Chapter 1 : Theories of Personality | Simply Psychology

Psychodynamic theories of personality are heavily influenced by the work of Sigmund Freud and emphasize the influence of the unconscious mind and childhood experiences on personality. Psychodynamic theories include Sigmund Freud's psychosexual stage theory and Erik Erikson's stages of psychosocial development.

What are the Different Types of Personality Theories? How this occurs, and how the resulting personality can best be described, has been the subject of many theories. Most personality theories can be grouped into one of four classes: They also differ in the methods they use to assess or measure personality. Traits are dimensions or scales on the basis of which a personality is described. Psychologists working in the area of trait theory are concerned with 1 determining the basic traits that provide a meaningful description of personality and, 2 finding some way to measure them. What are the basic traits? Thousands of words in the English language refer to characteristics of behaviour. How do we reduce them to a small number of meaningful traits? One approach uses factor analysis. Factor analysis is a complex statistical technique to be discussed more fully in the next chapter for reducing a large number of measures or a smaller number of independent dimensions. With this technique several hundred test responses might be reduced to a few underlying dimensions of factors that account for all of the response data. Personality traits can be assessed by two miethods: With the first method a personality inventory is most often used, whereas the second usually involves a rating scale. Some examples of rating scales: Does the individual antagonize others? Considers himself incapable of much success Does the individual Needs much dual need constant prodding in doing prodding of ordinary proceed with his assignments work without being told? Psychoanalytic theory approaches personality from a viewpoint that is very different from that of trait theory. Trait theorists try to find the stable dimensions of personality by studying groups of people, and much of their data is derived from self-reports-what the individual says about himself. In contrast, phsychoanalytic theory is based on the in-depth study of individual personalities. And because motivation is believed to be unconscious, self-reports are, not neccessarily considered accurate. The Interpretation of Dreams, published in , to Outline of Psychoanalysis, published posthumously in , a year after his death. Freud compared the human mind to an iceberg; the small part that shows on the surface of the water represents conscious experience, while the much larger mass below water level represents the unconscious-a storehouse of impulses, passions, and primitive instincts that affect our thoughts and behaviour. It was this unconscious portion of the mind that Freud sought to explore, and he did so by the method of free association. The method requires that the person talk about everything that comes into the conscious mind, no matter how ridiculous or trivial it might seem. By analysing free associations, including the recall of dreams and early childhood memories, Freud sought to puzzle out the basic determinants of personality. The social learning approach to motivation focuses on the patterns of behaviour the individual learns in coping with environment. Within this viewpoint, individual differences in behaviour result from variations in the conditions of learning that the person encounters in the course of growing up. Some behaviour patterns are learned through direct experience; the individual behaves in a certain manner and is rewarded or punished. But responses can also be acquired without direct reinforcement. Because we can make use of complex symbolic processes to code and store our observations in memory, we can learn by observing the actions of others and by noting the consequences of those actions. Thus, for social learning theorists, reinforcement is not necessary for learning, although it may facilitate learning by focusing attention. Much of human learning is observational or vicarious. Reinforcement may not be necessary for learning, but it is crucial for the performance of learned behaviour. Most adolescent girls know how to fight, having watched their male classmates or TV characters agrees by kicking, hitting with the fists, and so on. But since this kind of behaviour is seldom reinforced in girls, it is unlikely to occur except in unusual circumstances. As we noted earlier, self-administered reinforcement plays an important role in social learning theory, and efforts have been devoted to discovering the conditions that facilitate regulation of behaviour through self- reward and self-punishment. Humanistic theories reject both the psychoanalytic and the behaviouristic conceptions of human nature as too mechanistic, portraying people as creatures helplessly buffeted about by internal instincts or external stimuli. Most

humanistic theories stress our positive nature-our push toward growth and self- actualization. Personality is closely related to performance, successful athletes show greater positive mental health than less successful athletes do. Basically, the various personality models suggest that positive mental health is directly related to athlete success and high levels of performance.

Chapter 2 : Personality Theories

Trait theories of personality imply personality is biologically based, whereas state theories such as Bandura's () Social Learning Theory emphasize the role of nurture and environmental influence.

