

# Psychology

Chapter# 4

Personality

# Personality

**Concept of personality:** The term personality has been derived from the Latin term “Persona” which means to “Mask”.

Therefore a very common meaning of the term personality is the role which the person displays to the public .

**Meaning of personality:** Personality means it is totality of one’s behavior toward oneself and others as well, includes everything about the person, like his/her physical, emotional, social, mental and spiritual make up.

# Definition of Personality

- **Watson defined personality** as“ Personality is the sum of activities that can be discovered by actual observations over a long enough period of time to give reliable information.”
- **Cattell defined personality** as " That which permits a prediction of what a person will do in a given situation."

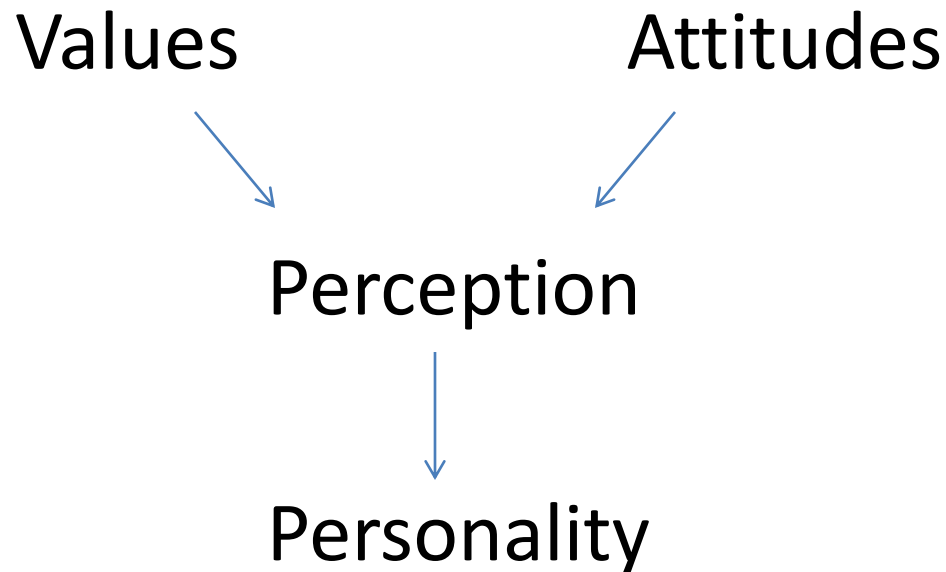
# Values and attitudes in personality

**Perception:** A process by which people organize, interpret, experience and process materials received from the external environment.

**Values:** Individuals standard or ideas about what a person, object, event or activity ought to be.

**Attitude:** Individuals feelings towards other persons, objects, events or activities.

# Values and attitudes in personality



# Personality differences

- **Heredity**: Research on the *nature-nurture controversy* indicates that about 50% of the variance in personality is inherited, thus setting limits on development.
- **Environment**: Shapes at least 50% of personality.
  - Culture
  - Family
  - Group Membership
  - Life Experiences

# Types Of Personality

## ➤ **Extrovert Personality**

This type has the tendency to live mostly outside the like to live with others. Those individuals are highly socialized and have contact with outside people in the society.

The **definition** of an **extrovert** is someone who is very outgoing and engaged with people. An **example** of an **extrovert** is someone at a party who chats easily with everyone.

## ➤ **Introvert Personality**

Introvert is opposite to extrovert. Those people are always live alone in their rooms and do not want to go outside. They have their own imaginary world. They are teachers, scientists, thinkers and philosophers.

# Types Of Personality

## ➤ **Ambivert Personality**

Between extrovert and introvert personalities there is a third one type called ambivert. People belonging to this type enjoy both the groups and attend them. They have middle mind and want to live in both parties. Sometimes they join outside people but sometimes they live in their own rooms.



# Personality Theories

1. Traits Theory (Big Five Personality Traits Model)
2. Psychoanalytic Theory (Freud's Personality Structure)
3. Humanistic Theory (Maslow's hierarchy of needs)

# Personality Theories

## **1. Trait Theory**

Attempt to learn what traits make up personality and how they relate to actual behavior

## **2. Psychoanalytic Theory**

Psychoanalytic theory explain human behavior in terms of the interaction of various components of personality.

## **3. Humanistic Theories**

Focus on private, subjective experience and personal growth

# 1. Trait Theory

## (The Big Five Model)

### **openness to experience**

A personality dimension that characterizes someone in terms of imaginativeness, artistic, sensitivity, and intellectualism.

### **conscientiousness**

A personality dimension that describes someone who is responsible, dependable, persistent, and organized.

### **extroversion**

A personality dimension describing someone who is sociable, gregarious, and assertive.

# Trait Theory

## (The Big Five Model)

### **agreeableness**

A personality dimension that describes someone who is good-natured, cooperative, and trusting.

### **emotional stability**

A personality dimension that characterizes someone as calm, self-confident, secure (positive) versus nervous, depressed, and insecure (negative).

