



PSYCHOLOGY

WELCOME TO PSYC 110

brotip #1619

creeping through
your significant other's
messages usually
doesn't end well for
either of you.

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PSYC 110 (General Psychology)

Module 10: Personality

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What should we get out of today?

THE PLAN

HUMANISM

BEHAVIORISM

SOCIAL COGNITIVE THEORY

THE TRAIT APPROACH

THE “BIG FIVE”



The Humanistic approach focuses on one's meaning



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



Rogers used the Q-Sort Technique in his sessions

Anxious	Careless	Energetic	Funny	Honest	Lazy
Anxious	Careless	Energetic	Funny	Honest	Lazy

Real Self

Ideal Self

The goal of Rogers' therapy wasn't to get rid of undesired traits, but to make both sides match as closely as possible



Maslow believed the purpose of life was to self-actualize

The Hierarchy of Needs (Abraham Maslow)

ULTIMATE GOAL



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

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



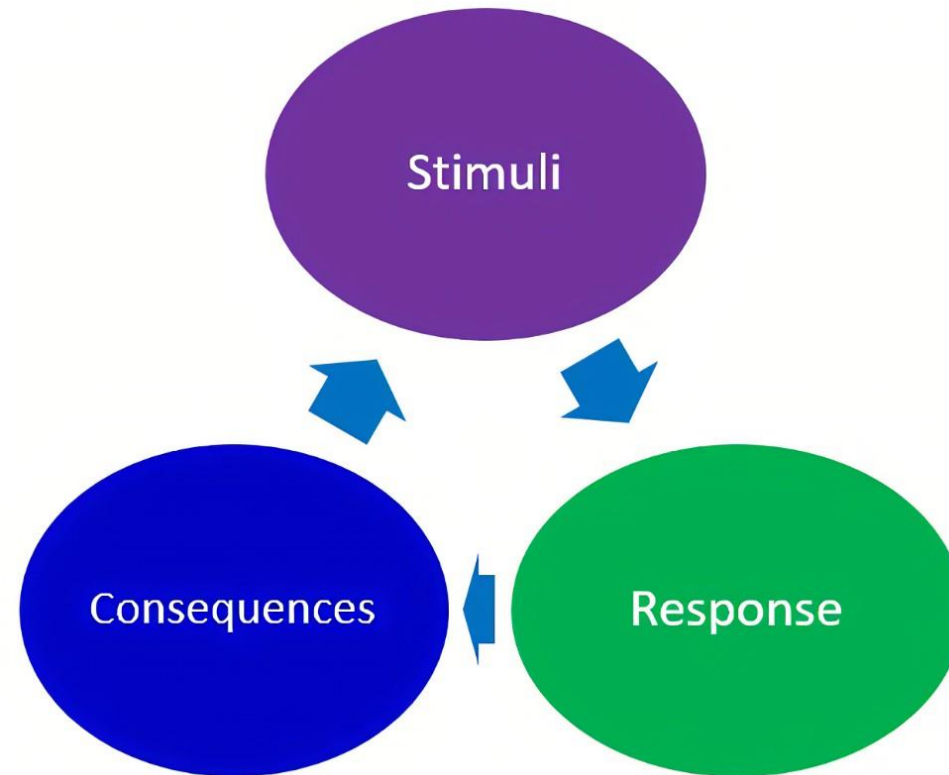
The Self-Actualized individual feels no anxiety



