

HUMAN GROWTH AND PERSONALITY DEVELOPMENT

Meaning and importance of human behavior for a social worker

- *What is Human Behavior?*

Human behavior, in general is the potential and expressed capacity for physical, mental, and social activity during the phases of human life.

Human Behavior refers to the actions or reactions of an object or organism, usually in relation to the environment or Human behavior means all of those activities of an individual which can be noted by another person, directly or indirectly. Behavior can be conscious or unconscious, overt or covert, and voluntary or involuntary.

We can also say that Human Behavior: is the collection of activities performed by human beings and influenced by culture, attitudes, emotions, values, ethics, authority, rapport, persuasion, genetics and/or coercion.

- *Why the study of Human Behavior is important for a social worker?*

Study of human behavior is something extremely important as it can make things a lot easier and in social work it could help to understand the feelings of the clients. For a social worker you need to be able to tell when a person is lying, telling the truth, agreeing to a promise and would actually fall through with it and so on.

Social workers have to work with the individuals who are in crisis or in difficult circumstances.

To understand how clients see their problems / life situations is very much needed. For example, it requires workers to put themselves in the shoes of their clients. Social work practice requires social workers to understand not only the context of the situation but also the emotional response of clients.

How would a young worker understand the struggle of a poor, uneducated mother who is in her 30's, particularly if that worker has never experienced poverty and the culture in which that

client lives. How would a sighted worker understand the complexity of a middle-aged and newly blind?

The study of human behavior provides guide lines for intervention and effective practice with clients. It enables a worker to recognize that how an individual response to a situation / problem.

It is not easy to understand the complex personal factors which result in different outcomes, so it is very important to consider and look at the behavior from client's point of view; how the client interprets his problems.

If the worker is well equipped with the knowledge of human behavior:

- He can understand the feelings and emotions of the client.
- He can make people relax in crisis and enables them to cope with their problems more effectively. He motivates the people to overcome their problems and build up their self-confidence.
- He can make an in-depth study and can understand the direct and indirect forces effecting client's life.