## 2. Sigmund Freud's Psychoanalytic Theory (Personality Structure)



# Freud's Psychoanalytic Theory (Personality Structure)

- Id (pleasure)

Id operates on the pleasure principle. Which is the idea that every wishful impulse should be satisfied immediately, regardless of the consequences.

- Ego (reality)

The part of the mind that mediates between the conscious and the unconscious and is responsible for reality testing and a sense of personal identity.

# Freud's Psychoanalytic Theory (Personality Structure)

- Superego (morality)

The part of a person's mind that acts as a self-critical conscience, reflecting social standards learned from parents and teachers.

# 3.Humanistic Theory

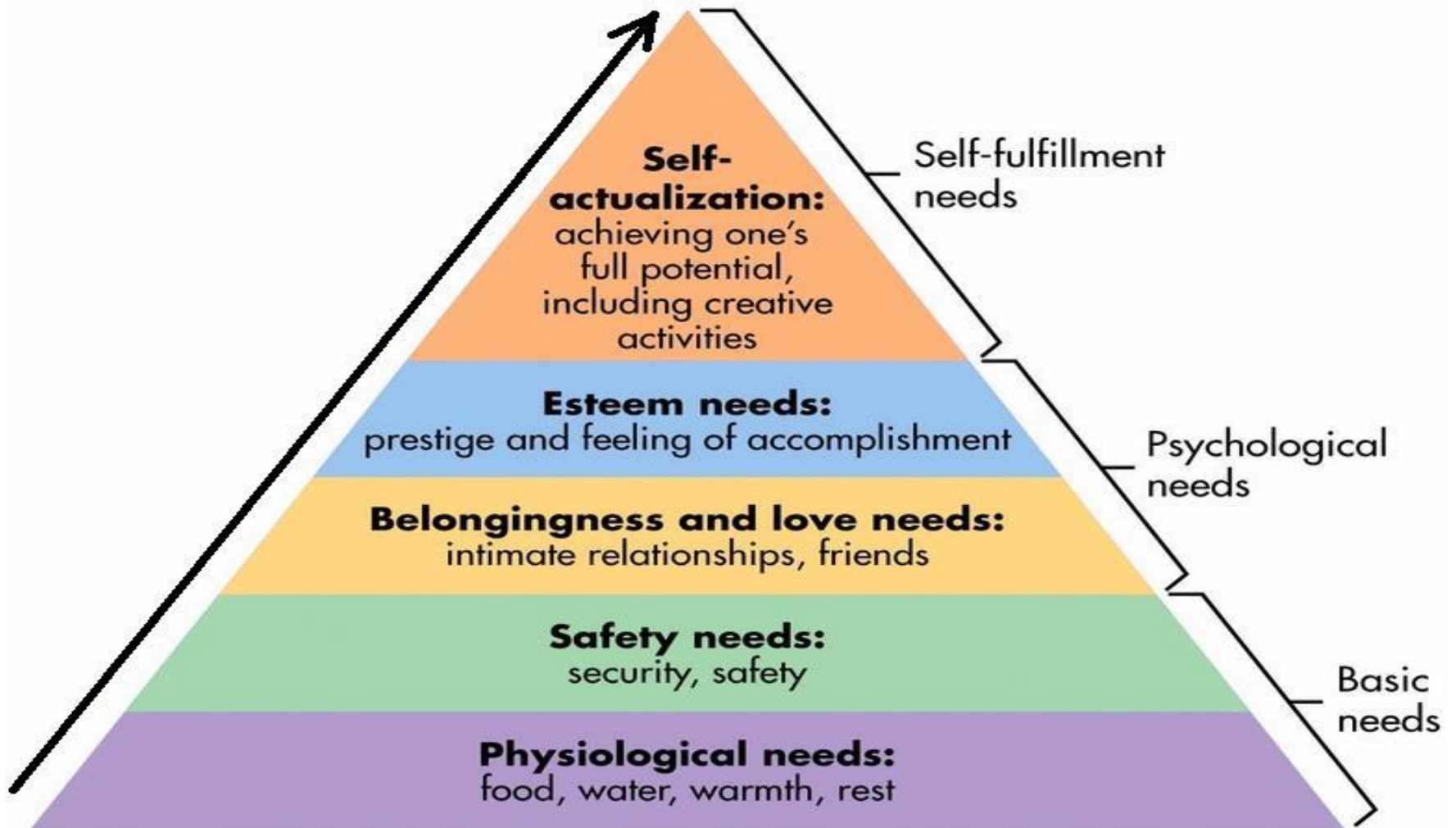
## (Maslow's hierarchy of needs theory)

- Abraham Maslow (1943) developed a hierarchical theory of human motivation.
- He has been considered as the Father of Humanistic Psychology.
- He well-known psychologist for their humanistic theory.
- An American psychologist who was best known for creating Maslow's hierarchy of needs, a theory of self-actualization.



# Humanistic Theory

## (Maslow's hierarchy of needs theory)



# Personality Development

## **Good Personality...**

- Good Physique.
- Pleasing Manner.
- Appearance.
- Intelligence.
- Smartness.
- Responsibility.
- Professional Front.
- Personal Integrity.
- Good Control Over Body And Mind.