All *needs* are met, one can work on their *wants*



Other approaches completely remove the Self

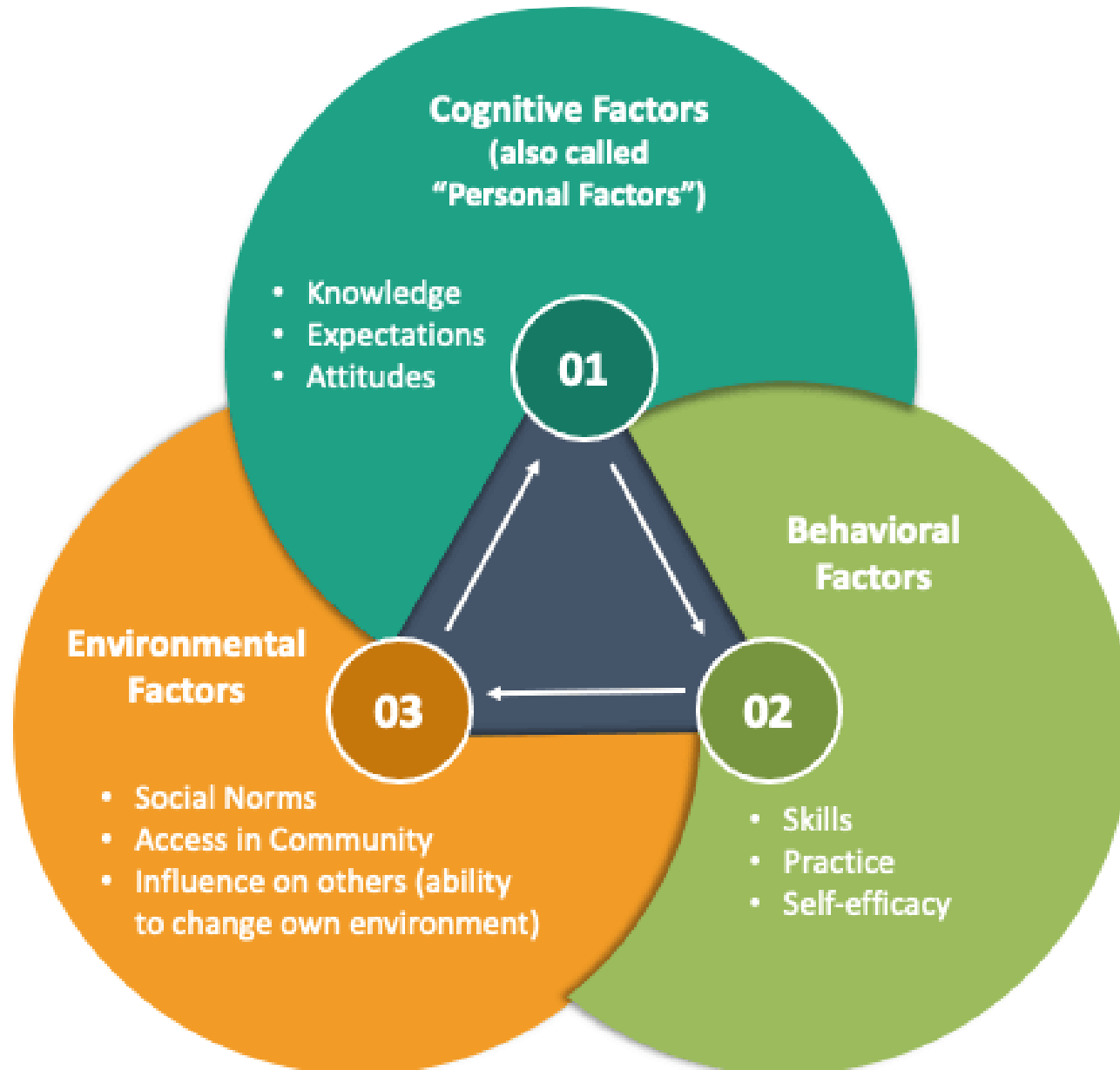


Behaviorism (B.F. Skinner)

