PSYCHOLOGY

brotip #3997

don't be afraid to be up front and honest with the world. you'll never know your true potential when you hold yourself back.

brotips.com

PSYC 110 (General Psychology)

Module 10:
Personality

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THE PLAN

WHO ARE YOU?

PERSPECTIVES:
TYPE THEORY
PSYCHODYNAMIC THEORY
HUMANISM
OTHERS!

I want you to DEEPLY think about this question as we traverse this module:

Another question to think about: how would <u>other people</u> describe you?

Identity:
The fact of being who or what a thing is

Student

Sister

Brother

Athlete

Good
Friend

Nerd

Personality:

An individual's general approach to interacting with the world and other people

Personality Trait:

A component of an individual that leads them to behave a certain way

Creative   *Aggressive*   *Timid*

Friendly   *Supportive*

Fidgety   *Thoughtful*   *...and many more*
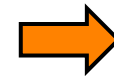
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Stimulus / Situation + **Personality** → **Thought / Behavior**

We cannot "change" our personality, we can only modify how it is expressed

Many personality traits are heritable (i.e., genetic)

Monozygotic (identical) twins have more similar personality traits than dizygotic (fraternal) twins

Pattern holds true even if monozygotic twins are raised <u>apart</u>

Identical Twins Studies' Insights- Personalities - YouTube

Personality traits influence mating strategies and outcomes: Fitness!

Individuals who score higher on *conscientiousness* tend to be more sexually faithful

Those who score higher in *agreeableness* tend to be less aggressive toward sexual rivals

A

Driven
Aggressive
Need for control

B

Relaxed
Patient
Sensitive

Individuals fall into ONLY one category

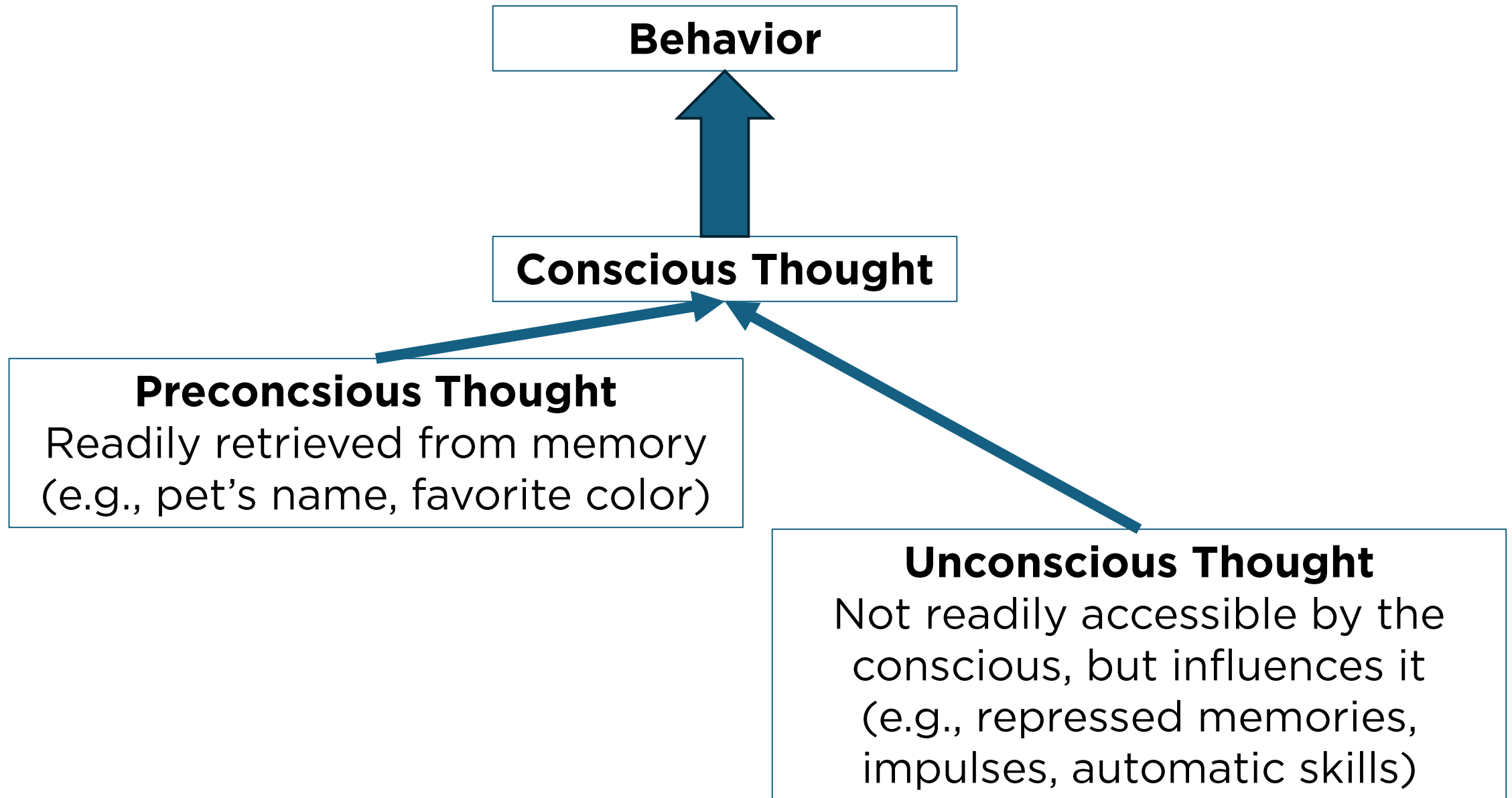*(Not generally supported by research, but a fair first attempt)*

