

PERSONALITY

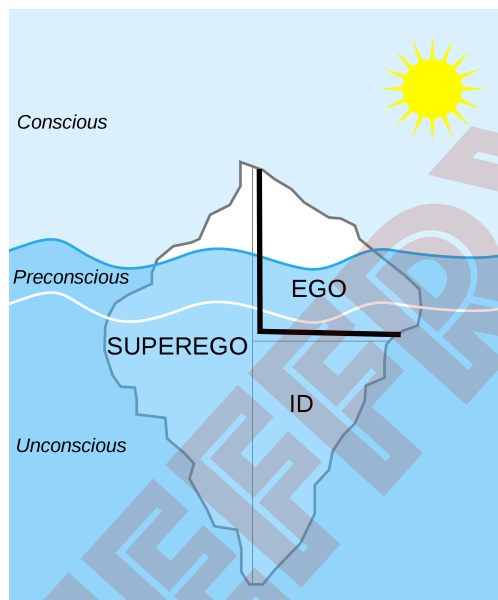
1- Psychodynamic Perspectives

The way we adapt to the world is characterized by our thoughts, emotions, behaviors etc. This pattern is called **Personality**.

A psychodynamic perspective on personality emphasizes that it is primarily unconscious = unavailable to our conscious awareness, mysterious, they powerful shape our behaviors in ways we can not apprehend. Our behavior has a deep symbolic meaning + early childhood experience affects adulthood personality. **Sigmund Freud**

Sigmund Freud (main work in Vienna) :

- Sexual drive was the most important motivator for human life, affecting their personality
- Developed *Psychoanalysis*, approach to personality based on patients with hysteria(physical symptoms without physical cause) -> hysteria is explained by the unconscious
- Iceberg Model : Structures of Personality, 3 structures



- ID: Unconscious drive, the individual reservoir for sexual energy (pleasure principle , immediate gratification)
- EGO: Demands of reality (reality principle, what the ID wants within the norms)
- SUPEREGO: Harsh internal judge of our behavior, what we often call **conscience**. (morality)
- example: ID: SEX NOW!
 EGO: No sex before marriage
 SUPEREGO: Sex? don't even think about it

Defense mechanisms are tactics ego uses to reduce anxiety by unconsciously distorting reality:

- **Denial** = Can't accept the reality (not accepting a fact like cheating bf or cancer)
- **Displacement** = Transferring inappropriate feelings or urges towards an unacceptable object to another more acceptable (like going for a milf instead of mom, or release anger on stud instead of teacher)
- **Projection** = Attributes unacceptable desires/problems and fault to other (cheating bf accuses his gf of cheating)

- **Reaction formation** = Reducing anxiety by adopting belief contrary to your own (Cannibal who joins a vegetarian NGO)
- **Rationalization** = Justify behavior by one fact more relieving than the other (not accepted in Med, Med is actually time-wasting)
- **Regression** = Seeking the security or coping strategies of an earlier developmental period in the face of stress (go to sleep in mom's bed after a conflict)
- **Repression** = **Healthy** way of coping; suppressing painful memories and thought out of awareness, back into the unconscious mind (not remember being raped as a child)
- **Sublimation** = Replacing an unacceptable impulse impulse with a socially acceptable one (Cannibal who joins a cannibal NGO/ becomes a human butcher} man with strong sexual urges becomes a painter who paints nude)

Psychosexual stages of personality development by Freud, each stage involves *Erogenous zones* = strong pleasure giving :

- Oral stage -> first 18 months, everything about the mouth (sucking, chewing, biting) procures pleasure
- Anal stage -> 18 to 36 months, toilet training, pleasure in holding it and then going for it.
- Phallic stage -> 3 to 6 years, phallus = penis. Self-stimulation is enjoyable.

Oedipus Complex, to Freud, boy's intense desire to replace his father and enjoy the affections of his mother.

Castration anxiety = fear of getting the penis cut off by the father, therefore the boy strives to look like the father.

-> Girls can not experience the phallic stage therefore develop a *penis envy*, making them inferior to men because they don't have the castration anxiety, so they can't develop a superego like boys.

