

Lecture Outline:

What is personality?

- Individuals enduring patterns.....
- Of thoughts, feelings, and behaviors
- Expressed in different circumstances.
- Traits, not state

Theories of Personality

- How we describe and explain those enduring patterns
- Pre-psychological
- Trait theory
- Cognitive-social theory
- Psychodynamic theory
- Humanistic theory

Personality before psychology:

- Balance of humors-blood, black bile, yellow bile, phlegm
- Determines personality:
 - Sanguine
 - Choleric
 - Phlegmatic
 - Melancholic

Trait Theory

- Traits are enduring patterns across context
- Observed traits stem from enduring patterns of internal processes

Extroversion-Introversion

- Sociable and risk taking versus socially inhibited and cautious

Neuroticism-Emotional Stability

- Anxious and moody versus emotionally stable

Psychoticism-Impulse control

- Antisocial and impulsive versus empathic and in control

The BIG 5

- OCEAN
 - Openness
 - Conscientiousness
 - Extraversion
 - Agreeableness
 - Neuroticism

Cognitive Social theory

- Behavioral emphasis on learning
- Cognitive focuses on RELEVANT situations. Focuses on beliefs, expectation, and information processing in response to RELEVANT situations
- Assumes humans are essentially rational
- Assumes humans are self-regulating

Psychodynamic Theories of Personality

- Sigmund Freud et al
 - Erikson
 - Jung
- Loving and aggressive instincts (Freud).
 - We're driven to fight and to fornicate like other primates
 - Civilization leads us to be discontent
- Clinical Foundation
 - Personality as one big symptom (Freud).

Freud: We're barely conscious

- Consciousness and rationality are only the surface.
- Unacceptable wishes lead to anxiety
- Personality as the individual's characteristic ways of defending against anxiety

Freud's structural Models of personality:

- -Id: infantile mind; at birth
 - Seat of instincts
- -Ego: learning, planning; maintain psychic homeostasis
 - Meditates wishes and reality
- -Superego: internalized parents; conscience and Ego ideals
 - Prohibits

Personality as which agency typically dominates thoughts, feelings, and behaviors.

Freud's developmental model

- Personality as fixation at a certain stage
- Stages are defined according to erogenous zones
- Personality developed by early middle childhood

Jung's Personality Theory

3 types

- Introverted-extraverted
- Sensing-feeling
- Intuitive-thinking
 - o Personal and collective unconscious

Humanistic theory

- Self actualization: We are EACH innately disposed to strive toward positive growth
- Conditions of worth and unmet needs get in the way
- "The client knows the best."

Maslow's hierarchy of needs

Personality assessment:

Why assess?

- Vocational- what jobs best suit

Methods of personality assessment:

Observation and interviewing

Self inventories