All personality is based on the learning of associations



SCT states we are active in personality development

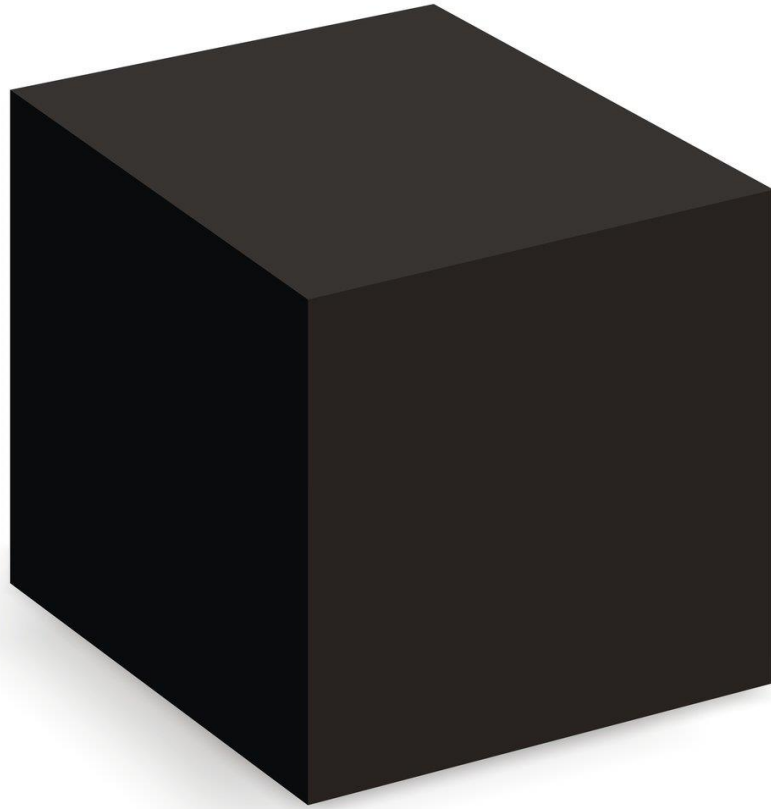


Social Cognitive Theory (Albert Bandura, , Walter Mischel)

Individuals develop personality through association, but we are active in the strengthening, weakening, and interpretation of these associations



Personality psych is theory-based



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



The Trait Approach

Identifying a set of characteristics that can uniquely identify individuals

Pro:

Most descriptive and all-encompassing approach we have

Con:

There are an almost unlimited number of ways to describe an individual's personality—hard to study systematically



Gordon Allport posed traits have degrees of strength

Cardinal Trait

Dominates an individual's personality and can explain most of their behavior

Most people do not have a cardinal trait, but may develop one at any point

Central Trait

Basic building blocks forming the basis of personality

When combined, they create an individual's personality

Secondary Trait

Only seen in particular circumstances and may not be known to many

Further adds to *uniqueness*

But what can these traits possibly be?

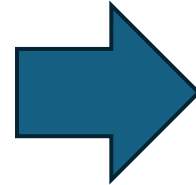


Allport and Cattell each identified traits

Allport

Thousands of possible traits

Essentially any descriptive term in the dictionary can be a personality trait



Cattell

16 Personality Factors
(16PF)



Raymond Cattell narrowed the choices

- | | |
|------------------------|------------------------|
| 1) Warmth | 9) Vigilance |
| 2) Reasoning | 10) Abstractedness |
| 3) Emotional Stability | 11) Privateness |
| 4) Dominance | 12) Apprehension |
| 5) Liveliness | 13) Openness to Change |
| 6) Rule-Consciousness | 14) Self-Reliance |
| 7) Social Boldness | 15) Perfectionism |
| 8) Sensitivity | 16) Tension |



O penness to experience

C onscientiousness

E xtraversion

A greeableness

N euroticism



*No traits are absolute—scores are measured on a continuous scale
(High to Low)*



Openness means affinity for novelty (new things)

Openness to experience



Subcategories:

Fantasy, Aesthetics, Feelings, Actions, Ideas, Values



Conscientiousness means ability to follow-through

Conscientiousness



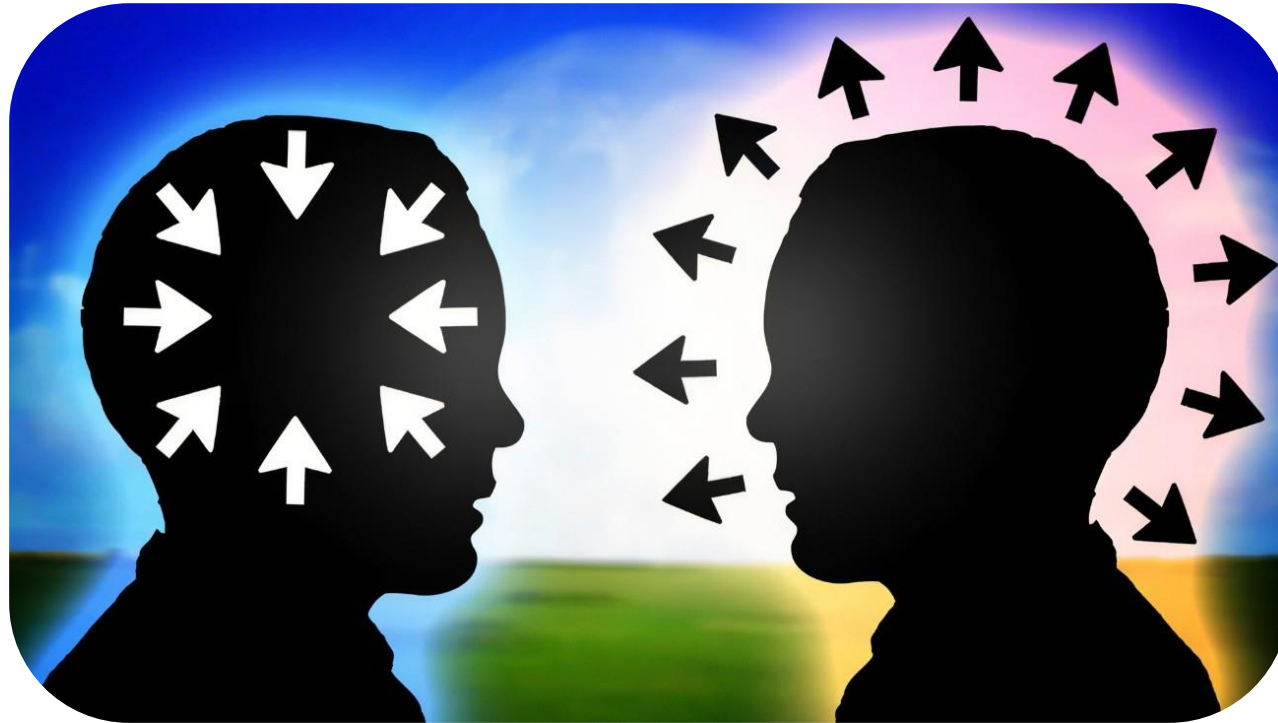
Subcategories:

Competence, Order, Dutifulness, Achievement-striving,
Self-discipline, Deliberation



Extraversion means affinity for interpersonal interactions

E^xtraversion



Subcategories:

Warmth, Gregariousness, Assertiveness, Activity,
Excitement-seeking, Positive emotion