**Sigmund Freud (1856 – 1939)
The Father of <u>Psychodynamic Theory</u>**

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Behavior

Conscious Thought

Preconcsious Thought
Readily retrieved from memory
(e.g., pet's name, favorite color)

Unconscious Thought
Not readily accessible by the
conscious, but influences it
(e.g., repressed memories,
impulses, automatic skills)

Unconscious thoughts can make themselves known through:

"Freudian Slips"
(i.e., small verbal errors)

Dreams

PSYCHOLOGY
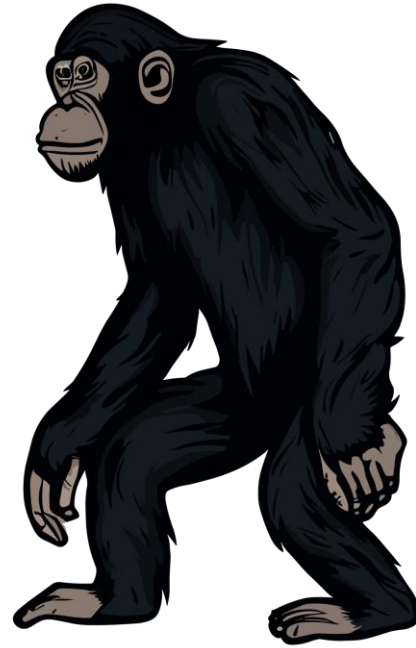
The "Id"
(Completely unconscious)

Biological urges, basic drives
(hunger, thirst, sleep, sex)

Avoid pain, gain pleasure

The "Superego"
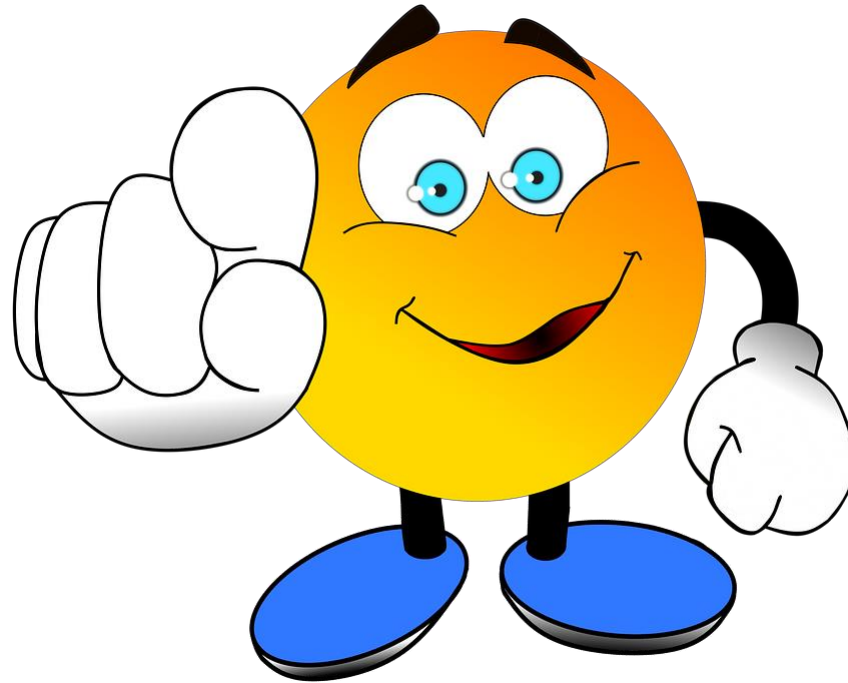(Partially conscious, mostly unconscious)

