








Theories of Personality

DR. ARNEL BANAGA SALGADO, Psy.D., PhD (PMHN), Ph.D. (Psychology), Ed.D., Sc.D., RN, PGD
 H/P No.: 056882733
 URL: www.ifcet.org
 Personal URL: www.arnelsalgado.com
 *Member: Sigma Theta Tau International - Honor Society of Nursing (Constituent No. 1628977)
 *Member: American Psychological Association (APA Roll No. 04438162)

McGraw-Hill

Personality

"Characteristic pattern of thinking, feeling and acting."

Four major perspectives on Personality


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Psychoanalytic - unconscious motivations


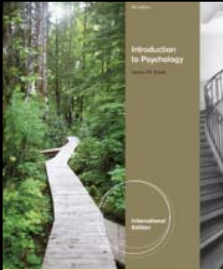
Trait - specific dimensions of personality

Humanistic - inner capacity for growth

Social-Cognitive - influence of environment



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Chapters **14** of the required textbook

Introduction to Psychology
 International Edition
 by **James Kalat** (2010)
 9th Edition

DR. ARNEL BANAGA SALGADO,
 Ed.D., D.Sc., RN, MA, B.Sc, Cert. Ed, MAT (Psychology)

3 (three) hours course delivery


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How Personality Develops?

- Freud's theory gives emphasis on the experiences of children. He believed childhood events determine in large measure the type of people we become as adults. He believed that personality is shaped by early experiences as children pass through a set sequence of psychosexual stages.

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EXPECTED LEARNING OUTCOMES

After studying this chapter, you are expected to:


1. define personality;
2. identify the various perspectives on studying personality;
3. discuss some concepts in Psychoanalytic Theory such as instincts and libido, the id, ego and superego, and the defense mechanisms;
4. explain how personality develops;
5. distinguish the other psychoanalytic theory of Freud; and
6. know the current personality theories.

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Psychoanalytic Perspective

"first comprehensive theory of personality"




Sigmund Freud
(1856-1939)


Specialized in Nervous Disorders

Some patients' disorders had no physical cause!

University of Vienna 1873
Voracious Reader
Medical School Graduate




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Psychoanalytic Perspective

“first comprehensive theory of personality”



Q: What caused neurological symptoms in patients with no neurological problems?

Hypnosis → Unconscious

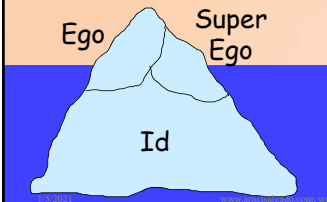
Free Association → “Psychoanalysis”

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Freud’s Personality Structure

Id - energy constantly striving to satisfy basic drives
Pleasure Principle

Ego - seeks to gratify the Id in realistic ways
Reality Principle



Super Ego
- voice of conscience that focuses on how we ought to behave

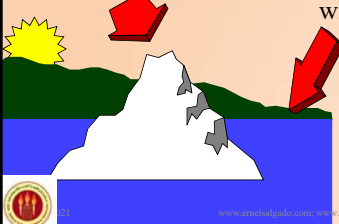
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The Unconscious

“the mind is like an iceberg - mostly hidden”

Conscious Awareness
small part above surface (Preconscious)

Unconscious
below the surface (thoughts, feelings, wishes, memories)



Repression
banishing unacceptable thoughts & passions to unconscious
Dreams & Slips

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Freud & Personality Development

“personality forms during the first few years of life, rooted in unresolved conflicts of early childhood”

Psychosexual Stages

- Oral** (0-18 mos) - centered on the mouth
- Anal** (18-36 mos) - focus on bowel/bladder elim.
- Phallic** (3-6 yrs) - focus on genitals/“Oedipus Complex”
(Identification & Gender Identity)
- Latency** (6-puberty) - sexuality is dormant
- Genital** (puberty on) - sexual feelings toward others

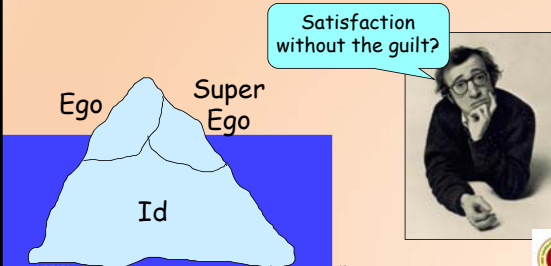
Strong conflict can **fixate** an individual at Stages 1,2 or 3

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Freud & Personality Structure

“Personality arises from conflict twixt aggressive, pleasure-seeking impulses and social restraints”

Satisfaction without the guilt?



Ego **Super Ego**
Id


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Defense Mechanisms

Ego **Id**

When the inner war gets out of hand, the result is **Anxiety**

Ego protects itself via **Defense Mechanisms**



Super Ego

Defense Mechanisms reduce/redirect anxiety by distorting reality

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- ▶ **Acting out.** Not coping - giving in to the pressure to misbehave.
- ▶ **Aim inhibition.** Lowering sights to what seems more achievable.
- ▶ **Attack.** Trying to beat down that which is threatening you.
- ▶ **Avoidance.** Mentally or physically avoiding something that causes distress.
- ▶ **Compartmentalization.** Separating conflicting thoughts into separated compartments

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- ▶ **Emotional Insulation.** One withdraws from others to avoid being hurt.
- ▶ **Identification.** Increasing self-worth by identifying with well-known person(s) or institution(s).
- ▶ **Passive aggression.** avoiding refusal by passive avoidance.
- ▶ **Projection.** The person blames others or attributes one's undesirable desires to others.
- ▶ **Rationalization.** One give reasons for failures to protect his self-worth.

