



Personality

Personality: What is it?

The PATTERN of psychological and behavioral characteristics which we can use to COMPARE and CONTRAST one person with others

- Patterns- replicated
- Compare and Contrast- looking at broad characteristics

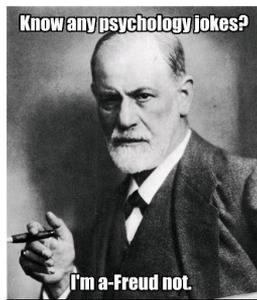


Psychodynamic Approach

Sigmund Freud: worked with "neurotic" patients

Believed that personality was driven by our need to satisfy basic drives and resolve past conflicts- most of which are buried in our unconscious

We all have basic urges and conflicts, how we go about satisfying them is what makes our personality!



Freud's Model of Personality

ID: (**basic urges and impulses!**) like the cat and the hat, I do what I want when I want to because I can



ID

Wants whatever feels good at the time, with no consideration for the reality of the situation.

Freud's Model of Personality



Superego: (**what you should and should not do**) just as irrational, makes you feel guilty when you disobey→ like the fish making the kids feel bad about the cat



SUPEREGO

The superego is the moral part of us and develops due to the moral and ethical restraints placed on us by our caregivers.

Freud's Model of Personality

Ego: (**mediates between the id and superego**) reality telling us to balance what we want with what is acceptable



EGO

Its the ego's job to meet the needs of the id, while taking into consideration the reality of the situation.

Batman...According to Freud



Freud's Model of Personality

Id → governed by the PLEASURE principle: what feels good, includes the *Eros and Thanatos (life and death drives)*

Ego → governed by the REALITY principle: let's face it, we can't all do what we want when we want and get away with it... face reality!

How does the Ego work?

Defense Mechanisms:

Repression- just ignore it

I just won't think about it...

Rationalization- make it make sense

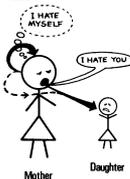
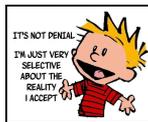
I did it for the right reasons...

Reaction Formation- act opposite

Poking the little girl on the playground...

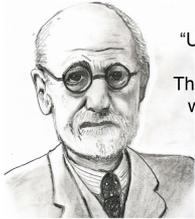
Displacement- move the impulse to something less threatening

Yell at your friend instead of a parent...



Stages of Personality Development

Psychosexual Development: failure to resolve the conflicts during any of these stages can leave a person *fixated* or unconsciously preoccupied with the area associated with each stage.



"Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways."

Sigmund Freud.

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Stages of Personality Development

Oral Stage: first year

- Exploring the world with their mouth
- Weaning takes place
 - Too late= overeating
 - Too early= "biting" sarcasm



Stages of Personality Development

Anal Stage: 2nd year-ego begins to develop

- Learning to cope with socially appropriate behavior
- Potty Training takes place
 - Too early= stinginess or excessive neatness
 - Too late= disorganized, impulsive



Stages of Personality Development

Phallic Stage= ages 3-5, focus of pleasure shifts to genitals

- ☐ Freud emphasized male development, during this stage boys lust after their mothers and have a desire to eliminate their fathers (*Oedipus Complex*)
- ☐ Girls experience penis envy and transfer their love from mom to dad (*later named Electra Complex*)
- ☐ In both cases the Ego steps in and this is why Freud said kids imitated the same sex parent (boys want to be like daddy, girls like mommy)

Stages of Personality Development

Phallic Stage= ages 3-5, focus of pleasure shifts to genitals

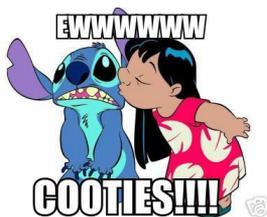
- ☐ Unresolved conflicts from this stage include:
 - ☐ Difficulty dealing with authority figures
 - ☐ Inability to commit to an adult relationship



Stages of Personality Development

Latency Period= lasts until adolescence, sexual impulses lie dormant

- ☐ Cooties stage

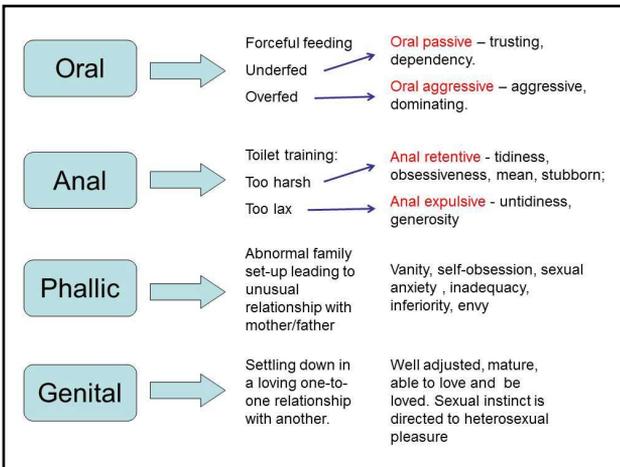


Stages of Personality Development

Genital Stage= adolescence through the end of life

- Sexual impulses appear at the conscious level
- This stage is all about how well you dealt with and resolved those earlier stages





Variations on Freud's Theory

Carl Jung: no specific stages

Libido is a life force- in charge of creativity, personal growth, etc.