Social expectations, right and wrong

Always striving for perfection— responsible for guilt if not met

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The "Ego"

That's you!
Conscious thought

Operates according to reality—
balance between
impulse (Id) and control (Superego)

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Common misconception:
The Id is the "Devil" and the Superego is the "Angel"

The Id isn't only responsible for "bad" things (e.g., it drives caring for kin), but it is purely self-serving

If the Ego begins to experience a thought or impulse deemed unacceptable/unpleasant by the Superego, it elicits:

Repression
Keeping unpleasant thoughts or feelings below the level of consciousness

Rationalization
Accepting a thought, but justifying it

Denial
Contradicting an obvious truth or reality

Dissociation
Detachment from reality

If the Ego begins to experience a thought or impulse deemed unacceptable/unpleasant by the Superego, it elicits:

Displacement
Redirection of unacceptable impulse to something/someone non-threatening

Intellectualization
Overthinking the situation and focusing on intelligence/knowledge of a situation rather than emotion

Sublimation
Translating unacceptable impulse into an acceptable or even praised activity

If the Ego begins to experience a thought or impulse deemed unacceptable/unpleasant by the Superego, it elicits:

Projection
Denying a thought, but experiencing it as though it has originated in another individual

Compensation
Focusing on only the positives of a situation and ignoring the negatives

Reaction Formation
Experiencing or behaving as if feelings are the *opposite* of how they actually are

10 Psychological Defense Mechanisms
(Use this video for examples!)

https://youtu.be/aOmEhX1LzZ0

PSYCHOLOGY

The "Self"

**Ideal Self vs. Real Self
(Carl Rogers)**

All individuals experience some degree of difference between who we are and who we want to be

Ideal Self can be impeded by society or other individuals

Anxiety is the product of the difference between one's Real Self and their Ideal Self

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The Hierarchy of Needs
(Abraham Maslow)

