

## 5. Unpredictability and Loss of Control

Abnormal behaviour is often unpredictable and inconsistent. Individuals may react in exaggerated or inappropriate ways to situations and may feel a loss of control over their actions or emotions.

## 6. Distorted Perception of Reality

In some psychological disorders, individuals lose contact with reality. They may experience hallucinations (false perceptions) or delusions (false beliefs).

**Example:** Hearing voices that do not exist or believing that others are plotting harm without evidence.

## 7. Irrationality and Incomprehensibility

Abnormal behaviour is sometimes illogical or difficult to understand. The person's behaviour may appear unreasonable or disconnected from the situation.

## 8. Multifactorial Nature

Abnormal behaviour does not arise from a single cause. It is the result of multiple interacting factors, including:

- **Biological factors:** genetics, brain chemistry, hormonal imbalance
- **Psychological factors:** stress, trauma, learning experiences
- **Social and cultural factors:** family conflict, poverty, social isolation

This is known as the **biopsychosocial model**, which is widely accepted in modern psychology.

## Conclusion

Abnormal behaviour is a complex and multidimensional concept. It cannot be defined by a single criterion but must be understood through a combination of statistical, social, psychological, and cultural perspectives. Recognizing the nature of abnormal behaviour helps psychologists and mental health professionals diagnose disorders accurately and provide effective treatment. A scientific, empathetic, and culturally sensitive approach is essential for understanding abnormal behaviour and promoting mental well-being.