A theory is a simple model of reality that helps us understand, explain, predict and deal with reality. Freud believed that most of the things in life are not present at the conscious level but they are present at an unconscious level. It is the impulsive and unconscious part of mind that seeks immediate satisfaction. It also helps in translating the inner needs into expressions. It deals with practical and rational thinking process. It includes the traditional values of society as interpreted by our parents. It also helps in the integral vision of punishment. He presents eight distinct stages each with two possible outcomes. Successful completion of each stage leads to a healthy personality. In this stage, children learn the ability to trust others depending on their caregivers. Unsuccessful completion in this stage results in anxiety and insecurity. In this stage, children learn to be independent. If given support, they become more confident else they become dependent over others. In this stage, children assert themselves frequently. The failure leads to development of a sense of guilt among them. In this stage, children become more innovative. They feel confident and want to achieve their goals. If not encouraged they may feel inferior. Here children find their own identity and should be guided and supported in order to help them choose the right direction. Here, they begin to open up and become more intimate with others. He presents personalities by classifying individuals into convenient categories based on their body shapes. People with this kind of personality love comfort, eat a lot, like to be around people and desire affection. Some common endomorph features are large amount of fat accumulation, insatiable appetite, larger frame etc. Some endomorph personalities are John Goodman, Jack Black etc. Mesomorphs In this category, the body is hard and rectangular physique. People with this kind of personality like to take risk, are courageous and have power. Some common mesomorph features are wide shoulders, small waist, low body fat. Some mesomorph personalities are Jennifer Garner, Tina Turner etc. Ectomorphs In this category, the body is fragile, flat chest and delicate body. People with this kind of personality are anxious, ambitious and dedicated. Some common ectomorph features are narrow frame, low body fat, etc. Some notable ectomorph personalities are Brad Pitt, Bruce Lee etc.

Chapter 3 : Theories of Personality Development

Personality psychology is a branch of psychology that studies personality and its variation among individuals. It is a scientific study which aims to show how people are individually different due to psychological forces. [1].

Parental behavior is crucial to normal and abnormal development. Personality and mental health problems in adulthood can usually be traced back to the first five years. Sources of pleasure are determined by the location of the libido life-force. As a child moves through different developmental stages , the location of the libido, and hence sources of pleasure, change Freud, For example, during the first two years of life, the infant who is neglected insufficiently fed or who is over-protected over-fed might become an orally-fixated person Freud, Tripartite Theory of Personality Freud saw the personality structured into three parts i. These are systems, not parts of the brain, or in any way physical. The id is the primitive and instinctive component of personality. It consists of all the inherited i. It operates on the pleasure principle Freud, which is the idea that every wishful impulse should be satisfied immediately, regardless of the consequences. The ego develops in order to mediate between the unrealistic id and the external real world like a referee. The ego considers social realities and norms, etiquette and rules in deciding how to behave. It is similar to a conscience, which can punish the ego through causing feelings of guilt. Traits predispose one to act in a certain way, regardless of the situation. This means that traits should remain consistent across situations and over time, but may vary between individuals. It is presumed that individuals differ in their traits due to genetic differences. These theories are sometimes referred to a psychometric theories, because of their emphasis on measuring personality by using psychometric tests. Trait scores are continuous quantitative variables. A person is given numeric score to indicate how much of a trait the they possess. During s Eysenck was working at the Maudsley psychiatric hospital in London. His job was to make an initial assessment of each patient before their mental disorder was diagnosed by a psychiatrist. Through this position, he compiled a battery of questions about behavior, which he later applied to soldiers who were being treated for neurotic disorders at the hospital Eysenck He called these first-order personality traits He used a technique called factor analysis. This technique reduces behavior to a number of factors which can be grouped together under separate headings, called dimensions. Eysenck found that their behavior could be represented by two dimensions: Eysenck called these second-order personality traits. Each aspect of personality extraversion, neuroticism and psychoticism can be traced back to a different biological cause. Personality is dependent on the balance between excitation and inhibition process of the autonomic nervous system ANS. They tend to be carefree, optimistic and impulsive. They are more likely to take risks and be thrill seekers. Eysenck argues that this is because they inherit an under aroused nervous system and so seek stimulation to restore the level of optimum stimulation. Introverts on the other hand lie at the other end of this scale, being quiet and reserved. They are already over-aroused and shun sensation and stimulation. Introverts are reserved, plan their actions and control their emotions. They tend to be serious, reliable and pessimistic. Someone high in neuroticism on the other hand will be much more unstable, and prone to overreacting to stimuli and may be quick to worry, anger or fear. They are overly emotional and find it difficult to calm down once upset. Neurotic individuals have an ANS that responds quickly to stress. This has been related to high levels of testosterone. The higher the testosterone, the higher the level of psychoticism, with low levels related to more normal balanced behaviour. According to Eysenck, the two dimensions of neuroticism stable vs. Critical Evaluation Twin studies can be used to see if personality is genetic. However, the findings are conflicting and non-conclusive. Shields found that monozygotic identical twins were significantly more alike on the Introvert â€" Extrovert E and Psychoticism P dimensions than dizygotic non-identical twins. This suggests that social factors are also important. This interactionist approach may therefore be much more valid than either a biological or environmental theory alone. It also links nicely with the diathesis stress model of behaviour which argues for a biological predisposition combining with a environmental trigger for a particular behaviour. Whereas Eysenck based his theory based on the responses of hospitalized servicemen, Cattell collected data from a range of people through three different sources of data. L-data - this is life record data such as school grades, absence from work, etc. Cattell analyzed the T-data and