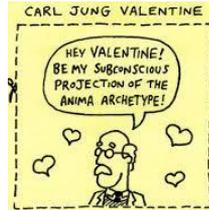
Identified that people develop *introversion* (reflect internally) or *extroversion* (reflect externally)

Collective Unconscious- evolutionarily inherited bank of memories

Jung's Archetypes

Archetypes are images and thoughts which have universal meanings across cultures which may show up in dreams, literature, art or religion.

- Persona: social mask
- Animus/anima: male/female side
- Shadow: like the id



Jung vs Freud

Assumption	Jung	Freud
Nature and purpose of the libido.	A generalize source of psychic energy motivating a range of behaviors.	A source of psychic energy specific to sexual gratification.
Nature of the unconscious.	A storehouse of repressed memories specific to the individual and our ancestral past.	A storehouse for unacceptable repressed desires specific to the individual.
Cause of behavior.	Past experiences in addition to future aspiration.	Past experiences, particularly in childhood.

Other Neo-Freudians

Alfred Adler: striving for superiority, we want control over our environment as infants and later to be fulfilled as a person

Karen Horney: womb envy- men want to bear children and women who envy men do so because of cultural reasons (womb envy is nature, penis envy is nurture)



Psychodynamic Approach

Positives:

- Defense mechanisms
- Unrecalled memories *both real!*

Negative:

- Based on unrepresentative case studies
- Cultural and Gender biased
- Freud may have altered reports and asked leading questions (*framing!!*)



Trait Approach

Personality Traits are:

1. stable over time
2. stable over different situations
3. on a spectrum (not just black and white)

Examples: generous, kind, jealous



Trait Approach

Traits are quantitative (how much of each are you)

Personality **types** are quantitative (do you belong in that category)

- How nice are you?
- Are you nice?



Allport's Trait Theory

Traits combine to form your personality

- Central traits: those that apply to many situations
 - Ms. Baxter is really nice
- Secondary traits: those that apply only some of the time to certain situations
 - Ms. Baxter gets agitated when she has to wait for people



Raymond Cattell

Used factor analysis to determine 16 basic personality factors or dimensions- developed the Sixteen Personality Factor Questionnaire (16PF)

Cattell's sixteen Factors of Personality (16PF)		1	2	3	4	5	6	7	8
Reserved									Outgoing
Less intelligent									More intelligent
Affected by feelings									Emotionally Stable
Submissive									Dominant
Serious									Happy-go-lucky
Expedient									Conscientious
Timid									Venturesome
Tough-minded									Sensitive
Trusting									Suspicious
Practical									Imaginative
Forthright									Shrewd
Self-assured									Apprehensive
Conservative									Experimenting
Group dependent									Self-sufficient
Uncontrolled									Controlled
Relaxed									Tense

Costa & McCrae's BIG 5



5 traits:

- Openness**- to new experiences, creative, curious
- Conscientiousness**- efficient, organized, resourceful
- Extraversion**- active, energetic, outgoing
- Agreeableness**- appreciative, forgiving, generous
- Neuroticism**- anxious, tense, worrying, self-pitying

	Low Scorers	High Scorers
1 Openness	Down-to-earth Uncreative Conventional Uncurious	Imaginative Creative Original Curious
2 Conscientiousness	Negligent Lazy Disorganized Late	Conscientious Hard-working Well-organized Punctual
3 Extroversion	Loner Quiet Passive Reserved	Joiner Talkative Active Affectionate
4 Agreeableness	Suspicious Critical Ruthless Irritable	Trusting Lenient Soft-hearted Good-natured
5 Neuroticism	Calm Even-tempered Comfortable Unemotional	Worried Temperamental Self-conscious Emotional

Eysenck-Biology

Used factor analysis and biology → personality is nature!

2 main dimensions:

Introversiion-extroversion

people with nervous system functioning below optimal arousal=extroversion

Emotionality-stability

people with nervous systems relatively insensitive to stress=stable

Trait Approach

Positives:

Includes other fields

Negative:

Focused on the how
not the why of personality

Too much focus on biology?



