

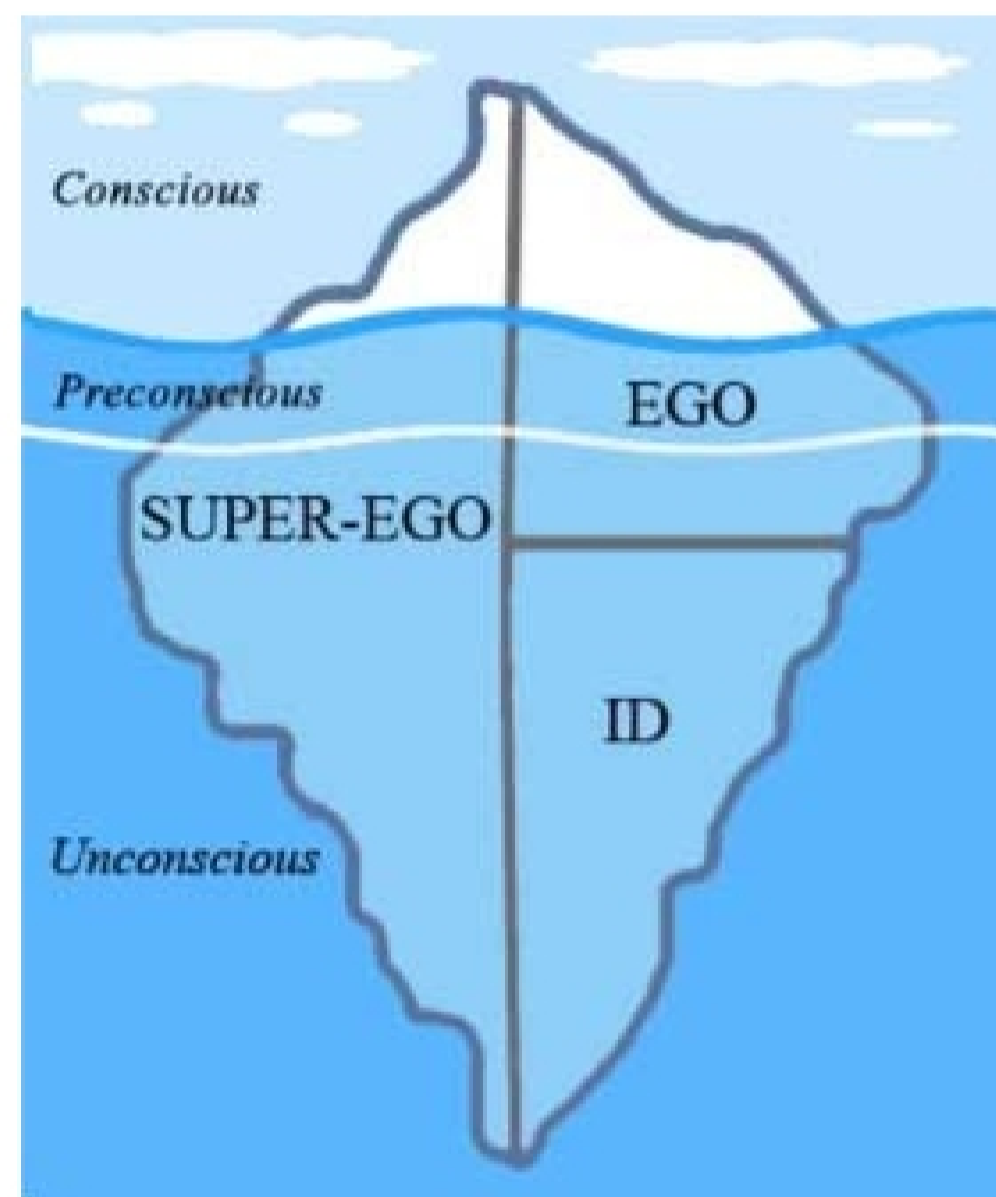
## Psychodynamic Approaches

- Psychodynamic approaches to personality
    - Personality is motivated by inner forces and conflicts about which people have little awareness and over which they have no control
  - Pioneer of Psychodynamic Approach
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## Freud's Psychoanalytic Theory