Q-data using a mathematical technique called factor analysis to look at which types of behavior tended to be grouped together in the same people. Cattell made a distinction between source and surface traits. Surface traits are very obvious and can be easily identified by other people, whereas source traits are less visible to other people and appear to underlie several different aspects of behavior. Cattell regarded source traits are more important in describing personality than surface traits. Cattell produced a personality test similar to the EPI that measured each of the sixteen traits. The 16PF 16 Personality Factors Test has questions in total, ten questions relating to each personality factor. For example, intelligence, temperament, habits, skills, attitudes, and traits. Authoritarian Personality Adorno et al. They piloted and developed a questionnaire, which they called the F-scale F for fascism. Adorno argued that deep-seated personality traits predisposed some individuals to be highly sensitive to totalitarian and antidemocratic ideas and therefore were prone to be highly prejudicial. The evidence they gave to support this conclusion included: Those with an authoritarian personality tended to be: Therefore, the study indicated that individuals with a very strict upbringing by critical and harsh parents were most likely to develop an authoritarian personality. Adorno believed that this was because the individual in question was not able to express hostility towards their parents for being strict and critical. In other words, according to Adorno, the Eichmanns of this world are there because they have authoritarian personalities and therefore are predisposed cruelty, as a result of their upbringing. There is evidence that the authoritarian personality exists. This might help to explain why some people are more resistant to changing their prejudiced views. Furthermore, the authoritarian explanation of prejudice does not explain how whole social groups e. This would mean that all members of a group e. Cultural or social norms would seem to offer a better explanation of prejudice and conflict than personality variables. Adorno has also been criticized for his limited sample. Also, Hyman and Sheatsley found that lower educational level was probably a better explanation of high F-scale scores than an authoritarian. Harper and Row pp. The scientific analysis of personality. The scientific study of personality. Personality and experimental psychology. Bulletin of the British Psychological Society. The biological basis of personality Vol. Personality, genetics, and behavior: Three essays on the theory of sexuality. Beyond the pleasure principle. The ego and the id. Annual Review of Psychology, 39 1 , In A textbook of human psychology pp. Foundations of Sport and Exercise Psychology, How to reference this article:

Chapter 4 : Theories of Personality by Jess Feist

Other theories, such as the Five Factor Model, take a trait theory approach, seeking to understand personality in terms of specific attitudes and types of behavior. In this article, we look at the theories and 'models' which have shaped our understanding of human personality.