Social Cognitive Approach

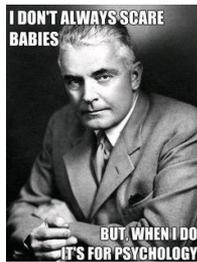
- look to CONSCIOUS thoughts to explain behavior and personality (this is the cognitive aspect!)
- Based on learning, how do people learn their behaviors and personality? (this is the social aspect!)



Social Cognitive Approach

Began with Watson (remember little Albert?) and grew with Skinner (his research was all about how consequences shape our behavior)

Today social cognitive psychologists look at how learning in all forms shapes our behavior and therefore our personalities



Julian Rotter

Your behavior is determined by what you EXPECT to happen→ he looked at consequences and expectations!

Do you have in internal or external LOC?



Albert Bandura (the guy with the Bobo Doll)

Thoughts + Behaviors + Environment = Personality

Who you are is an interaction between all three!

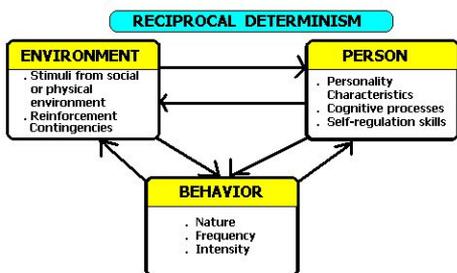
Reciprocal Determinism!

Self-efficacy- you learn to expect a certain amount of success in given situations

You all have high self efficacy when it comes to taking AP Psychology

OUR BEHAVIOR IS ABOUT OUR PERCEPTIONS! IF WE PERCEIVE SUCCESS WE WILL TRY!

Albert Bandura



Social Cognitive vs Trait Approach

1. Personal dispositions are only relevant in certain situations- *we don't all act the same in every situation (in school, at home, at a party with friends)*
2. A person's behavior can alter a situation which can in turn alter the behavior of others
3. People make choices to put themselves in situations that make them comfortable- show their disposition
4. Personal dispositions can be more important in some situations than others!

Environment has an effect on behavior!!!



Evaluating the S-C Approach

Positives

- scientific and empirical!
- blends perspectives and theories
- useful therapy

Negatives

- no unconscious!
- no general theory for *WHY*

Humanistic Approach

Based on the belief that we all want to grow and become our own unique person.

In order to explain people better we need to understand their point of view!



Humanistic Approach

According to the humanists you cannot fully understand someone until you can see things through their eyes...PERCEPTION IS EVERYTHING!



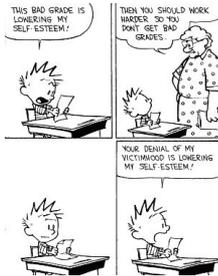
Carl Rogers

Self-actualization: becoming the best you can be

We are all motivated by the actualizing tendency (we are all trying to self-actualize!)

BUT...

We need approval from others (*positive regard*) to have a positive self-concept (the way we see ourselves)



Carl Rogers

We evaluate people- not their behaviors

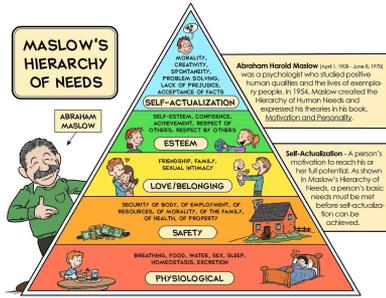
This pressure becomes part of your belief system about yourself

"I am bad"
NOT
"What I did
was bad"



Abraham Maslow

Believed that self actualization was a **NEED**



Abraham Maslow

Maslow thought that humans were preoccupied with a need for **things** that we don't need (deficiency motivation- I don't have it and I want it)

I NEED those new shoes!!

Some people have learned Growth Motivation- be satisfied with what you have and focus on growing into a better person



Evaluating the Humanists

Positives

- Person centered
- Increase in positive psychology

Negatives

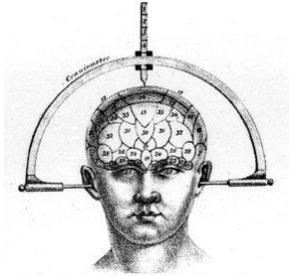
- Is everyone really a good person?
- Narrow in regard to culture



Assessing Personality

How do we measure personality?

- interviews
- personality tests



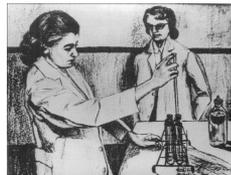
Projective Personality Tests

- Subjective!
- Less reliable and valid!
- Ambiguous questions
- You are asked to PROJECT your own thoughts and feelings



Examples:

- Rorschach Inkblot
- Thematic Apperception Test (TAT)



Non Projective Personality Tests

- Objective!
- Scored with norms (average scores)
- Multiple choice, true false style questions

Examples:

- NEO-PI-R- assesses the Big 5
- MMPI- used to diagnose psychological disorders
