

Personality Theories

Today we are going to be introduced to a few more personality theories. This will start to connect our big three question discussions (nature vs. nurture, stability vs. change, continuity vs. discontinuity) to the concepts of development which we have touched on. Next week we will get further into this.

4 Types of Personality Theories

- 1) Psychodynamic
- 2) Humanistic
- 3) Trait
- 4) Social Cognitive

1) Psychodynamic Personality Theories

- Information is obtained from experts analyzing people in therapy
- Believe that behaviour, thoughts, and feelings are caused by an unconscious internal conflict associated with childhood experiences. Also see conflict between pleasure-seeking impulses (id) and social restraints (superego)
- Has a negative outlook on humans
- Most of these psychologists are Neo-Freudians which means they took their ideas from Freud, but they all place less emphasis on **SEX** (oral, anal, phallic, latency, genital)

1) Psychodynamic Personality Theories

Carl Jung



- He believes in a personal and a collective unconscious.

Personal - Same as Freud's unconscious, based on your own experiences

Collective - Shared by all people, hereditary, from our ancestors

- Balance between introversion and extroversion (concepts which he developed)

Introversion - Prefer solitary activities

Extroversion - Prefer and thrive off human interactions

Introvert or Extrovert Quiz

2) Humanistic Personality Theories

- Information is obtained from self-reports from the general population and from people in therapy
- Believe that behaviour, thoughts, and feelings are caused by self concepts, self-actualization tendencies, conscious feelings about oneself
- Has a positive outlook on humans

2) Humanistic Personality Theories

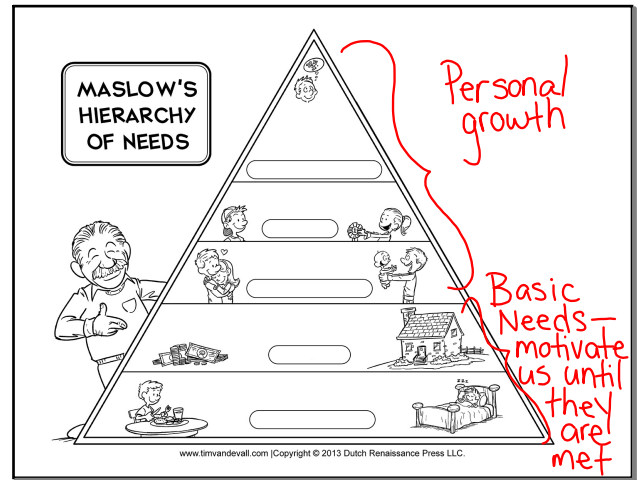
Abraham Maslow: Hierarchy of Needs

- He focused on what goes right for development



- Looks at everyone's potential and belief that everyone is capable

- Starting at the bottom and moving up to our full potential



Physiological

- Sleep
- Food
- Water
- Breathing
- Sex
- Homeostasis
- Excretion

Safety

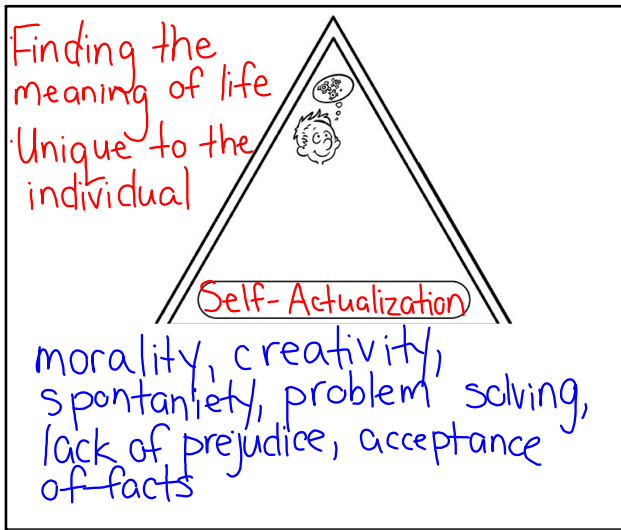
- Security of body
- Security of employment
- Security of resources
- Security of morality
- Security of family
- Security of health
- Security of property

Love/Belonging

- Friendship
- Family
- Relationships/Romantic/Intimacy

Esteem

- Self-esteem
- Confidence
- Achievement
- Respect of others
- Respect by others



3. Trait Personality Theories

- Information is obtained from observation of behaviour and questionnaire responses from the general population as well as from people in therapy
- Behaviour, thoughts, and feelings are caused by stable internal characteristics, and some emphasis on genetic basis
- Has a neutral (neither positive or negative) outlook on humans
- Looks at the typical ways each person acts and sees each person as unique

3. Trait Personality Theories

Gordon Allport



- Belief that the most important personality traits are the ones that reflect our values
- Suggested that there are three kinds of traits: cardinal, central, and secondary
- Cardinal - a single personality trait that directs most of a person's activities
(e.g. greed, lust, kindness)
- Central - A set of major characteristics that make up the core of a person's personality
- Secondary - less important personality traits that do not affect behaviour as much as central and cardinal traits do

- Recent trait personality theorists believe there are 5 basic personality dimensions

- The personality test that we did was a recent trait personality test

- a) Emotional Stability: calm/anxious, secure
insecure
- b) Extroversion: sociable/retiring, fun loving
sober
- c) Openness: imaginative/practical,
independent/comforting
- d) Agreeableness: soft-hearted/ruthless,
trusting/suspicious
- e) Conscientiousness: organized/disorganized,
careful/careless

4. Social-Cognitive Theorists

- Information is obtained from experiments, observations of behaviour, and questionnaire responses from the general population
- Behaviour, thoughts, and feelings are caused by an influence between people and their environmental situations
- Has a neutral (neither positive or negative) outlook on humans
- Belief that behaviour is learned through conditioning and observation
- What we think about a situation will effect out behaviour

4. Social-Cognitive Theorists

Albert Bandura



- Focus on role of learning in personality (observation, imitation, and modeling)
- He focused on what is going on outside the person, their environment
- Concept of self-efficacy: Ones belief about their ability to succeed in a situation

