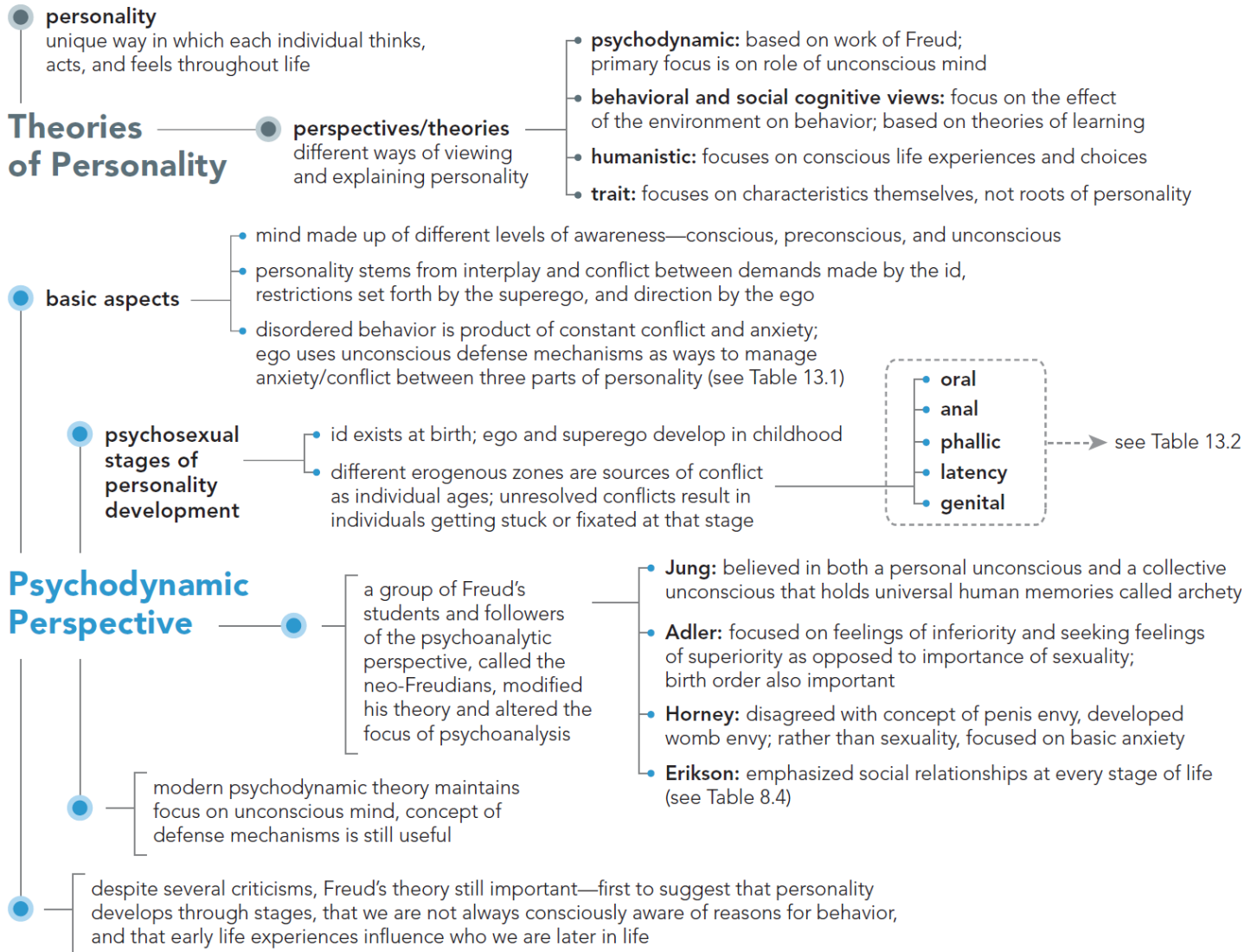
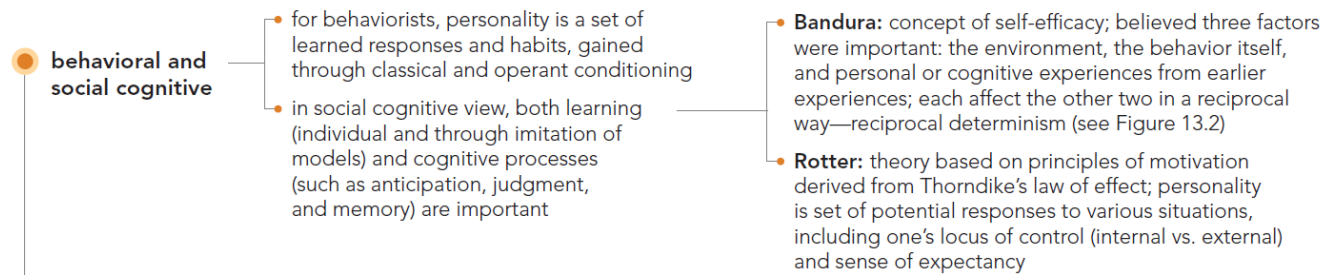