- Latency period -> 6 years to puberty, not a developmental stage, rather a break from all interest in sexuality
- Genital stage -> adolescence *and* adulthood, sexual reawakening where sexual pleasure shifts outside of the fam, maturity (love and work), still unconscious conflicts of childhood are present.

The individual might be stuck in one of the developmental stages due to over-discipline or overindulgence at a given stage. **Fixation** = particular psychosexual stage colors an individual adult's personality (oral fixation = smoking, oral hygiene, kissing etc/ anal fixation = extreme cleanliness or extreme messiness etc)

Critics : Sexuality is not a the motor of life + first five years are not that powerful to shape adult's personality + ego and conscious thought have bigger roles + Sociocultural factors.

After Freud:

Karen Horney:

- Sociocultural influences on personality development should be considered as well.
- Both sexes envy the attributes of the of the other. Need for security not sex.

Carl Jung:

- Unconscious mind has a bigger role in personality.
- **Collective Unconscious** is the deepest layer of the unconscious mind shared by all humans because of their common ancestral past.
- For the collective unconscious **Archetypes** (symbolic meaning):
anima = passive feminine side
animus = assertive masculine side
persona = public mask that we all wear during social interactions.
-> present in each of us

Alfred Alder:

- People are motivated by purposes and goals, so called **Individual Psychology**, perfection not pleasure in the key motivator.
- **Compensation** is the act of overcoming an inability or weakness by strengthening another (suck at this excel at that).
- Birth order could influence personality, where first born are more likely to suffer from psychological disorder, youngest are potentially in trouble because they're spoiled. Best for Alder are the middle born; but he believed that we're not doomed, parents can help us overcome this theory.

But all of them did agree on similar perspective like: Personality has its developmental stage, early childhood and current experiences does affect personality, unconscious mind is present. etc.

2- Humanistic Perspectives

About a person's capacity for personal growth and positive human qualities, ability to control our lives and to achieve what we desire = positive aspects of human nature.

Maslow's Approach:

Hierarchy of needs with the purpose of self-actualization, as developing one's full potential as a human being.

-> Critics : the list is limited because he included more man than woman + Western point of view etc.



Roger's Approach:

- Began his inquiry with troubled people
- All humans have the capacity to flourish in appropriate environments.
- We need to be loved, liked or accepted by people around us.
- **Unconditional Positive Regard** = Being accepted and loved regardless of our behavior.
- **Conditions of Worth** = standard we must live up to in order to receive positive regard.

-> From this idea comes unhappiness where we strive to be appreciated rather than doing what we really desire.

-> In order to promote optimal human functioning, **3 principles** must be present: Unconditional positive regard, empathy and Genuineness.

Humanistic perspective stress out that the way we perceive ourselves and the world around us is an essential element of personality. (Conscious experience)

3- Traits Perspective

Trait theories. Personality consists of enduring dispositions called **traits** that lead to characteristic responses.

Gordon Allport

- Father of American personality psychology
- Reject the notion of unconscious and state that in order to understand people we should understand their lives in the present not childhood experiences.
- Behavior should be consistent across different situations
- Him and Odbert worked on the lexical approach, with a factor analysis method to reduce all the words to 5 that describes all fields of personality

Big five factors of personality are the traits that describe the main dimension of personality, they are:

Openness = liberal value, open-mindedness, IQ etc

Conscientiousness= better work performance v/s criminal, substance abuse

Extraversion= engage in social activities v/s psychological disorder, depression

Agreeableness= Generosity, altruism, good relations v/s lying to oneself

Neuroticism= feeling negative emotion more than positive

A person can be a combination of these traits!

Different situations = Different personalities

With time people become more mature leading also to a change in personality.

These five factors are applicable across cultures and to animals too!

