


What is Personality?


Chapter 12
Personality and its assessment

CLASS OBJECTIVES

- What is personality?
- How does our personality develop?
 - What would Freud say?
 - Other theories of personality



How do you define personality?



How do you define your personality?

- Fill in the blank... "I am _____"
- Personality is an individual's unique collection of consistent behaviors

Do psychologist's agree on one explanation for different personalities?

- Freud believed personality is based on _____ that originated during childhood
- Skinner believed personality is _____ from the environment
- Rogers and Maslow believed that personality involves a person's motivation toward fulfillment or self-actualization.
- Bandura believed that personality is influenced by _____

Psychodynamic Theory

- This is the approach suggests that personality formation is the result of our _____.
- Three famous psychodynamic theorists:
 - Sigmund Freud
 - Emphasis on people's sexual motivation
 - Carl Jung
 - Emphasis on cultural unconscious influences
 - Alfred Adler
 - Emphasis on ambition and striving for success

What Freudian language do we hear in our culture?



Freud's Psychoanalytic Theory

■ Human experience takes place on three levels of consciousness

■ Conscious

- (currently aware)

■ Preconscious

- (Easily brought to mind)

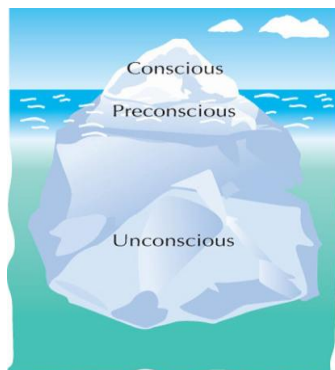
■ Unconscious

- (Beyond normal awareness)

The Three Levels of Consciousness

What part of the iceberg takes up the most space?

Freud believed that part of the mind was the largest



It's all about the conflict...

■ According to Freud, human personality arises from a _____ between:

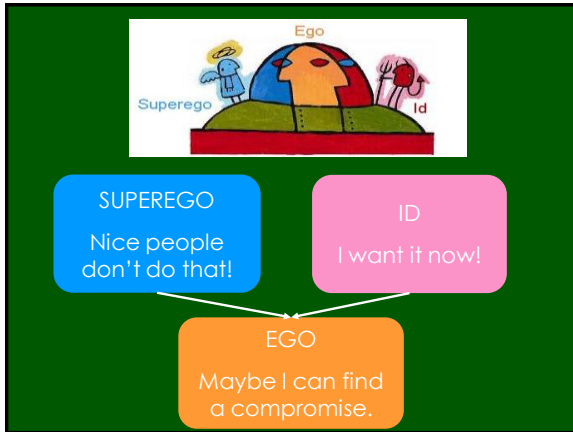
- _____
- the internalized social restraints to control them.

Freud believed that personality was composed of

- Id
- Ego
- Superego

Structures of the Mind (The 3 Conflict Centers)

1. The ID works on the pleasure principle-
 - The ID presses for _____ to relieve tension and discomfort.
 - The ID is _____ (regardless of reality or morality)
2. The Superego represents all the moral and ideals taught by society
 - _____
3. The Ego works on the _____
 - The rational decision-making aspect of the personality that keeps the Id in check by delaying gratification.



Freud's Stages of Psychosexual Development

- Freud asserted that the foundation of personality is shaped mostly by early childhood experiences
 - Typically formed by age 5
- Freud believed that sexual energy fuels our daily lives and he proposed that children also have sexual tendencies.
- How we deal with our psychosexual development

Stage	Conflicts/Experiences	Adult Traits Associated with Problems (especially fixations)
(0-2yrs)		Concerns with dependence and independence. Pleasure from eating, drinking, and other oral activities
Anal Stage (2-3 yrs)	Pleasure derived from anal stimulation. Critical event-toilet training-controlling bowel movements. Coping with demands for control	
Phallic Stage (4-7 yrs)	Pleasure derived from touching penis or clitoris	Flirtatiousness, vanity, promiscuity, chastity Males – fear of castration; Females – penis envy
(7- puberty)	Sexual interests suppressed	~~~~~
Genital Stage (puberty)		~~~~~

Can I get stuck in a stage?!



- At any point, strong conflict _____ the person's pleasure-seeking energies in that stage.

- Fixation can occur if:

- If parents immediately and completely satisfy a child's needs because there is little motivation to move on to the next stage.
- If parents fail to satisfy the child's needs or do so inconsistently. The child becomes frustrated expends energy trying to have his or her needs gratified

Self Protection

- A variety of circumstances can cause

_____ at each stage of psychosexual development.

- Being weaned in the oral stage, toilet training in the anal stage, resolving the *Oedipal Complex* or *Electra Complex* during the phallic stage

- To defend itself against the anxiety the ego adopts one or more _____

Defense Mechanisms:

Unconscious reactions that protect a person from unpleasant emotions

Defense Mechanism	Definition
	Keeping distressing thoughts and feelings buried in the unconscious
Projection	
Displacement	Redirecting emotions to a substitute target.
	Behaving in a way this is exactly the opposite of one's true feelings
Regression	A reversion to immature patterns of behavior
Rationalization	
Sublimation	Redirecting 'wrong' urges into socially acceptable actions

Name that Defense Mechanism!


