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# Anthropology and the Abnormal

Ruth Benedict

**Introduction:** Ruth Benedict was born Ruth Fulton in 1887 in New York City. She attended Vassar College in Poughkeepsie, New York, receiving a degree in English literature in 1909. She then taught English in high school and wrote poetry under the pseudonym Anne Singleton. In 1914 she married Stanley Benedict, a biochemist. She later became interested in anthropology, and in 1923 she earned her doctoral degree in this field from Columbia University, writing her dissertation on the concept of the guardian spirit among native North Americans. She had begun teaching at Columbia in 1922 and was promoted to assistant professor in 1930. In 1934 she published *Patterns of Culture*, a study of the diversity of cultures that focused on the Zuñi (in New Mexico), the Kwakiutl (on the northwest coast of North America), and the Dobuans (on the island of Dobu, near New Guinea). Later publications include *Zuñi Mythology* (1935), *Race: Science and Politics* (1940; 2d ed., 1943), and *The Chrysanthemum and the Sword: Patterns of Japanese Culture* (1946). She became a professor at Columbia in 1948, and died in New York City later that year.

Our reading is from Benedict's 1934 article, "Anthropology and the Abnormal." Benedict argues that the psychological categories of "normal" and "abnormal" are not absolute but are defined by culture. Anthropological research indicates that every kind of behavior that we, from the perspective of our Western European culture, consider abnormal, is considered normal (and even honored) in some other society. For example, the Dobuans think that extreme suspicion of everyone (what we would call paranoia) is normal, and view friendliness (which we value) as an aberration. "Normality" means the general way a given culture happens to live out one of the many possible patterns of human behavior; "abnormality" refers to patterns not adopted by a culture. Normality and abnormality, that is to say, are relative rather than absolute.

The concept of the moral, Benedict explains, is a variant of the concept of the normal. Like normality, moral values are not absolute but relative to culture: Morality is "a convenient term for socially approved habits." Nonetheless, further research might show that "a modicum of what is considered right and wrong" is shared by all cultures.

—Donald Abel

**M**odern social anthropology has become more and more a study of the varieties and common elements of cultural environment and the consequences of these in human behavior. For such a study of diverse social orders, primitive peoples fortunately provide a laboratory not yet entirely vitiated by the spread of a standardized worldwide civilization. Dyaks and Hopis, Fijians and Yakuts, are significant for psychological and sociological study because only among these simpler peoples has there been sufficient isolation to give opportunity for the development of localized social forms. In the higher cultures the standardization of custom and belief over a couple of continents has given a false sense of the inevitability of the particular forms that have gained currency, and we need to turn to a wider survey in order to check the conclusions we hastily base upon this near-universality of familiar customs. Most of the simpler cultures did not gain the wide currency of the one which, out of our experience, we identify with human nature, but this was for various historical reasons, and certainly not for any that gives us as its carriers a monopoly of social good or of social sanity. Modern civilization, from this point of view, becomes not a necessary pinnacle of human achievement but one entry in a long series of possible adjustments.

These adjustments, whether they are in mannerisms like the ways of showing anger or joy or grief in any soci-

ety, or in major human drives like those of sex, prove to be far more variable than experience in any one culture would suggest. In certain fields, such as that of religion or of formal marriage arrangements, these wide limits of variability are well known and can be fairly described. In others it is not yet possible to give a generalized account, but that does not absolve us of the task of indicating the significance of the work that has been done and of the problems that have arisen.

One of these problems relates to the customary modern normal-abnormal categories and our conclusions regarding them. In how far are such categories culturally determined, or in how far can we with assurance regard them as absolute? In how far can we regard inability to function socially as diagnostic of abnormality, or in how far is it necessary to regard this as a function of the culture?

As a matter of fact, one of the most striking facts that emerge from a study of widely varying cultures is the ease with which our abnormals function in other cultures. It does not matter what kind of "abnormality" we choose for illustration, those which indicate extreme instability, or those which are more in the nature of character traits like sadism or delusions of grandeur or of persecution; there are well-described cultures in which these abnormals function at ease and with honor, and apparently without danger or difficulty to the society.