O	Openness To Experience	Low Conventional	High Imaginative
C	Conscientiousness	Low Spontaneous	High Organized
E	Extraversion	Low Solitary	High Outgoing
A	Agreeableness	Low Sceptical	High Trusting
N	Neuroticism	Low Emotionally Stable	High Prone To Stress

The Big Five - OCEAN Model

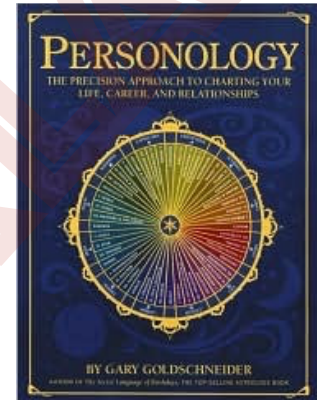
Critic: honesty/humility should be added to evaluate moral dimensions of the person
+ situational factors (depending on the situation personality changes)

4- Personological and Life Story Perspectives

Understanding the uniqueness of each person is done by focusing his or her life history and life story. This understanding is known as **Personological and life story perspective**.

Murray's Personological Approach:

- To understand a person = know his history, including physical, psychological and sociological aspects of the person's life (*personology*)
- Psychological profile of Hitler, predicted his suicide
- psychodynamic notion of unconscious motivation
- motives are unknown to us
- TAT
- 3 most unconscious needs are: need for achievement, affiliation and power.



MacAdams approach to identity:

- life story approach to identity (memories)
- every one has a unique life story, which represents who we are/identity
- *intimacy motivation* = enduring concern for warm interpersonal encounters

Other personality psychologists believe that understanding one's meaning in life is done by studying narrative accounts for experience.

& *Psychobiography* = apply personality theory to one person's life.

Critics: Long way process (time and require a lot of work)

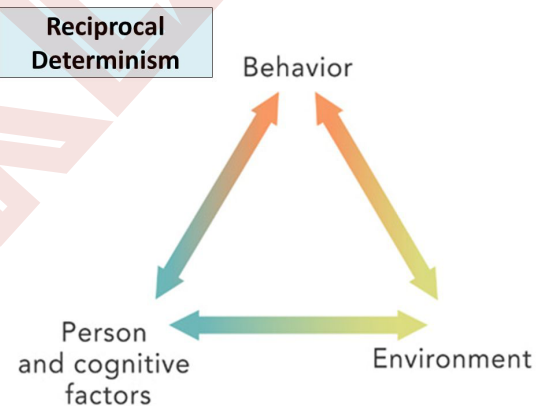
& psychobiography inquiries might be subject to bias by the conductors
(lacking generalizability)

5- Social Cognitive Perspectives

Social cognitive perspectives on personality is about conscious awareness, beliefs, expectations, and goals.
Not about traits but about specific factors such as beliefs, behavior and performance.

Bandura's Social Cognitive Theory:

- Behavior, environment and person/cognitive factors are all important to understand personality
- Reciprocal determinism = behavior, environment and person/cognitive factors interact to create personality (this affects this and reciprocal + this affects that reciprocal)
- Observational Learning: behaviors/thoughts/feelings acquired by watching -> observation strongly shapes personality
- Personal Control: regulate and control behaviors despite changing environments. Can be internal locus of control (we are responsible), or external locus of control (depends on external factors)
- Self efficacy = belief that you can accomplish a task and produce positive change.



Mischel's Contributions:

- **Cross-situational consistency** = same behavior different situations (NOT MISCHEL)
- **Situationism** = Personality and behavior vary depending on the situation = "**it depends**"

-> People select the situations they are in, depending on their dominant traits (ex: stay home or party). In the same environment you could differentiate between persons with specific traits!

- stability in personality over time; = coherence; where behaviors in different situations have the same pattern (marshmallow and studying)
- **CAPS (Cognitive affective processing system) Theory:**
Emotions and thoughts (cognitive & affective) determine behavior
= it depends on the situation

Critics: it is too concerned with situations = ignores the traits and quality of personality
No biology aspect specific predictions rather than generalizations

6- Biological Perspectives

Personality is linked to physical aspects of the person.