- Jennifer, who is very angry with her colleague Susan, ends up befriendng Susan. **Reaction Formation**
- A student attributed his flunking out of college to the poor quality of teaching there. **Rationalization**
- Despite overwhelming evidence and a murder conviction, Paul's mother refused to believe that her son could actually take the life of another human being. **Denial**
- Linda, who has had many extramarital affairs, begins to accuse her husband David of being unfaithful. **Projection**

Evaluating the Psychoanalytic Perspective...

Freud's theory has been sharply criticized

Criticisms of Freud's theories

- Some objected to his emphasis on sexual urges toward parents and the emphasis that behavior is biologically determined
- Some stated that his theory does not account for differing cultures



What is Personality?

Chapter 12
Personality Assessment

How can we assess personality?

Assessment can be performed through
interviews
observations

Objective Personality Tests

These tests use

that require written responses

Are You an Extrovert or an Introvert?

1. Are you usually carefree?
2. Do you generally prefer reading to meeting people?
3. Do you long for excitement?
4. Are you mostly quiet when you're with others?
5. Do you often do things on the spur of the moment?
6. Are you slow and unhurried in the way you move?
7. Would you do almost anything for a dare?
8. Do you hate being in a crowd that plays jokes on one another?
9. Do you enjoy wild parties?
10. Do you like the kind of work you need to pay attention to?

Eysenck & Eysenck, (1964). *Manual of the Eysenck Personality Inventory*.

If you said YES on most odd-numbered questions and NO on the even-numbered questions – you are relatively extroverted.

Do you believe that your destiny is controlled by yourself or by external forces?

-such as fate, god, or powerful others

Locus of Control

■ Locus of Control refers to an individual's

Where do you see the control in your life?

■ Internal locus of control:

- Behavior is guided by personal decisions and effort

■ External locus of control:

- People place their locus of control in their environments

A Self-Report Personality Inventory

How true is this of you?

Hardly at all	1	2	3	4	A Lot
	1	2	3	4	5

- | | |
|--|--|
| 1. I make friends easily. | 8. I like to keep busy all the time. |
| 2. I tend to be shy. | 9. I am very energetic. |
| 3. I like to be with others. | 10. I prefer quiet, inactive pastimes to more active ones. |
| 4. I like to be independent of people. | 11. I tend to cry easily. |
| 5. I usually prefer to do things alone. | 12. I am easily frightened. |
| 6. I am always on the go. | 13. I tend to be somewhat emotional. |
| 7. I like to be off and running as soon as I wake up in the morning. | 14. I get upset easily. |
| | 15. I tend to be easily irritated. |

Score Your Test...

■ Reverse score the following items: 2, 4, 5, and 10

- Add up scores 1-5
- Add up scores 6-10
- Add up scores 11-15

■ Scores 1-5 – related to sociability

- women average: 15-20; men average: 13-19

■ Scores 6-10 – related to activity level

- women average: 13-20; men average: 13-19

■ Scores 11-15 – related to emotionality

- women average: 11-18; men average: 9-16

Projective tests use ambiguous stimuli that can be perceived in many ways.

What School of thought supports this type of testing?

Examples of Projective Tests

- Rorschach Test
- Thematic Apperception Test

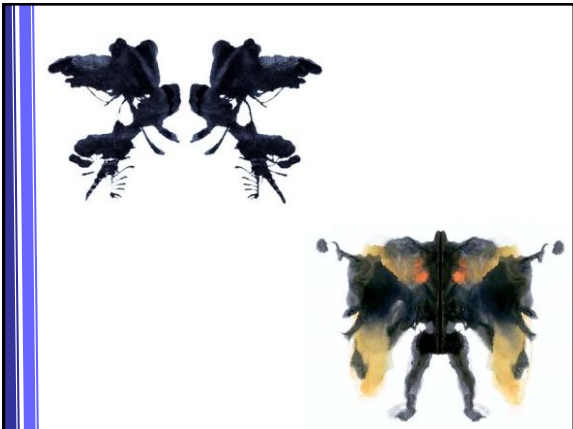
Rorschach Test







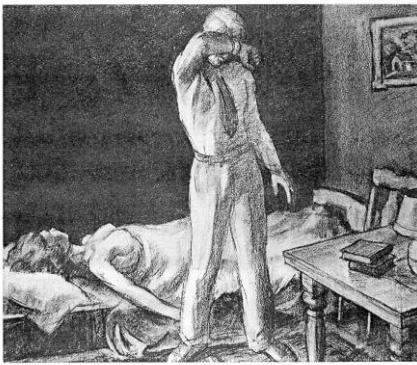




Thematic Apperception Test (TAT)







Sentence Completion

■ "I wish _____"

■ "My father _____"

■ "I always _____"

■ "I _____"

■ "People _____"

Next Class

📖 Psychological Disorders!!!