ULTIMATE GOAL

An individual cannot grow in one level unless all lower needs are met

Self-actualization
desire to become the most that one can be

Esteem
respect, self-esteem, status, recognition, strength, freedom

Love and belonging
friendship, intimacy, family, sense of connection

Safety needs
personal security, employment, resources, health, property

Physiological needs
air, water, food, shelter, sleep, clothing, reproduction

All needs are met, one can work on their wants

PSYCHOLOGY
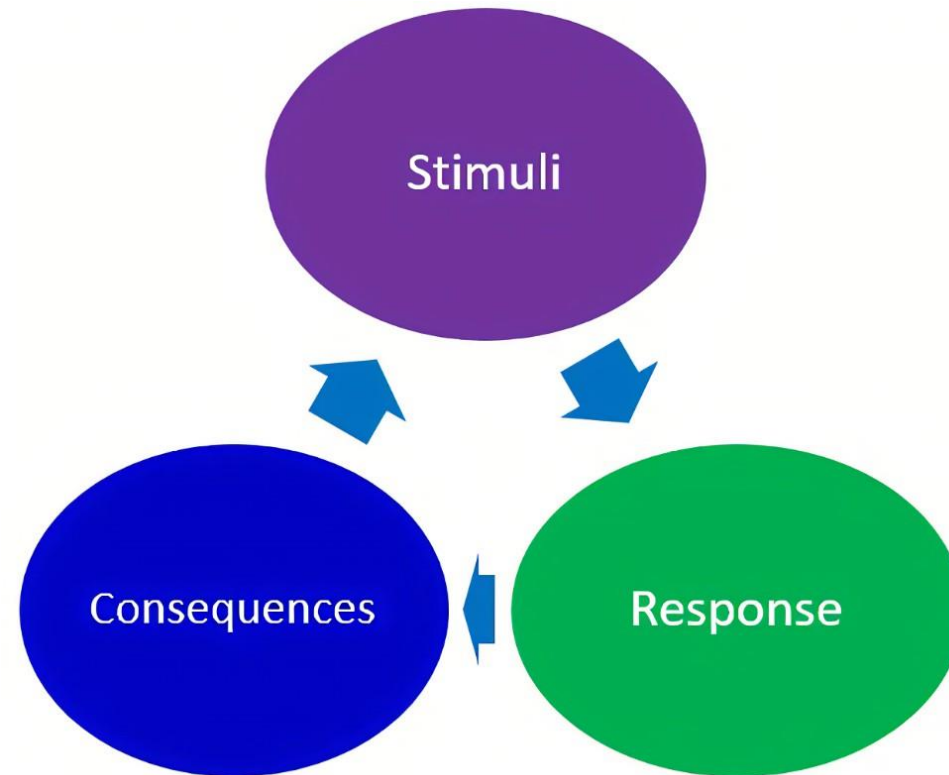
**Behaviorism
(B.F. Skinner)**
All personality is based on the learning of associations

Cognitive Factors
(also called
"Personal Factors")