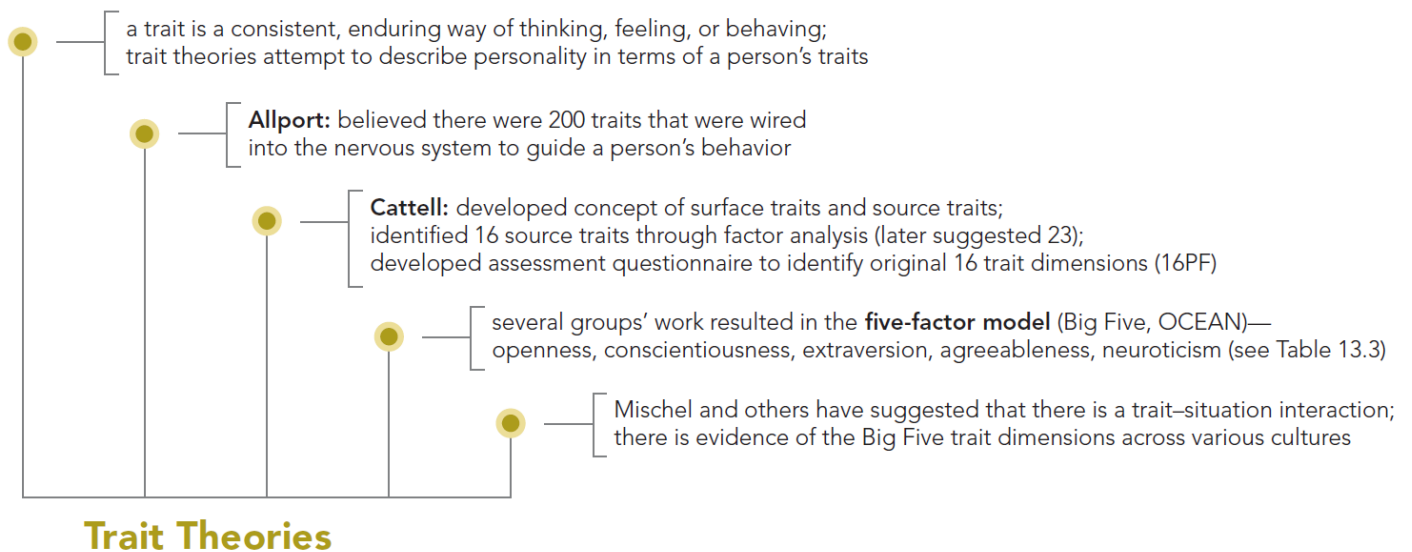
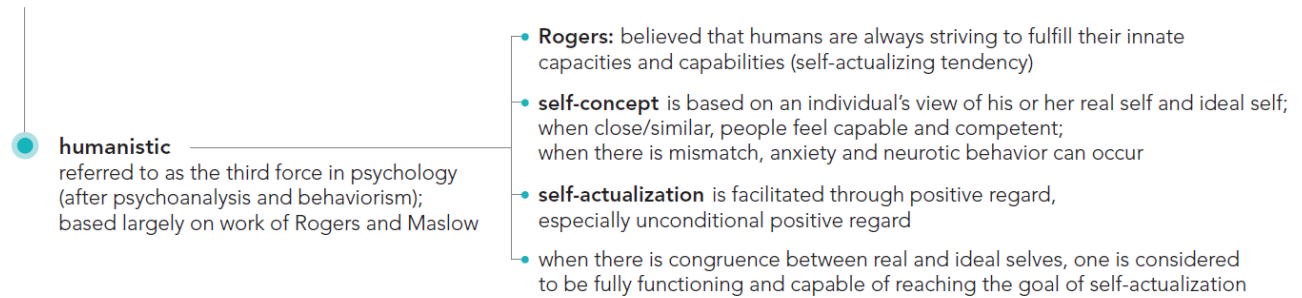
Personality