George Boeree Welcome to "Theories of Personality! It will include biographies, basic terms and concepts, assessment methods and therapies, discussions and anecdotes, and references for further reading. Some of you may find the area a bit confusing. Much of it involves things that are only accessible to the person him- or herself -- your inner thoughts and feelings. Some of it is thought not to be available even to the person -- your instincts and unconscious motivations. In other words, personality is still very much in a "pre-scientific" or philosophical stage, and some aspects may well always remain that way. In fact, the topic of theories of personality is probably one of the most difficult and most complex we ever deal with. So, at present, we are stuck with theories plural rather than the science of personality. As we go through the various theories, however, there will be ones that fit well with your experiences of self and other -- that tends to be a good sign. And there will be times that several theorists say similar things, even though they are taking very different approaches -- that, too, is a good sign. What makes personality theories so interesting, I think, is that we can actually participate in the process. Theory It might be nice to start off with a definition of theories of personality. A theory is a model of reality that helps us to understand, explain, predict, and control that reality. In the study of personality, these models are usually verbal. Every now and then, someone comes up with a graphic model, with symbolic illustrations, or a mathematical model, or even a computer model. But words are the basic form. Different approaches focus on different aspects of theory. Humanists and Existentialists tend to focus on the understanding part. They believe that much of what we are is way too complex and embedded in history and culture to "predict and control. Behaviorists and Freudians, on the other hand, prefer to discuss prediction and control. If an idea is useful, if it works, go with it! Understanding, to them, is secondary. Another definition says that a theory is a guide to action: We figure that the future will be something like the past. We figure that certain sequences and patterns of events that have occurred frequently before are likely to occur again. So we look to the first events of a sequence, or the most vivid parts of a pattern, to serve as our landmarks and warning signals. A theory is a little like a map: But it does provide a guide to action -- and gives us something to correct when it fails. This aspect of personality is called individual differences. For some theories, it is the central issue. These theories often spend considerable attention on things like types and traits and tests with which we can categorize or compare people: Some people are neurotic, others are not; some people are more introverted, others more extroverted; and so on. However, personality theorists are just as interested in the commonalities among people. What, for example, does the neurotic person and the healthy person have in common? Or what is the common structure in people that expresses itself as introversion in some and extroversion in others? If you place people on some dimension -- such as healthy-neurotic or introversion-extroversion -- you are saying that the dimension is something everyone can be placed on. Whether they are neurotic or not, all people have a capacity for health and ill-health; and whether introverted or extroverted, all are "verted" one way or the other. Another way of saying this is that personality theorists are interested in the structure of the individual, the psychological structure in particular. How are people "put together;" how do they "work;" how do they "fall apart. Or they say they are looking for what it means to be an individual human being. The field of personality psychology stretches from a fairly simple empirical search for differences between people to a rather philosophical search for the meaning of life! Perhaps it is just pride, but personality psychologists like to think of their field as a sort of umbrella for all the rest of psychology. We are, after all, concerned about genetics and physiology, about learning and development, about social interaction and culture, about pathology and therapy. All these things come together in the individual. Pitfalls There are quite a few things that can go wrong with a theory, and you should keep your eyes open for them. Even Sigmund Freud put his pants on one leg at a time! On the other hand, it is even more important when we develop our own theories about people and their personalities. Here are a few things to look out for: Everyone

grows up in a culture that existed before their birth. It influences us so subtly and so thoroughly that we grow up thinking "this is the way things are," rather than "this is the ways things are in this particular society. He was born in , not , not There were things that had to have influenced him, and so his theorizing, that would be different for us. The peculiarities of a culture can sometimes be most easily seen by asking "what does everybody talk about? It was, more or less "taboo. It was not uncommon for a doctor to make a housecall to a newlywed couple to help revive the bride, who had never been told the nature of the activity they were to engage in on their wedding night, and had fainted dead-away at the prospect! Freud has to be commended, by the way, on his ability to rise above his culture in this instance. He saw how strange it was to pretend that people especially women were not sexual creatures. In fact, we have a tendency to talk about our sexuality all the time, to anyone who will listen! Sex is plastered on our billboards, broadcast on our televisions, a part of the lyrics of our favorite songs, in our movies, our magazines, our books, and, of course, here on the internet! This is something peculiar about our culture, and we are so used to it, we hardly notice anymore. On the other hand, Freud was mislead by his culture into thinking that neurosis always has a sexual root. In our society, we have more problems with feeling useless and fearing aging and death. Another potential pitfall in theorizing is the peculiarities of the theorist as an individual. Each of us, beyond our culture, has specific details to his or her life -- genetics, family structure and dynamics, special experiences, education, and so on -- that affect the way we think and feel and, ultimately, the way we interpret personality. Freud, for example, was the first of seven children though he had two half brothers who had kids of their own before Sigmund was born. His mother was a strong personality and 20 years younger than his father, and she was particularly attached to her "Siggie. He was Jewish, although neither he nor his father ever practiced their religion. It is quite likely that the patriarchal family structure he experienced as well as the close ties he had with his mother directed his attention to those kinds of issues when it came time for him to formulate his theory. His pessimistic nature and atheistic beliefs led him to view human life as rather survivalistic and requiring strong social control. You, too, have your peculiarities, and they will color your interests and understanding, often without your awareness. A third pitfall is dogmatism. We as human beings seem to have a natural conservative tendency: We stick to what has worked in the past. You can tell when you are dealing with dognatic people by looking at how they deal with their critics: They will tend to make use of what is called the circular argument. A circular argument is one where you "prove" your point by assuming things that would only be true if your point were true in the first place. There are tons of examples of circular arguments because everyone seems to use them. Well, this kind of thing happens all the time in psychology, an in personality theories in particular. So if you run into a theory that dismisses your objections or questions, beware! Another problem, or set of problems, is unintended implications: To put it simply, people will often misunderstand you. There are several things that make misunderstandings more likely. Freud, Jung, Binswanger, and several others, wrote in German. When they were translated, some of their concepts were "twisted" a little -- something quite natural, since every language has its own idiosyncrasies. They are, in other words, ordinary words, simple words. In translation, they were turned into Latin words, words that sounded vaguely scientific, because the translators felt that American readers would be more accepting of Freud if he sounded a little more scientific, instead of poetic which is what he sounds like in German! Of course that means we "hear" Freud as making scientific statements, cutting up the psyche into clear compartments, when in fact he was speaking more metaphorically, and was suggesting that they shade into each other. Neologisms means new words. When we develop a theory, we may have concepts that have not had names before, and we find or create words to name them. Sometimes we use Greek or Latin, sometimes we use combinations of old words as in German , sometimes we use phrases as in French , sometimes we just take an old word and use it in a new way: Metaphors or similes, more exactly are words or phrases that, while not literally true, somehow capture some aspect of the truth. Every theorist uses models of the human personality in one form or another, but it would be a mistake to confuse the model -- the metaphor -- for the real thing! A good example is the common present-day use of the computer and information-processing in general as a metaphor for human functioning. Do we work something like computers? Yes, in fact, several aspects of our functioning work like that. No, of course not. The metaphor fails in the long run. Evidence, or rather the lack of evidence, is of course another problem. What kind of