- Knowledge
- Expectations
- Attitudes

01

Behavioral
Factors

02

- Skills
- Practice
- Self-efficacy

Environmental
Factors

03

- Social Norms
- Access in Community
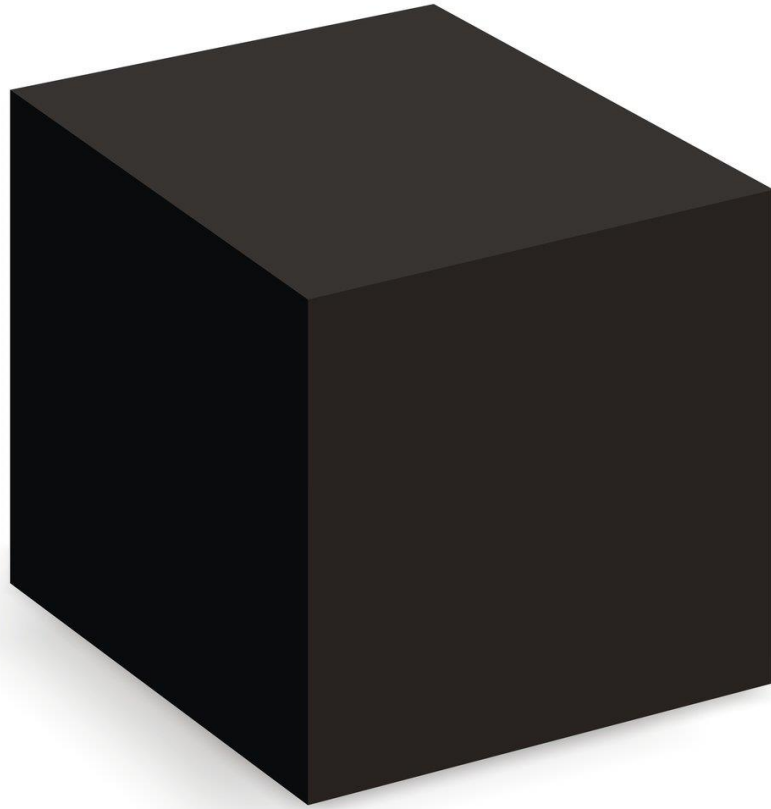- Influence on others (ability to change own environment)
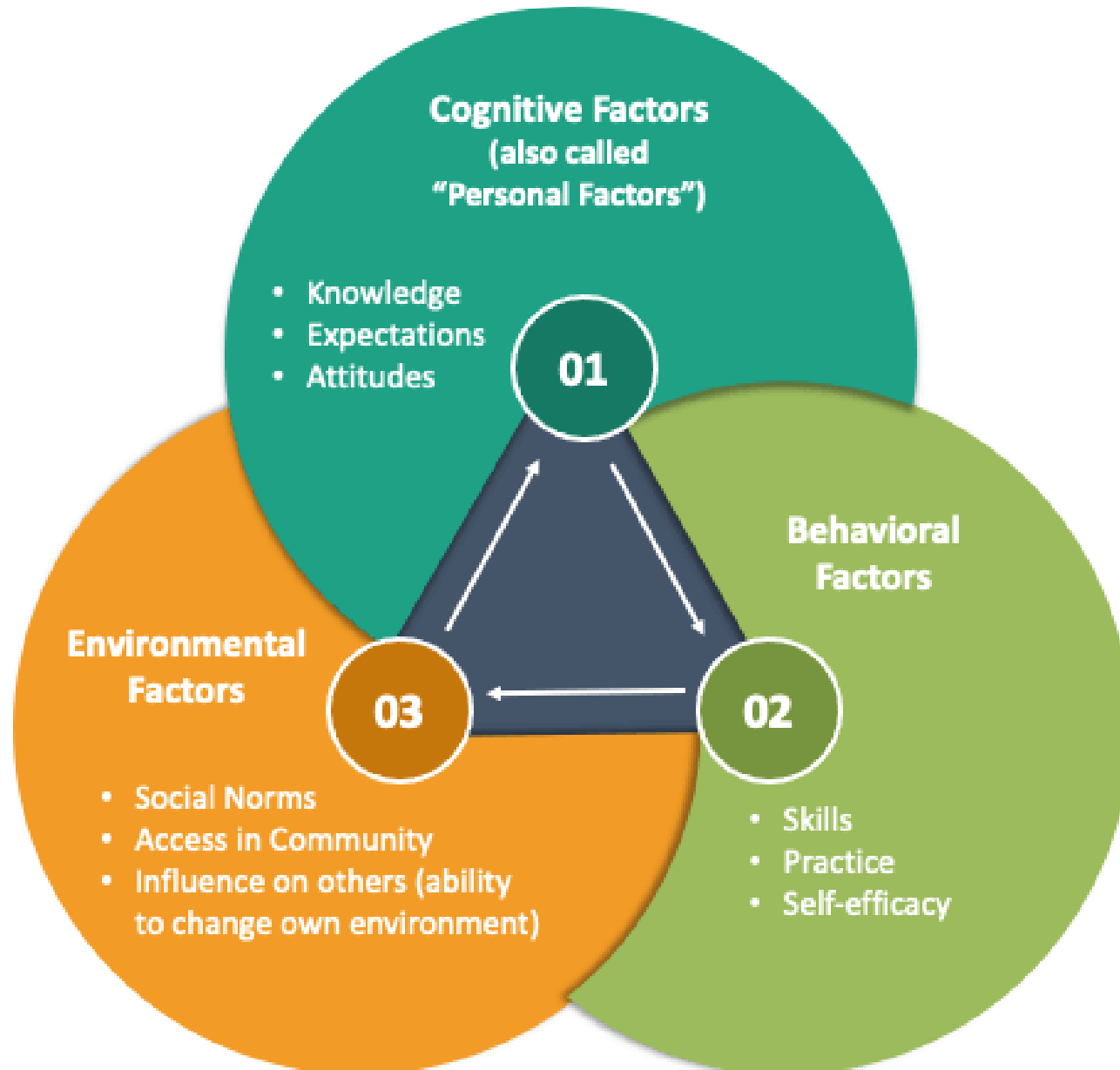
Social Cognitive Theory (Albert Bandura, 🇨🇦 Walter Mischel)
Individuals develop personality through association, but we are active in the strengthening, weakening, and interpretation of these associations

Many believe the mind is a "black box;" all we can do is measure its output according to what we input

THE PLAN

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PSYCHOLOGY

"There is only *one* corner of the universe you can be certain of improving, and that's your *own* self."

—

ALDOUS HUXLEY

For y'all:

Friday Quiz 9 is **April 11**

InQuizitive **due April 13**

Reflection Journal **due April 13**