

Chapter 13

Big Q's

Theories

Traits and Assessment

Personality: an individual's characteristic pattern of thinking, feeling, and behaving (p. 514)

- "...set of relatively stable and distinctive styles of thought, behavior, and emotional response that characterize a person's adaptations to surrounding circumstances"

Big Q's

- Origin/growth?
 - Are you born an extrovert?
 - How early do we see it?
 - How does it change/grow throughout development?
- Definition/core components?
 - Is it one thing, two, three things?
- Stability/predictions?
 - Is it useful?
 - Does it predict anything?

Theories

- See summary table (p. 543)
- **Psychoanalytic - Sigmund Freud**
 - "You are what you were."
 - Personality is what you were, a very stable thing
 - Major emphases:
 - Early childhood experience
 - Role of the unconscious
 - "scaffold of mind" (iceberg analogy)
 - Id (unconscious psychic energy)
 - Irrational component, impulsive, ruled by "pleasure principle"
 - Ego (conscious mind - executive mediator)
 - Rational component, mediating, ruled by "reality principle"
 - Superego (preconscious, outside awareness but accessible - internalized ideals)
 - Moralistic component, internalizing parental and societal rules
 - Psychosexual stages (p. 516) [will not be testing on the specific stages, just know the basics]
 - libido
 - a child goes through a series of early stages involving a conflict of sexual impulses and societal restraints
 - at birth - orally (suckable vs. unsuckables) 0-18 months
 - Criticisms (pp. 520-523)
 - Lifelong development - personality is malleable

- Role of sexuality - Freud was very traditional/conservative, sexuality is just one component of being a human being
 - Dreams and slips of tongue - not every dream has to have a meaning
 - Testability? Theory?
 - You can't test an 'Id' or 'Superego' or 'oedipal complex'
 - Evidence for repression?
 - Followers and psychodynamic theory
 - Adler, Horney, and Jung
 - Emphasis on social (not sexual) tensions
 - Focus on unconscious and conscious
- **Humanistic**
 - "You are what you become."
 - Underlied Howard Gardner's: inherit goodness of all people
 - Emphases
 - Uniqueness
 - Key to your potential
 - E.g., Abraham Maslow's hierarchy of needs
 - Pursuit of self-actualization - we are all striving for our potential
 - Physiological needs (food, etc.) > Psychological needs (to be loved, etc.) > Self-Actualization (what you can be) > Peak experiences
 - C.f., Carl Rogers (pp. 524-525)
 - Unconditional positive regard
 - 'Everyone is a seed that could flourish if just given nurture'
 - Criticisms (pp. 525-526)
 - Can't explain systemic evil (murderers, psychopathic behavior)
 - Scientific rigor (Gardner - more art than science)
 - Individualism - "what I want, what I need, family comes second, what is right is what I believe"
 - Indulgence
- Positive Self-Concept (p. 525)
 - The self-esteem movement and rise of child-centered parenting
 - Non-contingent reinforcement
 - Is self-esteem the product or producer of real achievement? (Damon, 1995)
 - Research suggest it is the product
 - Contingent reinforcement - Praise effort, not the grade (love with firmness and consequence)
 - The importance of contingent (vs. non-contingent) reinforcement
- **Social-Cognitive**
 - "You vary across situations."
 - Fundamental Attribution Error
 - Person-situation controversy (pp. 533ff)
 - E.g., Bandura (Bobo doll) and bidirectional influences
 - Personality shaped by personal traits, environment, and behaviors (p. 536)
 - Social learning revisited (role models and how we perceive role models)
 - Perceived control
 - Internal vs. external locust of control (pp. 537-538)

Traits and Assessment

- Regardless of origin (how you got it), what is the best way to describe personality?
 - Core dimensions?
 - How to assess?
 - Gordon Allport (Jigsaw Classroom) and idiographic approach
 - Personality is everyone's unique fingerprint - no broad dimensions, there are patterns of personality traits and we are all different in the quality & quantity that we possess
 - Eysencks and nomothetic approach
 - There are 2 broad dimensions/laws that cut across all people: **emotional stability & introversion/extroversion**
 - Raymond Cattell and **16** primary trait dimensions
 - Costa and McCrae and the "Big Five" (p. 532)
 - NEO-PI - measure that clinicians/researchers may pay to use
 - highly standardized
 - (O)penness
 - how willing people are to make adjustments to new ideas/situations/experiences
 - (C)onscientiousness
 - how much people refer to others when making decisions
 - (E)xtroversion
 - keen interest in other people and external events
 - (A)greeableness
 - measures how compatible people are/able to getting along with others
 - (N)euroticism
 - stability and low anxiety on one end - instability and high anxiety on the other - (slope of emotionality)
 - Not diagnostic - not low bad, high good
 - MMPI & "abnormal" personality (p. 529)
 - Empirically derived using clinical groups (non face valid- don't know what they're measuring)
 - 10 clinical scales
 - anxiety, depression, etc.
 - multiple validity indices
 - items sprinkled throughout the measure that tracks if people are paying attention to the test
 - lie scales
 - "fake good" index
 - non-face valid
 - differentiates those who are impaired
 - different people react in different ways
 - measures over 500 items (2hrs+)
- ex/ do you read motorcycle magazine?