support do you have for your theory?

Chapter 5 : Theories of Personality

Most personality theories can be grouped into one of four classes: trait, psychoanalytic, social learning, and humanistic, These theoretical approaches differ markedly in the constructs they purpose as forming up structure of personality (e.g., traits, id-ego-supereys, learned habits, or self-concept) and the way they relate these constructs to.

Tweet client centered therapy client-centered therapy cognitive therapy techniques approach social self theories The unique pattern of psychological and behavioral characteristics by which each person can be distinguished from other people. Personality is fundamental to the study of psychology. The major systems evolved by psychiatrists and psychologists since Sigmund Freud to explain human mental and behavioral processes can be considered theories of personality. These theories generally provide ways of describing personal characteristics and behavior, establish an overall framework for organizing a wide range of information, and address such issues as individual differences, personality development from birth through adulthood, and the causes, nature, and treatment of psychological disorders. Type theory of personality Perhaps the earliest known theory of personality is that of the Greek physician Hippocrates c. Individual personality was determined by the amount of each of the four humors. Abundant references to the four humors can be found in the plays of Shakespeare, and the terms with which Hippocrates labeled the four personality types are still in common use today. The theory of temperaments is among a variety of systems that deal with human personality by dividing it into types. A widely popularized but scientifically dubious modern typology of personality was developed in the s by William Sheldon, an American psychologist. Sheldon classified personality into three categories based on body types: Systems that address personality as a combination of qualities or dimensions are called trait theories. Well-known trait theorist Gordon Allport extensively investigated the ways in which traits combine to form normal personalities, cataloguing over 18, separate traits over a period of 30 years. He proposed that each person has about seven central traits that dominate his or her behavior. Eysenck also formulated a quadrant based on intersecting emotional-stable and introverted-extroverted axes. Psychodynamic theory of personality Twentieth-century views on personality have been heavily influenced by the psychodynamic approach of Sigmund Freud. Freud proposed a three-part personality structure consisting of the id concerned with the gratification of basic instincts , the ego which mediates between the demands of the id and the constraints of society , and the superego through which parental and social values are internalized. In contrast to type or trait theories of personality, the dynamic model proposed by Freud involved an ongoing element of conflict, and it was these conflicts that Freud saw as the primary determinant of personality. His psychoanalytic method was designed to help patients resolve their conflicts by exploring unconscious thoughts, motivations, and conflicts through the use of free association and other techniques. Another distinctive feature of Freudian psychoanalysis is its emphasis on the importance of childhood experiences in personality formation. Another prominent exponent of the phenomenological approach was Abraham Maslow , who placed self-actualization at the top of his hierarchy of human needs. Behavioral theory of personality The behaviorist approach views personality as a pattern of learned behaviors acquired through either classical Pavlovian or operant Skinnerian conditioning and shaped by reinforcement in the form of rewards or punishment. A relatively recent extension of behaviorism , the cognitive-behavioral approach emphasizes the role cognition plays in the learning process. Cognitive and social learning theorists focus not only on the outward behaviors people demonstrate but also on their expectations and their thoughts about others, themselves, and their own behavior. For example, one variable in the general theory of personality developed by social learning theorist Julian B. Rotter is internal-external orientation. Another characteristic that sets the cognitive-behavioral approach apart from traditional forms of behaviorism is its focus on learning that takes place in social situations through observation and reinforcement, which contrasts with the dependence of classical and operant conditioning models on laboratory research. The Freudian approach includes an extensive description of psychosexual development from birth up to adulthood. Erik Erikson outlined eight stages of development spanning the entire human lifetime, from birth to death. In contrast, various other approaches, such as those of Jung, Adler, and Rogers, have rejected the notion of