The most notorious of these are trance and catalepsy. Even a very mild mystic is aberrant in our culture. But most peoples have regarded even extreme psychic manifestations not only as normal and desirable, but even as characteristic of highly valued and gifted individuals. This was true even in our own cultural background in that period when Catholicism made the ecstatic experience the mark of sainthood. It is hard for us, born and brought up in a culture that makes no use of the experience, to realize how important a role it may play and how many individuals are capable of it, once it has been given an honorable place in any society....

Cataleptic and trance phenomena are, of course, only one illustration of the fact that those whom we regard as abnormals may function adequately in other cultures. Many of our culturally discarded traits are selected for elaboration in different societies. Homosexuality is an excellent example, for in this case our attention is not constantly diverted, as in the consideration of trance, to the interruption of routine activity which it implies. Homosexuality poses the problem very simply. A tendency toward this trait in our culture exposes an individual to all the conflicts to which all aberrants are always exposed, and we tend to identify the consequences of this conflict with homosexuality. But these consequences are obviously local and cultural. Homosexuals in many societies are not incompetent, but they may be such if the culture asks adjustments of them that would strain any man's vitality. Wherever homosexuality has been given an honorable place in any society, those to whom it is congenial have filled adequately the honorable roles society assigns

to them. Plato's *Republic* is, of course, the most convincing statement of such a reading of homosexuality. It is presented as one of the major means to the good life, and it was generally so regarded in Greece at that time.

The cultural attitude toward homosexuals has not always been on such a high ethical plane, but it has been very varied. Among many American Indian tribes there exists the institution of the berdache, as the French called them. These men-women were men who at puberty or thereafter took the dress and the occupations of women. Sometimes they married other men and lived with them. Sometimes they were men with no inversion,<sup>1</sup> persons of weak sexual endowment who chose this role to avoid the jeers of the women. The berdaches were never regarded as of first-rate supernatural power, as similar men-women were in Siberia, but rather as leaders in women's occupations, good healers in certain diseases, or, among certain tribes, as the genial organizers of social affairs. In any case, they were socially placed. They were not left exposed to the conflicts that visit the deviant who is excluded from participation in the recognized patterns of his society.

The most spectacular illustrations of the extent to which normality may be culturally defined are those cultures where an abnormality of our culture is the cornerstone of their social structure. It is not possible to do justice to these possibilities in a short discussion. A recent study of an island of northwest Melanesia by Fortune<sup>2</sup> describes a society built upon traits which we regard as beyond the border of paranoia. In this tribe the exogamic<sup>3</sup> groups look upon each other as prime manipulators of black magic, so that one marries always into an enemy group which remains for life one's deadly and unappeasable foes. They look upon a good garden crop as a confession of theft, for everyone is engaged in making magic to induce into his garden the productiveness of his neighbors; therefore no secrecy in the island is so rigidly insisted upon as the secrecy of a man's harvesting of his yams. Their polite phrase at the acceptance of a gift is, "And if you now poison me, how shall I repay you this present?" Their preoccupation with poisoning is constant; no woman ever leaves her cooking pot for a moment untended. Even the great affinal<sup>4</sup> economic exchanges that are characteristic of this Melanesian culture area are quite altered in Dobu since they are incompatible with this fear and distrust that pervades the culture. They go farther and people the whole world outside their own quarters with such malignant spirits that all-night feasts and ceremonials simply do not occur here. They have even rigorous religiously enforced customs that forbid the sharing of seed even in one family group. Anyone else's food is deadly poison to you, so that communality of stores is out of the question. For some months before harvest the whole society is on the verge of starvation, but if one falls to the temptation and eats up one's seed yams, one is an outcast and a beachcomber for life.

There is no coming back. It involves, as a matter of course, divorce and the breaking of all social ties.