- Psychoanalytic Theory: Theory that unconscious forces act as determinants of personality
  - Unconscious: A part of the personality that contains the memories, knowledge, beliefs, feelings, urges, drives, and instincts of which the individual is not aware
    - Freud believed that to understand personality, it is necessary to expose and interpret what is unconscious
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## Freud's Model of Personality



ID - Raw, unorganized, inborn part of personality; sole purpose is to reduce tension created by primitive drives related to hunger, sex, aggression, and irrational impulses.

Ego - Provides a buffer between the ID and the outside world

Superego - Represents the rights and wrongs of society as handed down by a person's parents, teachers, and other important people.

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## Freud's Psychosexual Stages

- Oral stage

- Anal stage
- Phallic stage
- Latency stage
- Genital stage

**Table 1 : Freud's stages of psychosexual development**

Stage	Age	Sexual Focus	Key Developmental Tasks	Fixation results in
<b>Oral</b>	Birth – 1 year	Mouth (chewing, sucking)	Weaning	Obsessive eating, smoking or drinking (alcoholism)
<b>Anal</b>	2 - 3 years	Anus	Toilet training	Obsession with cleanliness, Sexual anxiety
<b>Phallic</b>	4 - 5 years	Genitals (masturbation)	Identifying with gender role models (Oedipus / Electra complex)	Difficulty with intimate relationships
<b>Latency</b>	6 – 12 years	None	Social interaction	No fixation occurs (this stage does not occur in all societies)
<b>Genital</b>	Puberty & later	Genitals (sexual intimacy)	Intimate relationships productivity	Previous fixation = low sexual interest / no previous fixation = normal sexual motivation

### Defense Mechanisms

- Unconscious strategies people use to reduce anxiety by concealing its source from themselves and others

Denial - Refusal to accept or acknowledge that there is a problem

Displacement - Expression of an unwanted feeling or thought is redirected from a more threatening power person to a weaker one

Projection - Putting your own unwanted impulses or feelings onto someone else

Rationalization - Making up a self-justifying explanation in place of the actual but threatening, reason for their behavior

Reaction Formation - Unconscious impulses are expressed as their opposite in consciousness

Regression - Behaving in a way that is not typical for your age

Repression - Suppressing a memory until it disappears into the unconscious

Sublimation - Divert unwanted impulses into socially approved thoughts, feelings, or behaviors

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### Trait Approaches: Placing Labels on Personality

- Trait Theory: Seeks to explain consistencies in individual's behavior by identifying basic traits
  - Personality psychologists propose that all people possess basic traits used to describe personality, but the degree an individual possess each trait varies and can be quantified
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### Eysenck's Approach: The factors of Personality

- Three dimensions of personality
    - Extraversion: degree of sociability
    - Neuroticism: emotional stability
    - Psychoticism: the degree to which reality is distorted
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### The "Big Five" Model of Personality

- Set of five factors that underlie personality; openness to experience, conscientiousness, extraversion, agreeableness,, and neuroticism.
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### Learning approaches

- Skinner's behaviorist approach: Personality is a collection of learned behavior patterns
    - Controlling and modifying patterns of reinforcement allow behavior to be changed or improved
  - Social Cognitive Approaches: Emphasize influence of a person's cognitions as well as observation of other's behaviors
    - Self-efficacy - Belief in one's personal capabilities
    - Self-esteem - Positive and negative self-evaluations
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### Are we born with personality?

- Biological and evolutionary approaches: The important components of personality are inherited or determined by genes
    - Temperament: Individual's behavioral style and characteristic way of responding (remains significantly stable from infancy to adolescence)
      - Chess and Thomas (1977) described three basic temperaments: Easy, difficult, and slow-to-warm-up
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### Projective Methods