separate developmental stages. An area of increasing interest is the study of how personality varies across cultures. In order to know whether observations about personality structure and formation reflect universal truths or merely cultural influences, it is necessary to study and compare personality characteristics in different societies. For example, significant differences have been found between personality development in the individualistic cultures of the West and in collectivist societies such as Japan, where children are taught from a young age that fitting in with the group takes precedence over the recognition of individual achievement. Cross-cultural differences may also be observed within a given society by studying the contrasts between its dominant culture and its subcultures usually ethnic, racial, or religious groups. Further Reading Allport, Gordon W. Personality and Social Encounter: The Structure of Human Personality. New York Holt, Rinehart, and Winston, Personality Development - Influences on personality development [next] Citing this material Please include a link to this page if you have found this material useful for research or writing a related article. Content on this website is from high-quality, licensed material originally published in print form. Paste the link into your website, email, or any other HTML document.

Chapter 6 : Theories of Personality Questions (practice) | Khan Academy

Theories of Personality provides a comprehensive foundation on the nature of personality theory, as well as its contributions to science. Coverage of each theory encompasses a biographical sketch of each theorist, related research, and applications to real life.

Describe the assumptions, reliability, validity, and applications of psychodynamic personality theories. Analyze the strengths and limitations of psychodynamic personality theories. Analyze individual personality characteristics, using various psychodynamic personality theories. Explain interpersonal relations, using psychodynamic personality theories. Humanistic and Existential Personality Theories Describe the assumptions, reliability, validity, and applications of humanistic and existential personality theories. Analyze the strengths and limitations of humanistic and existential personality theories. Analyze individual personality characteristics, using humanistic and existential personality theories. Explain interpersonal relations, using humanistic and existential personality theories. Dispositional Personality Theories Describe the assumptions, reliability, validity, and applications of dispositional personality theories. Analyze the strengths and limitations of dispositional personality theories. Analyze individual personality characteristics, using various dispositional personality theories. Explain interpersonal relations, using dispositional personality theories. Introduction to Personality Examine theoretical approaches in studying personality. Learning Personality Theories Describe the assumptions, reliability, validity, and applications of learning personality theories. Analyze the strengths and limitations of learning personality theories. Analyze individual personality characteristics, using various learning personality theories. Explain interpersonal relations, using learning personality theories. Tuition for individual courses varies. For more information, please call or chat live with an Enrollment Representative. Please ask about these special rates: For some courses, special tuition rates are available for current, certified P teachers and administrators. Please speak with an Enrollment Representative today for more details. For some courses, special tuition rates are available for active duty military members and their spouses.

Chapter 7 : Personality psychology - Wikipedia

The study of personality is one of the major topics of interest within psychology. Numerous personality theories exist and most of the major ones fall into one of four major perspectives.