Now in this society where no one may work with another and no one may share with another, Fortune describes the individual who was regarded by all his fellows as crazy. He was not one of those who periodically ran amok and, beside himself and frothing at the mouth, fell with a knife upon anyone he could reach. Such behavior they did not regard as putting anyone outside the pale. They did not even put the individuals who were known to be liable to these attacks under any kind of control. They merely fled when they saw the attack coming on and kept out of the way. "He would be all right tomorrow." But there was one man of sunny, kindly disposition who liked work and liked to be helpful. The compulsion was too strong for him to repress it in favor of the opposite tendencies of his culture. Men and women never spoke of him without laughing; he was silly and simple and definitely crazy. Nevertheless, to the ethnologist used to a culture that has, in Christianity, made his type the model of all virtue, he seemed a pleasant fellow....

Among the Kwakiutl it did not matter whether a relative had died in bed of disease, or by the hand of an enemy; in either case death was an affront to be wiped out by the death of another person. The fact that one had been caused to mourn was proof that one had been put upon. A chief's sister and her daughter had gone up to Victoria, and either because they drank bad whiskey or because their boat capsized, they never came back.

The chief called together his warriors. "Now I ask you, tribes, who shall wail? Shall I do it or shall another?" The spokesman answered, of course, "Not you, Chief. Let some other of the tribes." Immediately they set up the war pole to announce their intention of wiping out the injury and gathered a war party. They set out and found seven men and two children asleep and killed them. "Then they felt good when they arrived at Sebaa in the evening."

The point which is of interest to us is that in our society those who on that occasion would feel good when they arrived at Sebaa that evening would be the definitely abnormal. There would be some, even in our society, but it is not a recognized and approved mood under the circumstances....

This head-hunting that takes place on the Northwest Coast after a death is no matter of blood revenge or of organized vengeance. There is no effort to tie up the subsequent killing with any responsibility on the part of the victim for the death of the person who is being mourned. A chief whose son has died goes visiting wherever his fancy dictates, and he says to his host, "My prince has died today, and you go with him." Then he kills him. In this, according to their interpretation, he acts nobly because he has not been downed. He has thrust back in return. The whole procedure is meaningless without the fundamental paranoid reading of bereavement. Death, like all the other untoward accidents of existence, con-

found man's pride and can only be handled in the category of insults....

These illustrations, which it has been possible to indicate only in the briefest manner, force upon us the fact that normality is culturally defined. An adult shaped to the drives and standards of either of these cultures, if he were transported into our civilization, would fall into our categories of abnormality. He would be faced with the psychic dilemmas of the socially unavailable. In his own culture, however, he is the pillar of society, the end result of socially inculcated mores,<sup>5</sup> and the problem of personal instability in his case simply does not arise.

No one civilization can possibly utilize in its mores the whole potential range of human behavior. Just as there are great numbers of possible phonetic articulations, and the possibility of language depends on a selection and standardization of a few of these in order that speech communication may be possible at all, so the possibility of organized behavior of every sort, from the fashions of local dress and houses to the dicta<sup>6</sup> of a people's ethics and religion, depends upon a similar selection among the possible behavior traits. In the field of recognized economic obligations or sex tabus, this selection is as nonrational and subconscious a process as it is in the field of phonetics. It is a process which goes on in the group for long periods of time and is historically conditioned by innumerable accidents of isolation or of contact of peoples. In any comprehensive study of psychology, the selection that different cultures have made in the course of history within the great circumference of potential behavior is of great significance.

Every society, beginning with some slight inclination in one direction or another, carries its preference farther and farther, integrating itself more and more completely upon its chosen basis and discarding those types of behavior that are uncongenial. Most of those organizations of personality that seem to us most incontrovertibly abnormal have been used by different civilizations in the very foundations of their institutional life. Conversely, the most valued traits of our normal individuals have been looked on in differently organized cultures as aberrant. Normality, in short, within a very wide range, is culturally defined. It is primarily a term for the socially elaborated segment of human behavior in any culture; and abnormality, a term for the segment that that particular civilization does not use. The very eyes with which we see the problem are conditioned by the long traditional habits of our own society.

