events. On the other hand, abnormality is deviance or violation of those norms.

**Daily functioning**

Normality is being able to cope with and having appropriate coping mechanisms with the stresses of everyday life, being able to work, to interact with other people and to establish and maintain relationships. Abnormality, on the other hand is being dysfunctional in these areas; being overly susceptible or inappropriate coping to stress, being unable to be productive, to interact or to form relationships as well as moving from one [relationship](http://www.differencebetween.net/language/difference-between-relation-and-relationship/) to another too often or having relationships that are too short.

**Mental health**

Normality usually allows for a healthy state of mind for an acceptably lengthy period of time. A disorganized personality and unstable emotions as well as prolonged mental or emotional distress are considered abnormal.

**Adaptation / Adjustment**

Normality is being able to adapt or adjust to changes in life or in the environment. Abnormalities are those that prevent an individual from coping with these changes or behavior that result to maladaptation and maladjustment.

**Difference**

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| **Characteristics** | **Normality** | **Abnormality** |
| Statistics  | Statistical average, falling within one standard deviation above and below the mean, the most average 68.3% of the population, up to two standard deviation away or a total of 95.7% of the population.  | Statistical rarity. falling in between two and three standard deviation away above or below the average which is 4.3% of the population.  |
| Social norms  | Conformity to the accepted or most common behaviour as well as situational And contextual norms.  | Deviance or violence of societal norms.  |
| Daily functioning  | Coping with the stressor of everyday life, appropriate coping mechanism, being able to work, interact with people, establish and maintain relationship.  | Overly susceptible to stress, inappropriate coping mechanism, unproductivity lack of exaggerated interpersonal relationship. |
| Mental health  | A healthy state of mind for an acceptably lengthy period of time | Disorganised personality and unstable emotion as well as prolonged mental or emotional distress.  |
| Adaptation/ adjustment  | Being able to adjust or adopt to changes in life or in the environment.  | Prevent of result to maladaptation and maladjustment. |
| Effect on other  | Range from having a positive effect to being barely noticeable.  | Range from being slightly amusing or irritating to outright dangerous too others.  |