Philosophical assumptions[edit] Many of the ideas developed by historical and modern personality theorists stem from the basic philosophical assumptions they hold. The study of personality is not a purely empirical discipline, as it brings in elements of art , science , and philosophy to draw general conclusions. The following five categories are some of the most fundamental philosophical assumptions on which theorists disagree: Behavior is categorized as being either unconscious, environmental or biological by various theories. Contemporary research suggests that most personality traits are based on the joint influence of genetics and environment. One of the forerunners in this arena is C. Robert Cloninger , who pioneered the Temperament and Character model. Gordon Allport , Abraham Maslow , and Carl Rogers were all advocates of the uniqueness of individuals. Behaviorists and cognitive theorists, in contrast, emphasize the importance of universal principles, such as reinforcement and self-efficacy. Traditional behavioral theorists typically believed that humans are passively shaped by their environments, whereas humanistic and cognitive theorists believe that humans are more active in their role. Theories that place a great deal of emphasis on learning are often more optimistic than those that do not. Personality types are distinguished from personality traits , which come in different degrees. There are many types of theories regarding personality, but each theory contains several and sometimes many sub theories. A "theory of personality" constructed by any given psychologist will contain multiple relating theories or sub theories often expanding as more psychologist explore the theory. According to trait theories, introversion and extroversion are part of a continuous dimension with many people in the middle. The idea of psychological types originated in the theoretical work of Carl Jung , [9] specifically in his book Psychologische Typen Psychological Types and William Marston. Briggs, delineated personality types by constructing the Myers—Briggs Type Indicator. Theories could also be considered an "approach" to personality or psychology and is generally referred to as a model. The model is an older and more theoretical approach to personality, accepting extroversion and introversion as basic psychological orientations in connection with two pairs of psychological functions: Briggs and Myers also added another personality dimension to their type indicator to measure whether a person prefers to use a judging or perceiving function when interacting with the external world. Therefore, they included questions designed to indicate whether someone wishes to come to conclusions judgment or to keep options open perception. An "N" is further assumed to be guided either by thinking or feeling and divided into the "NT" scientist, engineer or "NF" author, humanitarian temperament. Critics of this traditional view have observed that the types can be quite strongly stereotyped by professions although neither Myers nor Keirsey engaged in such stereotyping in their type descriptions , [11] and thus may arise more from the need to categorize people for purposes of guiding their career choice. It should be noted, however, that the MBTI is not designed to measure the "work self", but rather what Myers and McCaulley called the "shoes-off self. They theorized that intense, hard-driving Type A personalities had a higher risk of coronary disease because they are "stress junkies. There was also a Type AB mixed profile. In this circumplex model, the six types are represented as a hexagon, with adjacent types more closely related than those more distant. The model is widely used in vocational counseling. Niemeyer, ; English translation by P. Pigors - New York: The Enneagram of Personality , a model of human personality which is principally used as a typology of nine interconnected personality types. It has been criticized as being subject to interpretation, making it difficult to test or validate scientifically. Perhaps the most ancient attempt at personality psychology is the personality typology outlined by the Indian Buddhist Abhidharma schools. This typology mostly focuses on negative personal traits greed, hatred, and delusion and the corresponding positive meditation practices used to counter those traits. Psychoanalytic theories[edit] Psychoanalytic theories explain human behavior in terms of the interaction of various components of personality. Sigmund Freud was the founder of this school of thought. Freud drew on the physics of his day thermodynamics to coin the term psychodynamics. Based on the idea of converting heat into mechanical energy, he proposed psychic