Agreeableness means willingness to put others first

Agreeableness



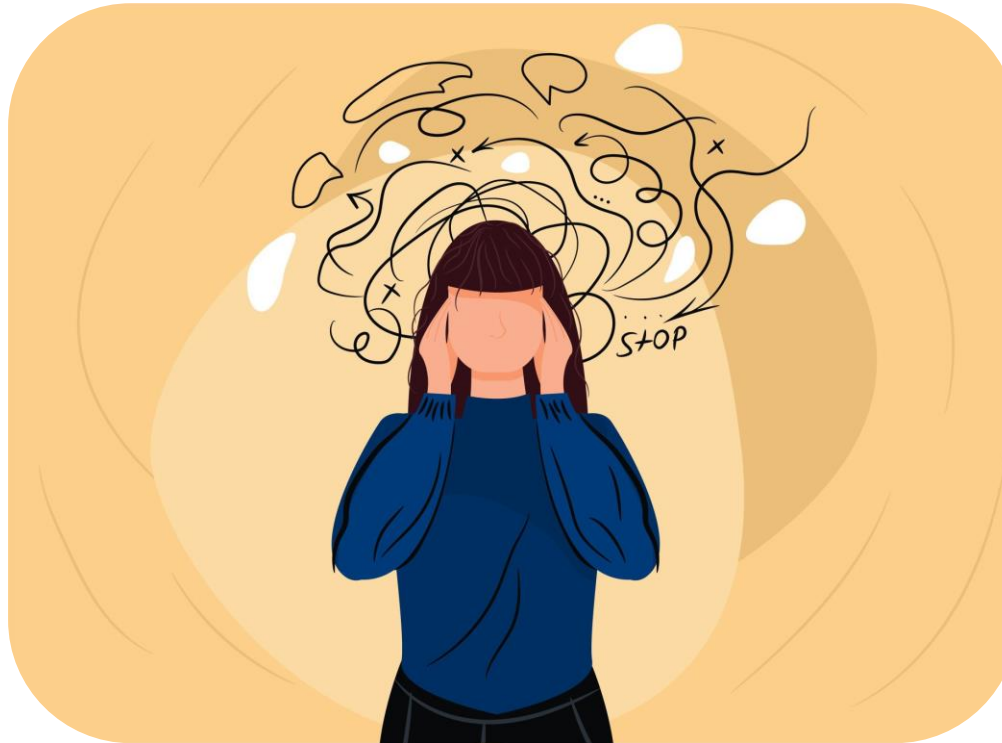
Subcategories:

Trust, Straightforwardness, Altruism, Compliance, Modesty,
Tendermindedness



Neuroticism means ability to go with the flow

Neuroticism



Subcategories:

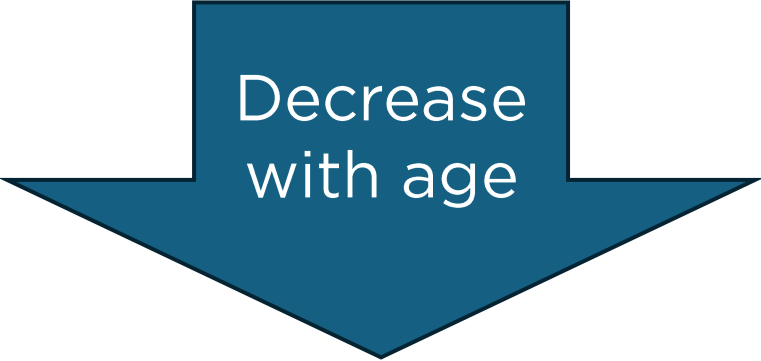
Anxiety, Hostility, Depression, Self-consciousness,
Impulsiveness, Vulnerability to stress



Some personality traits change with age

Personality is generally stable after age 50, but...

Openness to experience
Neuroticism



Decrease
with age

Conscientiousness
Agreeableness



Increase
with age

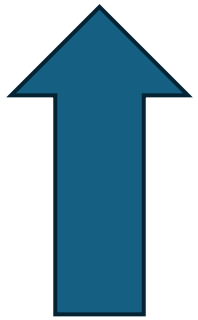


point
solutions



So, does personality truly predict behavior?

A lot of evidence seems to imply it does, for example:



Neuroticism: Better recall of environmental threats

Extraversion: Attend more parties

Openness to experience: Change careers more often



Conscientiousness: Higher incidence of nicotine addiction

Agreeableness: Higher incidence of alcoholism



Can we really “measure” personality?

