



Personality Types *and* Mental Health



Ns. Bunga Permata Wenny, S.Kep., M.Kep.



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English has become one of the most important languages that is beneficial to master for every student who wants to compete globally and work internationally. It is also the same for nursing students. The need to understand kinds of new nursing knowledge and apply it in the field and communicate in English professionally for them seems as a must in recent years due to the demand of professional nurses to work all around the world. This book which is created by compiling from some major sources and being equipped by attractive yet easy-to-understand language is trying to help them understanding new knowledge in easy way. The advantages of this book are:

- Deep explanation about topic with an easy diction
- Giving new information structurally
- Providing with symptoms, causes, prevention, treatment

Although this is an Nursing book with English Language, It is also supported yet equipped with explanation and information towards the topics discussed with simple delivery. It is hoped that readers will not only be able to undertsand the topic but also could use the language as needed while having to re-explain or re-inform to others. Then, both theory and practice as it is aimed will be obtained.

PERSONALITY TYPES AND MENTAL HEALTH

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PREFACE

English has become one of the most important languages that is beneficial to master for every student who wants to compete globally and work internationally. It is also the same for nursing students. The need to understand kinds of new nursing knowledge and apply it in the field and communicate in English professionally for them seems as a must in recent years due to the demand of professional nurses to work all around the world. This book which is created by compiling from some major sources and being equipped by attractive yet easy-to-understand language is trying to help them understanding new knowledge in easy way. The advantages of this book are:

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Writers,

Bunga Permata Wenny

TABLE OF CONTENT

PREFACE	iii
TABLE OF CONTENT	iv
UNIT 1 PERSONALITY TYPES	1
A. Definition.....	2
B. Physiological Type Theories.....	3
C. Psychoanalytic Theories.....	5
D. Trait Theories.....	12
E. Modern Trends in Personality Studies.....	17
UNIT 2 MENTAL HEALTH	35
A. Definition.....	35
B. Risk Factors for Mental Health Conditions.....	37
C. Types of Mental Health Disorders.....	39
D. Maintaning Mental Well-Being.....	57
BIBLIOGRAPHY	76
WRITER BIOGRAPHY	77

UNIT

1

PERSONALITY TYPES



Source:

https://www.google.com/search?sca_esv=d283749120fe0c89&xsrf=ACQVn080kURhRrily3m8LWSgjHYTAN48vA

Personality, a characteristic way of thinking, feeling, and behaving. Personality embraces moods, attitudes, and opinions and is most clearly expressed in interactions with other people. It includes behavioral characteristics, both inherent and acquired, that distinguish one person from another and that can be observed in people's relations to the environment and to the social group.

UNIT 2

MENTAL HEALTH



Source:

https://www.google.com/search?sca_esv=dddc065d16df6089&hl=id&sxsrf=ACQVn0815la2jnaLtwPmTy9L_a7ivQVWpA

A. Definition

Mental health is about how people think, feel, and behave. Mental health care professionals can help people manage conditions such as depression, anxiety, bipolar disorder, addiction, and other disorders that affect their thoughts, feelings, and behaviors.

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