Eysenck's Reticular Activation System Theory:

- Approach to introvert/extrovert based on the role of arousal
- Reticular Activation System (RAS) responsible for arousal levels
- All is done to regulate the arousal level : example (super party-> then needs to rest / super alone -> needs to go out)
- Extraverts -> under aroused (below optimal level)
- Introvert -> over aroused (above optimal level)
- Biologically speaking = level of dopamine (extrovert tend to seek outgoing experience to raise the dopamine level)

Gray's Reinforcement Sensitivity Theory:

- 2 neurological systems:
 - Behavioral Activation System (BAS) = sensitive toward rewards, positive emotions, extrovert
 - Behavioral Inhibition System (BIS) = sensitive toward punishments, fear, neuroticism
- Amygdala, Prefrontal Cortex and the Anterior Cingulate Cortex are involved (BAS mainly)

Neurotransmitters: specially with Dopamine which plays a huge role in BAS or extroversion+ Link between Serotonin and neuroticism.
But behavior can regulate these neurotransmitters (change)

Behavioral Genetics: confusing because with genes are linked environmental factors it is difficult to differentiate; but genes certainly influence personality (an adult personality is formed by experience, genes or both?)

- ≈ If we say memory influence personality, memory is also linked to physical aspects of the brain. Thoughts and feelings too have a physiological explanations (neurons) etc.
- ≈ Thus, biology has definitely to do with this.



7- Personality Assessment

Different methods to evaluate personality:

Self Report Tests: method that ask directly about personality characteristics (also called objective test or inventory)

-> Problem with it is *social desirability*

-> -> therefore **empirically keyed test** = self report test to 2 different groups, and see the difference between them (ex history of abuse v/s not abuse). The difference between them is not related in an obvious way to the actual purpose of the test (ex: I need to take long walks - yes for abuser no for non-abusers).

↳ Minnesota Multiphasic Personality Inventory (**MMPI**) -example of empirically keyed test- it includes items to know wether the subject is lying or not.

-> Assessment of the big five factors (OCEAN), these 5 items have a **face validity**, which means that the items measure obviously a specific characteristic. = valid.

Projective Tests = personality assessment tests where the individual project their own meaning onto the stimulus. What they feel and think, psychodynamic perspective with the unconscious.

- **Rorschach inkblot Test** = projective test that uses an individual's perception of inkblots to determine his personality. (what do you see in this image). Not reliable nor valid.
- **Thematic Apperception Test** (invented by Murray) **TAT** = projective test where the individual tells a story about what he sees and this reflect his personality. It is reliable and valid. Another name for it is **Picture Story Exercise (PSE)**.



Other Assessment Methods: Like cognitive tests or tests that measure the heart rates and skin conductance etc.

8- Personality and Health and Wellness

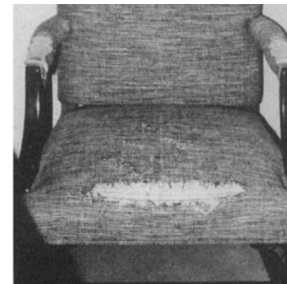
Personality is linked to both physical health and psychological well-being.

Personality and Physical Health:

- Conscientiousness = do all the things that they're told good for their health, longer healthy life
 - Personal Control = emotional well-being, coping with stress, good health
 - Self efficacy = positive life changes like losing weight, quit smoking etc. toward a healthy life style without cardiovascular problems. With this personality characteristic individuals are more likely to positively change.
 - Optimism = positive functioning, think bad events happen because of external factors, or specific things whereas pessimistic internal and global things. + Good things are more likely to happen than bad things. (Martin Seligman)
- > All these characteristics can change and grow with time.

Friedman and Rosenman, first started with a vision about the couch, and from this 3 personality types:

- **Type A behavioral pattern** = excessively competitive, impatient, hard driven. They might experience some cardiovascular problems, stress and other symptoms.
- **Type B behavioral pattern** = Healthier group and easygoing.
- **Type D behavioral pattern** = Generally distressed, negative emotions, high risk of deteriorated life, lower quality lifestyle, depression etc.



Personality and Psychological Well-Being:

Subjective well being = personal assessment of his or her own life including both level of positive and negative affects.

Personality traits are linked to the wellbeing: extrovert tend to be happier whereas neuroticism people tend to have negative emotions. They are just predisposed for that but of course can change with the course of time, specially if they **believe in their own potential**.