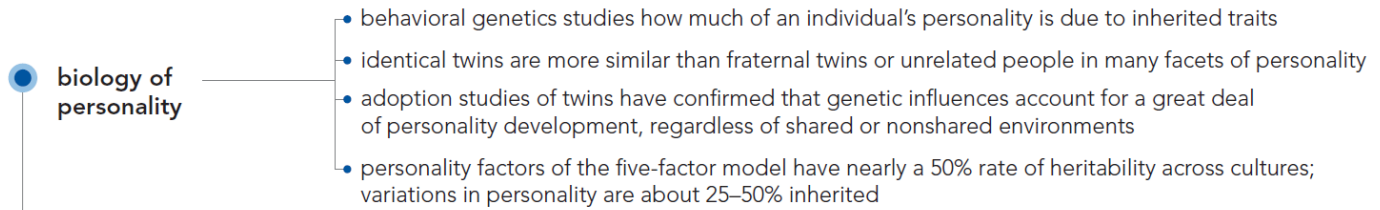
Personality



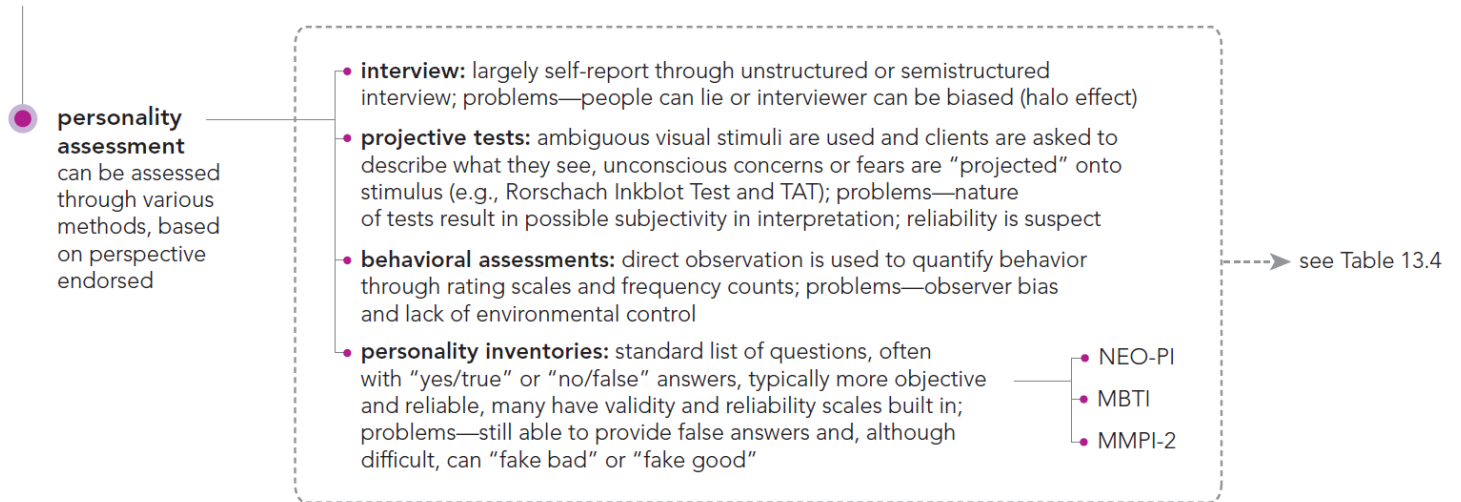
Behavioral, Social Cognitive, and Humanistic Perspectives



Personality



Personality: Biological Roots and Assessment





13 theories of personality

13.1

13.2

13.3

13.4

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personality

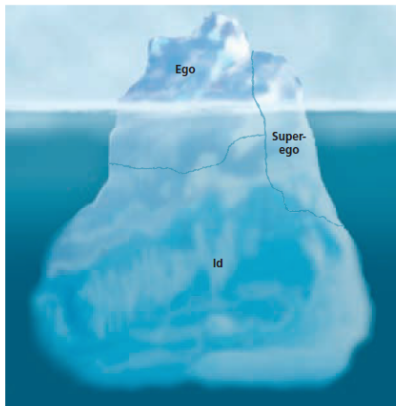
unique way in which each individual thinks, acts, and feels throughout life

Theories of Personality

perspectives/theories

different ways of viewing and explaining personality

- psychodynamic
- behavioral and social cognitive views
- humanistic
- trait



basic aspects

- mind made up of different levels of awareness—conscious, preconscious, and unconscious
- personality stems from interplay and conflict between demands made by the id, restrictions set forth by the superego, and direction by the ego
- disordered behavior is product of constant conflict and anxiety; ego uses unconscious defense mechanisms as ways to manage anxiety/conflict between three parts of personality (see Table 13.1)

psychosexual stages of personality development

- id exists at birth; ego and superego develop in childhood
- different erogenous zones are sources of conflict as individual ages; unresolved conflicts result in individuals getting stuck or fixated at that stage

Psychodynamic Perspective

a group of Freud's students and followers of the psychoanalytic perspective, called the neo-Freudians, modified his theory and altered the focus of psychoanalysis

- Jung
- Adler
- Horney
- Erikson

modern psychodynamic theory maintains focus on unconscious mind, concept of defense mechanisms is still useful

despite several criticisms, Freud's theory still important—first to suggest personality develops through stages, that we are not always consciously aware of reasons for behavior, and early life experiences influence who we are later in life