energy could be converted into behavior. The id acts according to the pleasure principle, demanding immediate gratification of its needs regardless of external environment; the ego then must emerge in order to realistically meet the wishes and demands of the id in accordance with the outside world, adhering to the reality principle. Finally, the superego conscience inculcates moral judgment and societal rules upon the ego, thus forcing the demands of the id to be met not only realistically but morally. According to Freud, personality is based on the dynamic interactions of these three components. Freud proposed five psychosexual stages of personality development. He believed adult personality is dependent upon early childhood experiences and largely determined by age five. Adler believed that the oldest child was the individual who would set high achievement goals in order to gain attention lost when the younger siblings were born. He believed the middle children were competitive and ambitious. He added, however, that the middle children were often not as concerned about the glory attributed with their behavior. He also believed the youngest would be more dependent and sociable. Adler finished by surmising that an only child loves being the center of attention and matures quickly but in the end fails to become independent. He used narcissism as a model of how people develop their sense of self. In other words, children need to idealize and emotionally "sink into" and identify with the idealized competence of admired figures such as parents or older siblings. They also need to have their self-worth mirrored by these people. These experiences allow them to thereby learn the self-soothing and other skills that are necessary for the development of a healthy sense of self. Another important figure in the world of personality theory is Karen Horney. She is credited with the development of the " real self " and the "ideal self". She believes all people have these two views of their own self. The "real self" is how humans act with regard to personality, values, and morals; but the "ideal self" is a construct individuals implement in order to conform to social and personal norms. Behaviorist theories[edit] Behaviorists explain personality in terms of the effects external stimuli have on behavior. The approaches used to analyze the behavioral aspect of personality are known as behavioral theories or learning-conditioning theories. These approaches were a radical shift away from Freudian philosophy. One of the major tenets of this concentration of personality psychology is a strong emphasis on scientific thinking and experimentation. This school of thought was developed by B. Skinner who put forth a model which emphasized the mutual interaction of the person or "the organism" with its environment. Skinner believed children do bad things because the behavior obtains attention that serves as a reinforcer. These are the response, and consequences. The response is the child crying, and the attention that child gets is the reinforcing consequence. Skinner put forward a "three term contingency model" which helped promote analysis of behavior based on the "Stimulus - Response - Consequence Model" in which the critical question is: An attitude develops as the response strength the tendency to respond in the presences of a group of stimuli become stable. Rather than describing conditionable traits in non-behavioral language, response strength in a given situation accounts for the environmental portion. Herrstein also saw traits as having a large genetic or biological component, as do most modern behaviorists. He is well known for his classical conditioning experiments involving dogs, which led him to discover the foundation of behaviorism. Cognitive theories are theories of personality that emphasize cognitive processes, such as thinking and judging. Albert Bandura , a social learning theorist suggested the forces of memory and emotions worked in conjunction with environmental influences. Bandura was known mostly for his " Bobo doll experiment ". During these experiments, Bandura video taped a college student kicking and verbally abusing a bobo doll. He then showed this video to a class of kindergarten children who were getting ready to go out to play. When they entered the play room, they saw bobo dolls, and some hammers. The people observing these children at play saw a group of children beating the doll. He called this study and his findings observational learning, or modeling. Early examples of approaches to cognitive style are listed by Baron Baron relates early development of cognitive approaches of personality to ego psychology. More central to this field have been: Attributional style theory [19] dealing with different ways in which people explain events in their lives. This approach builds upon locus of control, but extends it by stating we also need to consider whether people attribute to stable causes or variable causes, and to global causes or specific causes. Various scales have been developed to assess both attributional style and locus of control. Locus of control scales include those used by Rotter and later by Duttweiler, the Nowicki and Strickland

Locus of Control Scale for Children and various locus of control scales specifically in the health domain, most famously that of Kenneth Wallston and his colleagues, The Multidimensional Health Locus of Control Scale. His work refers to "Cognitive Affective Units", and considers factors such as encoding of stimuli, affect, goal-setting, and self-regulatory beliefs. The term "Cognitive Affective Units" shows how his approach considers affect as well as cognition. Developed by Seymour Epstein, CEST argues that humans operate by way of two independent information processing systems: The experiential system is fast and emotion-driven. The rational system is slow and logic-driven. These two systems interact to determine our goals, thoughts, and behavior. But because people are naive scientists, they sometimes employ systems for construing the world that are distorted by idiosyncratic experiences not applicable to their current social situation. Accordingly, humanistic psychology focuses on subjective experiences of persons as opposed to forced, definitive factors that determine behavior. This journal was primarily focused on viewing individuals as a whole, rather than focusing solely on separate traits and processes within the individual. White wrote the book The Abnormal Personality that became a standard text on abnormal psychology. He also investigated the human need to strive for positive goals like competence and influence, to counterbalance the emphasis of Freud on the pathological elements of personality development. Maslow believes all who are interested in growth move towards self-actualizing growth, happiness, satisfaction views. Many of these people demonstrate a trend in dimensions of their personalities. Characteristics of self-actualizers according to Maslow include the four key dimensions:

Chapter 8 : Behaviourist Theories of Personality - Skinner and Rotter

Welcome to "Theories of Personality!" This course and "e-text" will examine a number of theories of personality, from Sigmund Freud's famous psychoanalysis to Viktor Frankl's logotherapy.

Chapter 9 : What are the four main personality theories? | eNotes

Aside from theories about personality structure and dynamics, a major area of investigation in the study of personality is how it develops in the course of a person's.