Chapter 12: Personality

PSY 100

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Definition of Personality

Personality: a characteristic pattern of thinking, feeling, and behavior that persists across time and situations.

Freud and Personality

- **psychoanalysis**
- **psychodynamic theory**
- **Jean Martin Charcot**
  - hysterical symptoms caused by psychological trauma
  - Freud impressed with Charcot's work
    - sparked an even greater interest in problems of the mind.

Freud and Personality

- Josef Breuer
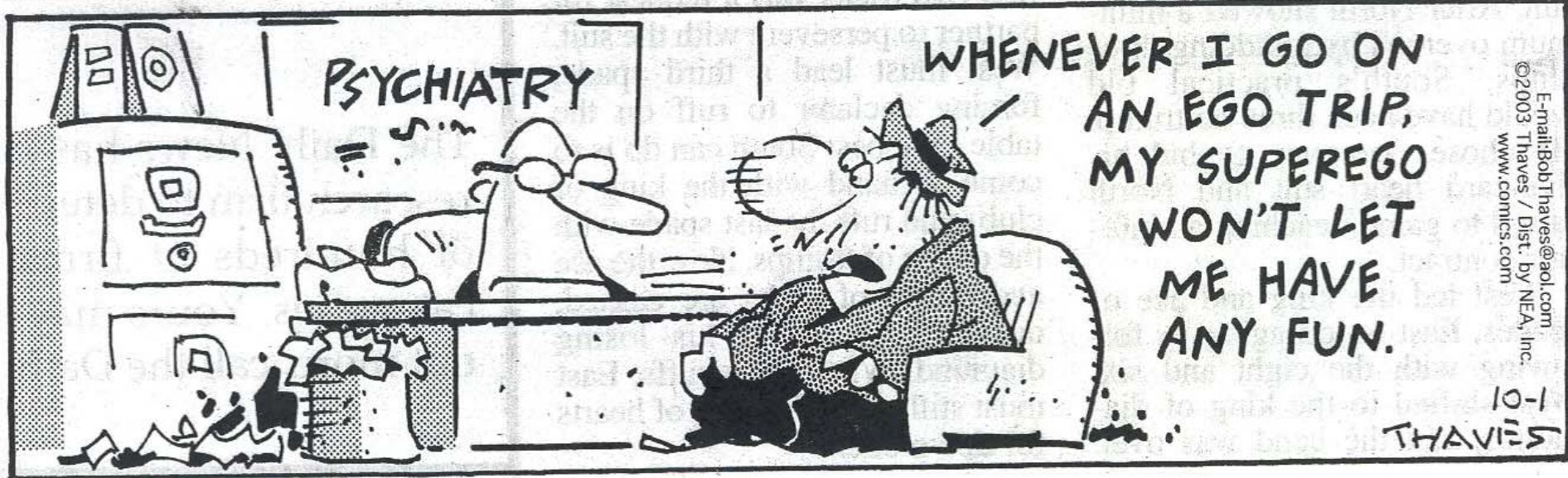 - *Studies on Hysteria*
  - **Anna O**
  - **catharsis**

Freud's theory of personality

◆ **Crucial Assumptions:**

- **Childhood experiences determine adult personality**

- **Unconscious mental processes influence every day behavior**

- **Unconscious conflict underlies abnormal behavior**

Freud's Theory of Personality

- ◆ **Structure of consciousness**
  - Conscious

  - Preconscious

  - Unconscious

FRANK & ERNEST

PSYCHIATRY

WHENEVER I GO ON AN EGO TRIP, MY SUPEREGO WON'T LET ME HAVE ANY FUN.

THAVES

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E-mail:BobThaves@aol.com
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Freud's theory of personality