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- ▶ **Compensation.** One covers up weaknesses by emphasizing desirable traits or by making up for frustrations in one area by over gratification in another area.
- ▶ **Conversion.** Subconscious conversion of stress into physical symptoms.
- ▶ **Denial of Reality.** Protection to oneself from unpleasant reality by refusing to perceive it.
- ▶ **Displacement.** Directing one's anger or other emotions/feelings to objects or persons other than those that aroused said emotions/feelings.
- ▶ **Dissociation.** Separating oneself from parts of your life.

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- **Reaction-formation.** A person behaves differently from his true desires.
- **Regression.** Behaving in a manner associated with a lower level of develop
- **Repression.** Preventing of painful dangerous thoughts from entering consciousness.
- **Sublimation.** One's frustrated sexual desires are gratified by substitute non-sexual activities.
- **Suppression.** Consciously holding back unwanted urges.

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- ▶ **Fantasy.** Escaping reality into a world of possibility.
- ▶ **Idealization.** Playing up the good points and ignoring limitations of things desired.
- ▶ **Identification.** Copying others to take on their characteristics.
- ▶ **Intellectualization.** Avoiding emotion by focusing on facts and logic.
- ▶ **Introjection.** Bringing things from the outer world into the inner world.

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- **Symbolization.** Turning unwanted thoughts into metaphoric symbols.
- **Trivializing.** Making small what is really something big.
- **Undoing.** One atones or counteracts a previous undesirable act.

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The Unconscious & Assessment

How can we assess personality?
(i.e., the unconscious)

Objective Tests?
No - tap the conscious

Projective Tests?
Yes - tap the unconscious

Thematic Apperceptions Test (TAT)
Rorschach Inkblot Test

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NEO-FREUDIAN PERSPECTIVES

Carl Jung (1875-1961)
Alfred Adler (1870-1937)
Karen Horney (1855-1952)
Harry Stack Sullivan (1892-1949)
Heinz Hartmann (1894-1970)

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Evaluating the Psychoanalytic Perspective

Were Freud's theories the "best of his time" or were they simply incorrect?

Current research contradicts many of Freud's specific ideas

Development does not stop in childhood

Slips of the tongue are likely competing "nodes" in memory network

Dreams may not be unconscious drives and wishes

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Trait Perspective

No hidden personality dynamics... just basic personality dimensions

Traits - people's characteristic behaviors & conscious motives

How do we describe & classify different personalities?
(*Type A vs Type B or Depressed vs Cheerful?*)

Myers-Briggs Type Indicator - classify people based upon responses to 126 questions

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Freud's Ideas as Scientific Theory

Theories must explain observations and offer testable hypotheses

Few Objective Observations **Few Hypotheses**

(Freud's theories based on his recollections & interpretations of patients' free associations, dreams & slips o' the tongue)

Does Not PREDICT Behavior or Traits

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Are There "Basic" Traits?

What trait "dimensions" describe personality?

Combination of 2 or 3 *genetically determined* dimensions

Expanded set of factors "The Big 5"

Extraversion/Introversion
Emotional Stability/Instability

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The Big Five

Emotional Stability

Extraversion

Openness

Agreeableness

Conscientiousness

- Calm/Anxious
- Secure/Insecure
- Sociable/Retiring
- Fun Loving/Sober
- Imaginative/Practical
- Independent/Conforming
- Soft-Hearted/Ruthless
- Trusting/Suspicious
- Organized/Disorganized
- Careful/Careless

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Maslow & Self-Actualization

Self-Actualization

the process of fulfilling our potential

- Studied healthy, creative people
- Abe Lincoln, Tom Jefferson & Eleanor Roosevelt
- Self-Aware & Self-Accepting
- Open & Spontaneous
- Loving & Caring
- Problem-Centered not Self-Centered

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Assessing Traits

How can we assess traits?
(aim to simplify a person's behavior patterns)

Personality Inventories

MMPI (Minnesota Multiphasic Personality Inventory)

- most widely used personality inventory
- assess psychological disorders (not normal traits)
- empirically derived - test items selected based upon how well they discriminate between groups of traits

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Roger's Person-Centered Perspective

People are basically good with actualizing tendencies.

Given the right environmental conditions, we will develop to our full potentials

Genuineness, Acceptance, Empathy

Self Concept - central feature of personality (+ or -)

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The Humanistic Perspective

**Maslow's
Self-Actualizing
Person**

**Roger's
Person-Centered
Perspective**

“Healthy” rather than “Sick”
Individual as greater than the sum of test scores

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Assessing & Evaluating the Self

- ? Primarily through questionnaires in which people report their self-concept.
- ? Also by understanding others' subjective personal experiences during therapy
- X Concepts are vague & subjective. Assumptions are naïvely optimistic.

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Social-Cognitive Perspective


Behavior learned through conditioning & observation



What we think about our situation affects our behavior

Interaction of Environment & Intellect

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Outcomes of Personal Control

Learned Helplessness


Uncontrollable bad events → Perceived lack of control → Generalized helpless behavior

Important Issue

- Nursing Homes
- Prisons
- Colleges

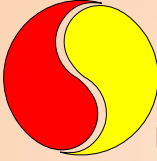


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Reciprocal Determinism


Personal/Cognitive Factors



Environment Factors **Behavior**

Internal World + External World = Us

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Personal Control

Internal Locus of Control


You pretty much control your own destiny

External Locus of Control


Luck, fate and/or powerful others control your destiny

Methods of Study

- Correlate feelings of control with behavior
- Experiment by raising/lowering people's sense of control and noting effects



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