It is a point that has been made more often in relation to ethics than in relation to psychiatry. We do not any longer make the mistake of deriving the morality of our own locality and decade directly from the inevitable constitution of human nature. We do not elevate it to the dignity of a first principle. We recognize that morality differs in every society, and is a convenient term for socially approved habits. Mankind has always preferred to say "It is morally good" rather than "It is habitual," and the fact of

this preference is matter enough for a critical science of ethics. But historically the two phrases are synonymous.

The concept of the normal is properly a variant of the concept of the good. It is that which society has approved. A normal action is one which falls well within the limits of expected behavior for a particular society. Its variability among different peoples is essentially a function of the variability of the behavior pattern that different societies have created for themselves, and can never be wholly divorced from a consideration of culturally institutionalized types of behavior.

Each culture is a more or less elaborate working-out of the potentialities of the segment [of possible human behaviors] it has chosen. Insofar as a civilization is well integrated and consistent within itself, it will tend to carry farther and farther, according to its nature, its initial impulse toward a particular type of action, and from the point of view of any other culture those elaborations will include more and more extreme and aberrant traits.

Each of these traits, in proportion as it reinforces the chosen behavior patterns of that culture, is for that culture normal. Those individuals to whom it is congenial, either congenitally or as the result of childhood sets, are accorded prestige in that culture and are not visited with the social contempt or disapproval which their traits would call down upon them in a society that was differently organized. On the other hand, those individuals whose characteristics are not congenial to the selected type of human behavior in that community are the deviants, no matter how valued their personality traits may be in a contrasted civilization....

I have spoken of individuals as having sets toward certain types of behavior, and of these sets as running sometimes counter to the types of behavior which are institutionalized in the culture to which they belong. From all that we know of contrasting cultures, it seems clear that differences of temperament occur in every society. The matter has never been made the subject of investigation, but from the available material it would appear that these temperament types are very likely of universal recurrence. That is, there is an ascertainable range of human behavior that is found wherever a sufficiently large series of individuals is observed. But the proportion in which behavior types stand to one another in different societies is not universal. The vast majority of the individuals in any group are shaped to the fashion of that culture.

In other words, most individuals are plastic to the molding force of the society into which they are born. In a society that values trance, as in India, they will have supernormal experience. In a society that institutionalizes homosexuality, they will be homosexual. In a society that sets the gathering of possessions as the chief human objective, they will amass property. The deviants, whatever the type of behavior the culture has institutionalized, will remain few in number, and there seems no more difficulty in molding the vast malleable majority to the "normality" of what we consider an aberrant trait, such as delusions of reference, than to the normality of such accepted behavior patterns as acquisitiveness. The small proportion of the number of the deviants in any culture is not a function of the sure instinct with which that society has built itself upon the fundamental sanities, but of the universal fact that, happily, the majority of mankind quite readily take any shape that is presented to them....

The problem of understanding abnormal human behavior in any absolute sense independent of cultural factors is still far in the future. The categories of borderline behavior which we derive from the study of the neuroses and psychoses of our civilization are categories of prevailing local types of instability. They give much information about the stresses and strains of Western civilization, but no final picture of inevitable human behavior. Any conclusions about such behavior must await the collection by trained observers of psychiatric data from other cultures. Since no adequate work of the kind has been done at the present time, it is impossible to say what core or definition of abnormality may be found valid from the comparative material. It is as it is in ethics: all our local conventions of moral behavior and of immoral are without absolute validity, and yet it is quite possible that a modicum of what is considered right and what wrong could be disentangled that is shared by the whole human race.

## NOTES

1. *inversion: male homosexuality.* [D. C. A., ed.]
2. R. F. Fortune, *Sorcerers of Dobu: The Social Anthropology of the Dobu Islanders* (New York: E. P. Dutton, 1932). [R. B.]
3. *exogamic:* marrying persons outside the group. [D. C. A.]
4. *affinal:* based on marriage. [D. C. A.]
5. *mores:* morally binding customs. [D. C. A.]
6. *dicta:* authoritative pronouncements [D. C. A.]