

Birth Order and Psychology of Person

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Abstract – The child's ordinal position within the family's sibling hierarchy is linked to intellectual functioning, personality, behavior, and the development of psychopathology. The goal of this study was to look at the impact of birth order on personality and mental health. A study of (n=40) individuals found that one group (group I, n=20) was normal and the other (group II, n=20) was psychiatric. They were detained at the Pt. Deendayal Upadhyay Joint Hospital in Moradabad, Uttar Pradesh, India. GHQ-12 negative community members made up the normal group, which ranged in age from 20 to 30 years old. All of the participants in the research were given the Sentence Completion Test (SCT). The results showed that the 'oldest' and 'only' born psychiatric group had low 'social', 'ambitious,' and 'confident' personality characteristics, and that the 'oldest' male had higher mental morbidity than the female. At ($p < 0.001$), the difference is statistically significant.

Keywords – Birth Order, Personality, Mental Health, Psychology, etc.

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INTRODUCTION

Many characteristics of one's personality are thought to affect birth order. Alfred Adler was one of the first to hypothesise on the variations birth order in the area of psychology. Adler, the creator of individual psychology, was the first person to discuss the effect of childhood on the formation of personality. He highlighted how every individual has his own perceived position in his or her family, yet recognising similar features and patterns for certain natal positions. The chronological location of the person in the family may or may not be this apparent position. Alfred Adler thought the birth order was directly related to the features of his personality. Theorists for personality like Adler said that the position of the family may influence the experience and growth of the individual. Each rank of the birth order is thought to have its own unique set of characteristics. It is considered that firstborns are more conservative. They are seen as leaders following the norms. They are authorised. They are generally more ambitious and more conforming than other birth orders. Adler said firstborns are more driven than later born children. They're typically excellent for grownups and they're socially responsible for their behaviour. They usually follow the rules and want others to do the same. They're also the detached child that has to deal with the second sibling's birth. That is why they strive hard to keep the other siblings in front of them and their particular spot.

Middleborns are believed to be more rebellious and to oppose authority more often. They frequently find their place of importance in the family more difficult. They typically become the peacemakers in the family and

specialists in negotiating because of their medium position. They become competitive because they need to remain ahead of their elder siblings. They are able to compete. Adler thought that the middle kid was especially vulnerable. The second kid must discover a method to measure or find meaning through different ways in order to achieve the achievements of the firstborn. For instance, if the first-born is important and well accomplished via academia, the second child might compete with or find meaning in another field such as athletics, music or the development of strong social ties. Adler portrayed this youngster as in a race to overcome the first-born child.

BIRTH ORDER

Sir Francis Galton launched the study of the order of birth over a century ago. The British anthropologist, geographer and statistician Sir Francis Galton was 19th century. He found in his research that English scientists become widely renowned first-born and only born offspring. This is because the majority of nations still maintained primogeniture customs, including England. Firstborn child inherits the wealth of the family. Compared with their other children many families in the globe now are putting their first born boy on pedestals, like family in the past.

THEORIES AND MODELS OF BIRTH ORDER

Adler (1870- 1937)

Adler (1870–1937) was one of the first thinkers who suggested that a birth order impacts personality, and was an Austrian pathologist, and a contemporary of

Sigmund Freud and Carl Jung. He argues that the order of birth can give a permanent impact on the manner of living of an individual, which is his customary approach to the duties of friendship, love and labour. Adler (1928) talked on the re-transfusion of the oldest kid who claims the undivided attention of his parents for a while, but is finally 'dethroned.' After his demotion, the oldest struggles to reestablish preeminence and significance to his parents and to his siblings (Adler, 1928). It is considered in two ways that parents are monopolised and a newborn infant is removed. In the early years of his existence, the oldest monopolises his parents, but is disrupted. The centre never has a monopoly on the attention of its parents, but the focus of this interest is replaced by a younger sibling. The youngest never becomes disconnected and in recent years before he goes, after the evacuation of his elder siblings, he is likely to have his parents. Naturally, the only kid never faces the competition of the siblings. The upshot of this more or less stylised depiction is that the lone kid and youngest are similar in terms of parental attention and interests. The same goes for the eldest and the middle ones, as it has monopolised his Parents for some time, the difference is that the detonation is probably a major shock for the oldest. Those who have been dismissed should thus find themselves more autonomous and possibly competitive than the "never dismissed."