NOBODY REALLY KNOWS LOL

Science does its best
by simplifying the
factors



But people are
complex, nuanced,
and diverse



Wanna find out
your score on the
Big Five?



Link is posted
on Canvas or
scan this QR!





point
solutions



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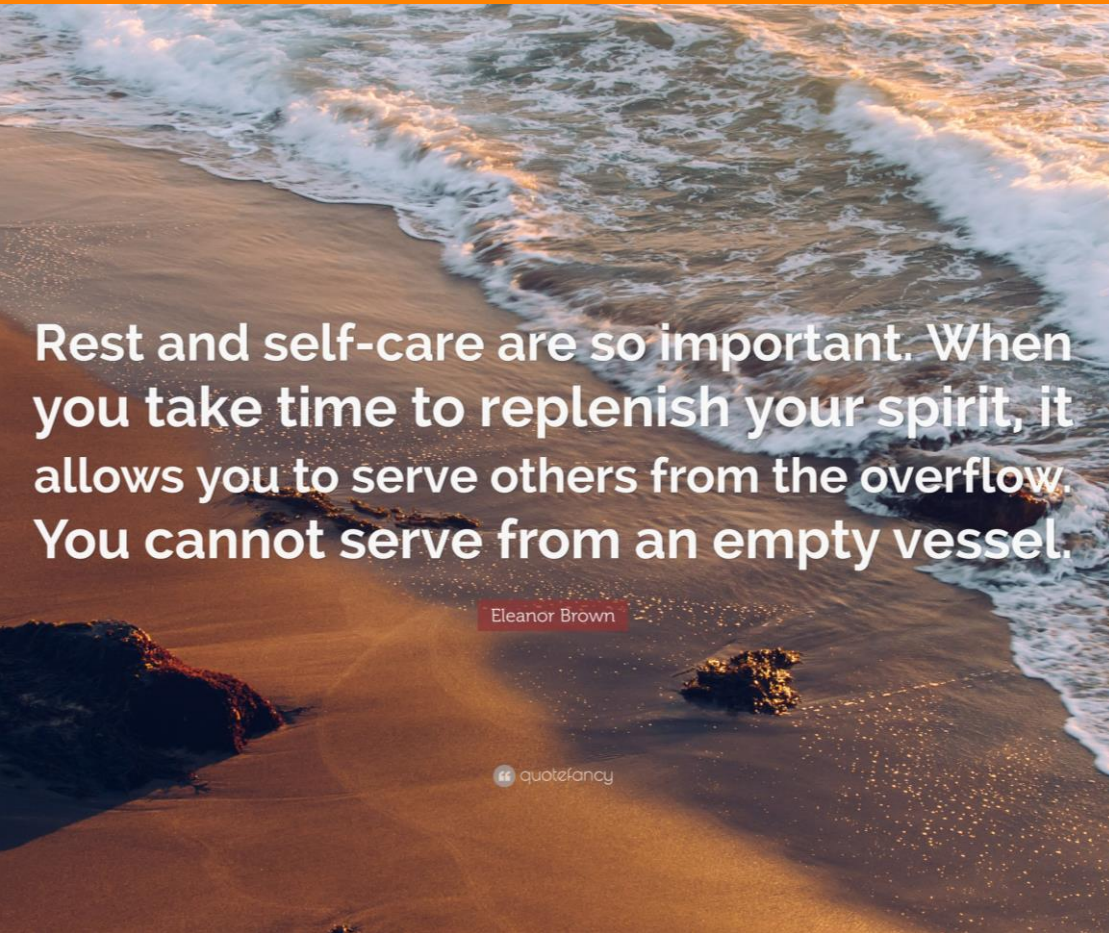
SOCIAL COGNITIVE THEORY

THE TRAIT APPROACH

THE “BIG FIVE”



How did we do?



Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.

Eleanor Brown

quote fancy

For y'all:

Friday Quiz 9 is **April 11**

InQuizitive **due April 13**

Reflection Journal **due April 13**