Table 13.2

Freud's Psychosexual Stages

STAGE	AGE	FOCUS OF PLEASURE	FOCUS OF CONFLICTS	DIFFICULTIES AT THIS STAGE AFFECT LATER
Oral	Birth to 1 or 1½ years old	Oral activities (such as sucking, feeding, and making noises with the mouth)	Weaning	<ul style="list-style-type: none">• Ability to form interpersonal attachments• Basic feelings about the world• Tendency to use oral forms of aggression, such as sarcasm• Optimism or pessimism• Tendency to take charge or be passive
Anal	1 or 1½ to 3 years old	Bowel and bladder control	Toilet training	<ul style="list-style-type: none">• Sense of competence and control• Stubbornness or willingness to go along with others• Neatness or messiness• Punctuality or tardiness
Phallic	3 to 6 years old	Genitals	Sexual awareness	<ul style="list-style-type: none">• Development of conscience through identification with same-sex parent• Pride or humility
Latency	6 years old to puberty	Social skills (such as the ability to make friends) and intellectual skills; dormant period in terms of psychosexual development	School, play, same-sex friendships	<ul style="list-style-type: none">• Ability to get along with others
Genital	Puberty to death	Sexual behavior	Sexual relationship with partner	<ul style="list-style-type: none">• Immature love or indiscriminate hate• Uncontrollable working or inability to work

Note: Freud thought that the way a person finds pleasure or is prevented from satisfying urges for pleasure at each stage affects personality. Thus, like Erikson's stage model described in Chapter Eight, Freud's model argues that the way a person deals with particular psychological challenges or potential areas of conflict has long-term effects on personality.

13.5

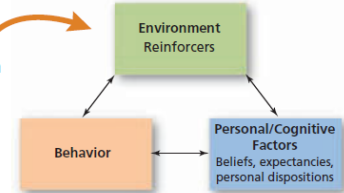
13.6

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behavioral and social cognitive

- for behaviorists, personality is a set of learned responses and habits, gained through classical and operant conditioning
- in social cognitive view, both learning (individual and through imitation of models) and cognitive processes (such as anticipation, judgment, and memory) are important

Bandura
Rotter

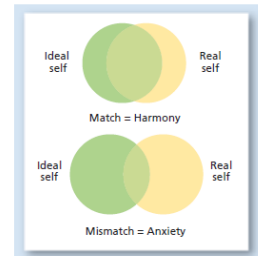


Behavioral, Social Cognitive, and Humanistic Perspectives

humanistic

referred to as the third force in psychology (after psychoanalysis and behaviorism); based largely on work of Rogers and Maslow

- Rogers
- self-concept
- self-actualization
- when there is congruence between real and ideal selves, one is considered to be fully functioning and capable of reaching the goal of self-actualization



13.7

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a trait is a consistent, enduring way of thinking, feeling, or behaving; trait theories attempt to describe personality in terms of a person's traits

Allport: believed there were 200 traits that were wired into the nervous system to guide a person's behavior

Cattell: developed concept of surface traits and source traits; identified 16 source traits through factor analysis (later suggested 23); developed assessment questionnaire to identify original 16 trait dimensions (16PF)

several groups' work resulted in the **five-factor model** (Big Five, OCEAN)—openness, conscientiousness, extraversion, agreeableness, neuroticism

Mischel and others have suggested that there is a trait-situation interaction; there is evidence of the Big Five trait dimensions across various cultures

Table 13.3

The Big Five

HIGH SCORER CHARACTERISTICS	FACTOR (OCEAN)	LOW SCORER CHARACTERISTICS
Creative, artistic, curious, imaginative, nonconforming	Openness (O)	Conventional, down-to-earth, uncreative
Organized, reliable, neat, ambitious	Conscientiousness (C)	Unreliable, lazy, careless, negligent, spontaneous
Talkative, optimistic, sociable, affectionate	Extraversion (E)	Reserved, comfortable being alone, stays in the background
Good-natured, trusting, helpful	Agreeableness (A)	Rude, uncooperative, irritable, aggressive, competitive
Worrying, insecure, anxious, temperamental	Neuroticism (N)	Calm, secure, relaxed, stable

Source: Adapted from McCrae & Costa (1990).

Trait Theories

13.8

13.9

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biology of personality



- behavioral genetics studies how much of an individual's personality is due to inherited traits
- identical twins are more similar than fraternal twins or unrelated people in many facets of personality
- adoption studies of twins have confirmed that genetic influences account for a great deal of personality development, regardless of shared or nonshared environments
- personality factors of the five-factor model have nearly a 50% rate of heritability across cultures; variations in personality are about 25–50% inherited



Personality: Biological Roots and Assessment

personality assessment

personality can be assessed through various methods, based on perspective endorsed