Characteristics of different birth orders

The only born: inevitable stigmatisation of the only kid. Many individuals will reply negatively if asked to describe the qualities of a child alone, stating that only children are corrupt kids. Research carried out, however, shows differently, a psychologist recognised for work in the field of birth order. Falbo discovered that only children from China were not worse off in character or performance than their sibling equivalents. Only children, however, are generally thought to be highly successful, focused and successful. Only children generally aspire to be grownups, thus do not have very good relationships with their classmates. When adolescents grow up, they frequently feel that they've finally done it and that they're better able to connect with adults as peers. Only children live mostly in the adult world during their developing years. You must learn how to work and to enjoy yourself in the world of the great people. They are therefore frequently quite inventive in their efforts.

Psychological Mechanisms

One of the influences that explain the consequences of the non-shared familial environment is the order of birth. Within a family dynamic model, at least 5 distinct processes are linked to the birth order:

- Parental investment differences;
- Hierarchies of sibling dominance;
- Niche specialization;

- The de-identification of the siblings or their inclination to seek to be different;
- The preconceptions of siblings.

SIBLING INFLUENCE THEORY

Sutton Smith and Rosenberg in their book *The Sibling* were the most recent and ardent exponents of her influence (1970). In their own research the authors conclude that "regardless of their parents the interaction of the siblings is intrinsically responsible for many of the siblings' established 20 behaviours and personalities differences." When they considered that their sex and strength had a considerable impact on one's personality. In their book the authors themselves admit that "the importance of influencing the parent-child alone is emphasised for too many years" (Sutton-Smith & Rosenberg, 1970). Many of the constant impact that shapes personality does not come from parents but from siblings who function as role models or competitors. However, as we mentioned, this is a partial theory that is more relevant to the development of a later kid than to a firstborn or a single child. 'It is conceivable that effects on children are as essential as affects on children with later babies, but with the first born and only children they are not imaginable'

UNDERSTANDING THE EFFECTS OF BIRTH ORDER

If family size is related to cognitive ability, psychiatric health problems, relationships between parent and kid, and professional choices, is its influence averaged in birth order reduced? Several theoretical guidelines support this inquiry and try to prove it. In terms of the birth order in which children are born, Adler (1870-1937) developed the theoretical paradigm for children's personality. The firstborn are leaders, the middle are mediators, the youngest infants, but these conventional generalisations no longer apply if the siblings are separated from each other over more than three years. The share of family resources, in psychological, social and financial forms, each kid is likely to experience differences throughout the birth order, focusing on the theory on resource dilution (Blake, 1989). As parents have the means to receive the firstborn in plenty, they will receive more resources than later offspring with whom they must live and fight for less resources and attention for parents. The confluence model suggests that the predictors of negative impacts are more responsible for lower-borne children that lead to lower IQs as birth orders grow, and that simple women are older when they have children with higher than lower-born orders. The notion "family niche" also suggests that sibling disparities are in part due to the varied functions children play in their birth orders within the family system. Empirical investigations of the current variables showed mixed birth order findings and

largely provide theoretical and observational explanations.

EFFECTS OF BIRTH ORDER ON PERSONALITY TRAITS

Early Childhood

The interactions between children and adults are a fundamental impact on personality development since they mark the beginning of interpersonal skill development. The parenting contrasts between primordial children's parents and parents of subsequent children. parenting differences. This study revealed that moms and dads alone were much longer than their later-born infants with their first-born children. Primal-born child dads interact with their children far longer than later-born kid fathers did with their children. The enhanced visual engagement of fathers with primborn children is particularly important if the mother also exists. Even with firstborn children, both parents were present longer than with later born children. Simultaneous presence of mothers and dads was greatest and was very different for firstborn children from all other children's groups.