Structure of Personality

- **Id**
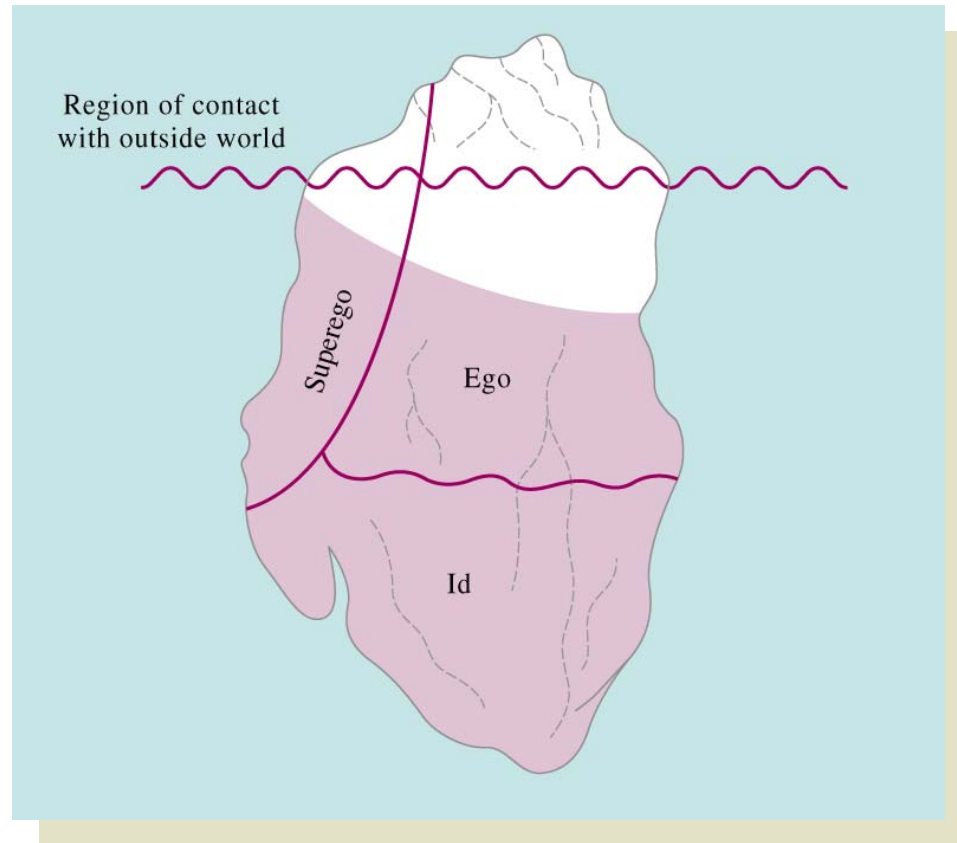 - libido
  - pleasure principle
  - immediate gratification

- **Superego**
  - conscience
  - ego-ideal

Freud's Theory of Personality

◆ **Ego**
  - **reality principle**
  - **defense mechanisms**

◆ **Compromise formation**

Freud's Theory of Personality

Region of contact with outside world

Superego

Ego

Id

Defense mechanisms

- Repression
- Rationalization
- Regression
- Denial
- Sublimation
- Isolation
- Projection
- Displacement
- Reaction formation

Psychosexual development

- **5 Psychosexual Stages**
  - **Oral Stage**
  - **Anal Stage**
  - **Phallic Stage**
    - **Oedipal Complex**
    - **Electra Complex**
  - **Latency**
  - **Genital Stage**

Followers of Psychoanalysis

- **Neo-Freudians**

- **Alfred Adler**
  - striving for superiority
  - feelings of inferiority
  - inferiority complex

- **Karen Horney**
  - No "anatomy is destiny"
  - Womb envy
  - basic anxiety
  - basic hostility

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Followers of Psychoanalysis

- **Carl Jung**
    - **persona**
    - **personal unconscious**
    - **collective unconscious**
    - **archetypes**

Trait Theories of Personality

- **Trait: a predisposition to respond to situations in a consistent way.**

- **Trait theories rest on two assumptions .**
  - **most traits exist in all people to some degree**
  - **they assume that we can measure the degree to which a trait exists in a person.**

Trait theorists

- **Gordon Allport**
  - cardinal trait
  - central trait
  - secondary trait
  - common traits

  - individual traits

- **Hans Eysenck**
  - extraverts
  - introverts
  - emotional stability and instability
  - psychoticism

Trait Theorists

- **The Big Five Personality Traits**
  - emotional stability
  - extraversion
  - openness
  - agreeableness
  - conscientiousness

The Person-Situation Debate

- What really determines how a person acts?
- Is it stable, internal characteristics or is it the situation in which he finds himself?
- Stable internal traits
- Demand characteristics

Behavioral Theories of Personality

- ◆ **Dollard and Miller**
- ◆ **Skinner**
  - ▪ **operant conditioning (contingency management)**

