

UNIT 10: PERSONALITY

Personality: your unique and relatively stable bx patterns, individual's characteristic pattern of thinking, feeling, and acting.
Character: characteristics that have been evaluated
Temperament: all hereditary aspects of px
Personality traits: stable, enduring qualities that a person shows in most situations
Personality types: Style of personality defined by groups of traits
Self-concept: perception of your own px
Self-esteem: degree to which you value yourself
TRAIT – theories that attempt to learn the traits that make up your px
Eysenck: based on your level of extroversion and neuroticism. Melancholic, choleric, phlegmatic, sanguine
Allport: common vs. individual. cardinal, central, secondary
Cattell: based in factor analysis. surface, source traits
Norman's Big Five: Openness, Conscientiousness, extroversion, agreeableness, neuroticism
PSYCHOANALYTIC – theories based in the tenants of Freudian psychology. (conflict, repressions, etc...)
Sigmund Freud (review the chart of terms on page 519)
Structure of mind: id (pleasure principle, libido, life/death instincts), ego (reality principle), superego (morality principle, conscience/ego ideal)
Levels of Mind: unconscious, preconscious, conscious
Dynamics: moral anxiety, neurotic anxiety
Psychosexual stages: Fixation. oral, anal, phallic, latency, genital
Defense mechanisms: Denial, repression, projection, displacement, sublimation, reaction-formation, rationalization, regression
Adler: self-perfecting drive, for superiority. If we fail - inferiority complex
Horney: ppl suffer from Basic Anxiety, since we live in cold, hostile world. Modes of interacting.
Jung: personal unconscious (complexes) and collective unconscious (archetypes)
HUMANISTIC – group of theories that focus on free will, the self, and subjective-experience as it shapes px
Maslow: your quest for self-actualization (reaching your fullest potential, search for personal achievement)
Rogers: the Self. Incongruence, congruence. Conditions of worth. Unconditional positive regard.
OTHER – a group of theories that focus on how the theories of learning shape your px.
Rotter's Social Learning: psychological situation, expectancy, reinforcement, locus of control
Bandura: self-efficacy, reciprocal determinism (thoughts, bxs, envt all interact)
INTERACTIONIST – Synder's Interactionist Theory. Self-monitoring. High vs. low monitors.
Nature vs. Nurture
Assessment – interview, direct observation, projective, objective
Projective tests: seek to uncover hidden or unconscious aspects of px
Rorschach Inkblots: standardized blots. Measured by content, location
Thematic Apperception test: ambiguous images shown, person is asked to create a story for them.
Objective Tests: pen, paper tests. Same results regardless of scorer.
16 Personality Factor: measures for 16 of Cattell's source traits.
MMPI: Minnesota Multiphasic Px Inventory. 567 True/false. Validity and clinical measures.
Myers-Briggs: based on Jung, E/I, S/N, T/F, J/P