Adults

During childhood, people establish their notion of such things as men, women, and their expectations. This allows us to create our success notion. As we grow up we also gain an understanding of what different ranks of birth are and how this might push us to live up to our imagined standards. Those expectations are seen by asking people to rates on 11 personality characteristics on firstborns, children alone, middlebrows and lastborns. They were not first-born individuals but rather their overall conception of the first-born. They showed that firstborn children are often considered to be the most clever, responsible, stable, emotional and creative. Boys-in-law are said to be the most enviable, the least courageous and chatty children. The most courageous and inventive, passionate, outmoded, disobedient, irresponsible, jealous, outspoken and least stable are thought to be past-borns. Principals thought they were the most pleasant, while boys likewise thought they were the most pleasant ones. The babies ranked low in coincidence. Only kids rated low in conviction, but high in inventiveness.

Social attitudes

The idea that prime born children are more conservative, empowering and "tough-minded" than later-born children. A modern survey of individuals in the United States examined the link between birth order and social views. This study examined family variations in the birth order. Their figures did not support their theory. The means for most of the characteristics investigated only change marginally between firstborns and later borns, with no statistically significant differences detected. Most of the variations

discovered were the reverse of what had been expected. Firstborns were really more liberal than later borns, even if this was not an important outcome. They concluded that the education of parents, race, sex, age and sib ships are all stronger than birth orders. The results of this study show that firstborns were more diligent and most successful by their siblings. The proportional share of non-compliant people among firstborns is 2,28 times greater. It also extended to the achievements of finance and reputation.

Intellectual ability and achievement

The order of birth has an effect on all years of completed schooling but only among the middle classes. In this social class, childbirth was very bad for schooling. In terms of intellectual achievements, only youngsters seem to excell. Birth order had no influence on the scholastic achievement of children, who during their years of development described their homes as rich, modest or poor. They determined that the socioeconomic standing of a family has the same impact on schooling as the degree of proven talent. Although the inventiveness of primborn children with numerous siblings decreased as variations in the sibling age rose, it was boosted by a rise in the disparities between sibling sex. The inventiveness of primborn children seems to be affected favourably by growing up with a high number of opposite sex siblings. Older boys and girls with a sibling of the other sex exhibited higher interests and curiosity than those with a sibling of the same sex. Creating boys had more women than their colleagues, while creative girls were more men than other females. The inventiveness of first-borns from bigger families was only strengthened by increased sexual differences, while the creativity of the first-generation children from comparatively smaller households has not increased.

Family relationships

This study also showed that the effect on family attitude of birth order is considerably less families-oriented than firstborn babies and lastborn babies. Firstborns and lastborns appear to have stronger identification with family members and are more optimistic than middleborns about assisting their families. As for firstborns or lastborns, Middleborns were far more favourable to friendship and the benefits of it. In this respect, middleborns would be more important than firstborns and lastborns and have more favourable attitudes of non-family friendships. Middleborns were less likely than firstborns or pastborns to support families in need. There were no birth order differences for assisting strangers. The favourable attitude to assist foreigners was less than supporting family members in all birth orders.

Mental health

There have been research on the impact of birth in mental health disorders, such as schizophrenia, autism and social withdrawal, anxiety. Symptoms of schizophrenia, autism and social disengagement were investigated. None were linked to the symptoms of Schizophrenia by birth order or the number of siblings. Only extremely modest and insignificant associations between birth order and autism and social retirement scores were discovered. There were also no significant connections between the number of children and autism and social retirement.

PSYCHOLOGICAL BIRTH ORDER

Even if the real position of the birth order and the psychological position of the birth order are supposed to be the same for a person, this is not always the case. The 2003 study by Gfroerer, Gfroerer, Curlette, White & Kern evaluated the relationship between psychological birth order position and lifestyle issues with the Basic Adlerian Success – Adult Forms scales (BASIS-A). The results of this study demonstrate that psychological variables of birth order are more significant than actual birth rates in relation to lifestyle.