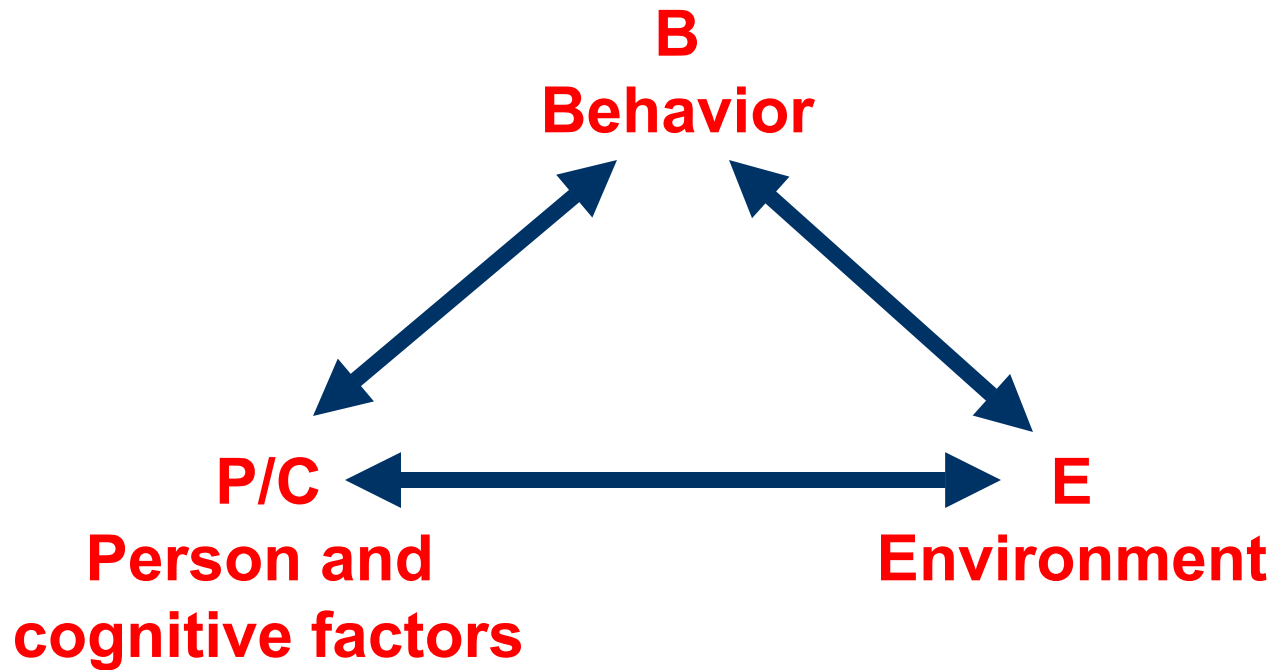# Social Cognitive Approach

◆   **Includes a thinking person.**

◆   **Proposes that people have a subjective role in learning**

◆   **2 step process**
   1)   **Perceive the situation based on memories and expectations**
   2)   **Actively alter the situation or environment to suit us**

Social Cognitive Approach

- **Albert Bandura**

  - reciprocal determinism

  - self-efficacy

  - observational learning (modeling)

Social Cognitive Theory

B
Behavior

P/C
Person and cognitive factors

E
Environment

Social Cognitive Approach

- ◆ **Walter Mischel**

  - ▪ **competencies**

  - ▪ **encodings**

  - ▪ **expectancies**

  - ▪ **plans**

Humanistic Perspectives on Personality

◆ Humanistic psychology stresses our potential as human beings for growth, creativity, and spontaneity.

◆ **self-concept**

Rogers' Approach

- Conditional positive regard
  - Love and praise being withheld unless he individual conforms to parental or social standards
- Unconditional positive regard
  - Accepting, valuing, and being positive toward another person regardless of the person's behavior

Rogers' Approach

- ◆ Self-concept
  - ■ Individuals' overall perceptions of their abilities, behavior, and personality
- ◆ Empathy
  - ■ Being a sensitive listener and understanding another's true feelings
- ◆ Genuineness
  - ■ Being open with our feelings and dropping our pretenses and facades

Maslow's Approach

- **Abraham Maslow**
  - **actualization**
  - **self-actualized**
  - **a hierarchy of needs**

Maslow's Approach

Personality Assessment

◆ Projective Test

- ■ Presents individuals with an ambiguous stimulus and then asks them to describe it or tell a story about it

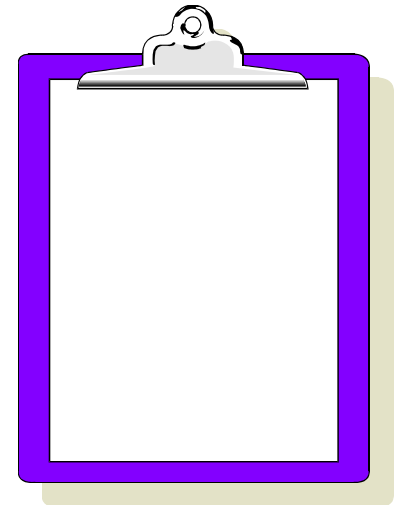# The Rorschach Inkblot Test

Thematic Apperception Test

Incomplete Sentences

◆ My mother _____

◆ I feel best when _____

◆ Men _____

◆ I was embarrassed when _____

Self-Report Tests

- ◆ Self-report tests
  - ■ Directly ask people whether items describe their personality traits or not
  - ■ Empirically derived

MMPI

◆ The Minnesota Multiphasic Personality Inventory (MMPI)

- The most widely used and researched self-report personality test

- 550 true/false items, such as:
  - I like to read magazines
  - I never have trouble falling asleep
  - People are out to get me

MMPI

MMPI Clinical Scales

1) Hysteria
2) Depression
3) Hypochondriasis
4) Psychopathic Deviate
5) Masculine/Feminine

6) Psychastenia
7) Schizophrenia
8) Paranoia
9) Mania
10) Social Introversion

Other Self-Report Measures

- NEO-PI
- 16 Personality Factor
- BDI

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