

PERSONALITY CLASSIFICATION: BUDDHIST PSYCHOLOGY AND WESTERN PSYCHOLOGY

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Personality is a result of one's both balance physical and mental development. This study was conducted to study classification of personality traits discussed in Buddhist psychology and western psychology. While modern psychologists discuss the personality along various theories, Buddhist psychology discuss the personality in primary and secondary sources with its own identity. The content analysis method has been used as the research method which belongs to the qualitative approach. Sutta pitaka has been used as primary source to collect data from Buddhist psychological perspective. Research works on personality theories conducted by modern psychologists have been used for collecting data relevant to western psychology. Data has been analyzed thematically. To western psychologists, personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to the environment. According to Buddhist psychology, reflexive energy allows one to act freely, and self-confidence is described as personality. Western psychology as well as Buddhist psychology analyses the personality as a complex concept. In classifying personality these two traditions have taken into consideration the physical and mental conditions of the individual in classifying personality. Buddhist teachings on personality classification are subtle than the psychological findings shown in theories of Freud and Jung. It is the acceptance of Buddhist psychology that man can reach the personality development at any time of the life. According to Buddhism, nibbana is the ultimate occasion where one's personality development is ended. When compared teachings on personality shown in Buddhist psychology and western psychology it is visible that there are similarities as well as dissimilarities which reveals unique nature of these two traditions.

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