The study revealed that the focus of the family on performance, settlement as well as an actual firstborn was linked with the first-born ratings. In their homes, the first-born children felt more organised than the middle-aged children. The existence of an active and recreational atmosphere at the first level was likewise linked to higher results. The first psychological scale was adversely related with the impulsiveness feature. This demonstrates a deliberate and planned way of living. First individuals psychologically achieve objectives by guiding, leading, accomplishing and trying to satisfy. As a true firstborn, males but not women had a connection with the first scale. The magnitude of order was also an important predictor for males but not for women. The desire for success and for acknowledgment by others, as well as a need for domination, predicted higher scores in the first scale in women.

LITERATURE REVIEW

Kalkan (2008) The first, middle, and youngest children's psychological positions have been found to be highly related to unlogical ideas on relations in the study. People with illogical connections believe in themselves, the nature of relationships and the partners of partnerships very unrealistically. Psychologically, there was no substantial link between only child scores and illogical attitudes.

Bogaert (2007) According the studies, the number of older brothers in the sexual orientation and right-handedness of males made a difference. Only moderate right-wingers were more likely than elderly brethren to be homosexual or bisexual. Older brothers either did not improve or lessen the probability of being gay or bisexual in both right-wing and right-wing

individuals. Older brothers mitigate the connection between handicap and sexual orientation.

Ashby et al. (2003) In firstborns of psychological age this kind of perfectionism was most frequently seen and in psychological boys it was least prevalent. This kind of perfectionism is characterised by much larger priorities than no perfectionist, and adds self-worth and self-esteem to emotions. It was connected to the family's strong parenting requirements. The goals of achieving and exaggerating perfectionism are unhealthy. The mid-borns are less likely to have adaptive perfectionism than this type.

Gfroerer et al. (2003) The findings of the study were linked to six of the BASIS-A measures. The psychological location of birth in the centre was beneficial for being cautious and harshness. There was a negative link between social interest and belonging, which went along and sought perfection and softness. The positive relationships between being careful and harsh, as well as the negative association between being soft, suggests that middle children see their early experiences in unfavorable terms.

Stewart et al. (2001) Social desirability was negatively related to the lonely kid scale for women and in lesser measure for males, which implied that the single child scale was distinguished by a lowering want to accept others as well as a sort of bluntness in the presentation of oneself. Negative experiences on the sole scale seem to be associated with feelings of suffocation or entanglement in the family. According to this study, only children's scales were predicted by a restricted family environment, lack of freedom and reduced association requirements.

Stewart, & Campbell (2001) In addition to having a biological firstborn, the importance of achievement and organisation in the family have been demonstrated in association with greater results on the first child level in study. Middle kids saw their families as more structured than firstborns. Active and leisure families were also associated with the incidence of higher scales at the first level. The trait of impulsivity was adversely connected with the first psychological level. This shows a thoroughly thought-out, intentional way of living. The first individuals to reach psychologically their goals are to direct, lead, fulfil, and strive to satisfy others. As a real firstborn, males, but not women, were tied to the first scale. The order scale was an important predictor for males, but not for females.

Cernovsky, O'Reilly, & Landmark (1994) Symptoms to identify schizophrenia, autism and social decline were examined. The number of siblings or the order of birth did not influence the severity of the symptoms of schizophrenia. There have only been extremely weak and unimportant correlations between birth and autism and social

disengagement. The number of siblings and autism or social isolation were not significant.

Kohli (1995) it was found that the order of birth had an influence on total school years, but only on those of middle class. Birthing order indicated considerable negative effects on learning achievement in these socio-economic strata. Only young people seem to be outstanding in intellectual performance. Young people who identify their family as prosperous, modest or impoverished during their upbringing had no influence on their schooling. They concluded that the socio-economic situation of a family had the same influence as talent on school achievement.

Powell, & Steelman (1999) The study examines if the firstborn is more conservative, empowered and "tug-of-care" than the later born. This study used data from a recent US survey to explore birth order differences within families and the relation between the order of birth and social perspectives. They concluded that their evidence was against the idea. The majority of the variables examined had comparatively small changes in mean between primborns and later borns, and none of them have been statistically significant. Most of the changes identified were in contrast to what was anticipated.

Herrera, Zajonc, Wieczorkowska, & Cichomski (2003) Participants were asked in their study, who considered such expectations, to assess firstborns, only children, middle borns, and lastborns of eleven personality characteristics. They did not evaluate individual first borns; instead, the idea of firstborns as a whole was graded.

Keller and Zach (2002) Parents of firstborn children and parents of children born later were compared to see whether there were any variations in their parenting styles. According to this study, moms and dads spent much more time alone with their firstborn children than they did with their later born infants. Dads of firstborn babies spent significantly more time in face-to-face contact with their children than fathers of later born infants. When the mother is present, fathers' enhanced exhibition of facial exchanges with firstborn newborns is particularly noticeable. With firstborn infants, both parents were present for a longer period of time than with later born infants.

OBJECTIVES OF THE STUDY

- To investigate the variations in personality traits
- To investigate the influence of birth order on personality and mental health
- To investigate the personality attributes of normal and psychiatric groups based on their birth order

- A comparison of the health status of two genders based on their birth order

RESEARCH METHODOLOGY

Sample: At Pt. Deendayal upadhyay joint hospital in district Moradabad, Uttar Pradesh, India, participants were separated into two groups (group I, n=20): normal and (group II, n=20) psychiatric ranged from (20-30) early adulthood. The typical group consisted of GHQ-12 negative community members. All of the participants will be tested on their ability to complete sentences. The mean age of the normal (group I, n=20) will be 26.6 + 2.42, whereas the mean age of the psychiatric (group II, n=20) will be 26.12+ 1.92. Thirty percent of the sample said they were the "eldest," twenty percent said they were "middle," twenty percent said they were "youngest," and twenty-five percent said they were "only" children.

Instruments: Before proceeding to the instruments behind, participants will be requested to complete out a permission form and a demographic sheet. In addition to providing a more comprehensive measure of psychiatric well-being, the 12-Item General Health Questionnaire is the most widely used screening instrument for common mental illnesses. The sentence Completion Test (SCT) will be utilized in this study. It consists of 50 incomplete sentences, and participants are required to complete each incomplete phrase with the first idea that comes to mind. The purpose of this exam is to assess specific personality characteristics. Through the replies of the respondents, an attempt was made to measure three personality traits. (1) Sociability, (2) Self-Confidence, and (3) Ambition are the three characteristics. All of the phrases are structured in such a way that they highlight a good or bad feature of one of the characteristics.

Procedure: Participants will be approached with purpose and informed about the study's goals. Participants will be asked to sign a permission letter stating that they have been diagnosed with a mental illness in the hospital and are otherwise well in the community. To ensure anonymity, the psychiatric data interview will be done in a separate room linked with the ward. (22.5 percent) of participants will be neurotic, (27.5 percent) psychotic, and (50 percent) normal healthy control. Subjects that are uncooperative or have speech or communication problems that may obstruct the interview will be eliminated from the research. After that, they will receive SCT with demographic information. Each section's instructions will be written at the beginning of the test.

Statistical Analysis: To examine the data and evaluate the birth order's influence on personality and mental health, the Chi-square and Fisher exact tests will be employed.

CONCLUSION

An attempt was made in this study to explore the possible effect of birth order, personality & mental health. In our study 'oldest' born psychiatric group (20%) very low social, ambitious and confident in their personality traits; the difference is statistically significant. It was a research. It has been shown that schizophrenic male (but not female) tend to be born in their sib ships late, and that there is a causal connection between birth and schizophrenia in men. The most conspicuous finding in our study was that this difference in personality was negligible in the 'Middle' and the 'Youth' group that was normal and psychiatric. Our study, "Only," showed significantly poor sociable, confident and ambitious personality characteristics for the mental patients born (20%). Many genetic and environmental variables lead to variations between siblings, and the birth rate has been due to certain differences in siblings' behavior. In 'oldest' & 'only' children, significant differences in personality characteristics have been discovered. In one study, 'oldest' mental patients were shown to be very unstable on an emotional level instead of on another The birth order of the individual can alter connections with parents and siblings that can affect the development or social behavior of individuals throughout their lifetime. Many families that are born early have to cope to a significant degree with the pressures and burdens of their family duties and this can help the disease.

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