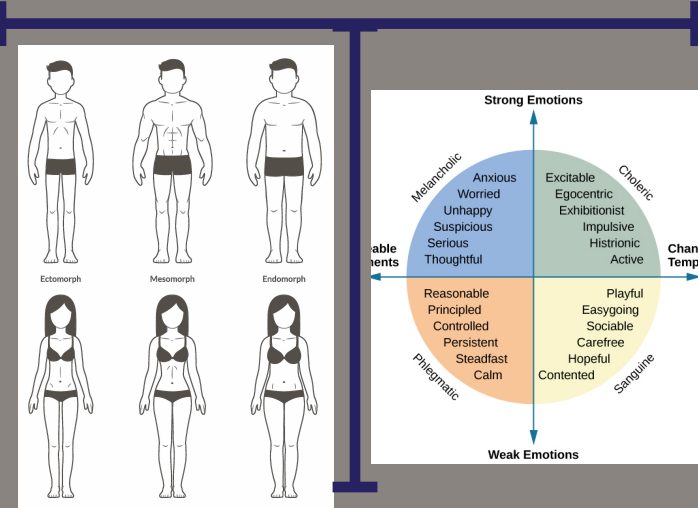


What is personality? It can be defined as “the characteristic ways of thinking, feeling and acting that make a person an individual”. In other words characteristic patterns of feelings, behaviours and thoughts are what make up an individuals personality and their uniqueness.



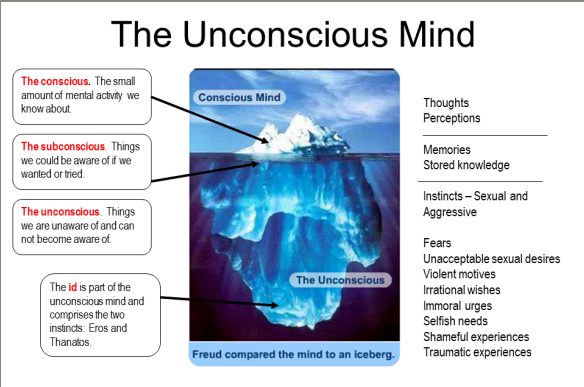
History of personality studies and personality testing

Over the years, several theories have been put forward to explain how personality functions, develops and which factors influence it the most. Personality studies can date back to even the ancient greeks. Hippocrates from the 5th century BC was a physician that believed that an individuals body contained four basic fluids and whichever fluid was dominant would determine the individuals personality. The four personality types he defined were; melancholic, choleric, phlegmatic and sanguine. In more recent times there has been another psychologist who explained personality through physical attributes. William Sheldon in the 1940’s theorised that a individuals body type determined their personality. The three main body types that were indemnfied can be know as endomorph which was understood as being physically obese with a cheerful, relaxed and sociable personality, mesomorph which is an athletic body type would have a assertive, vigorous and courageous personality and then there was the ectomorph who’s body is thin and scrawny and with a personality which is introverted, intense and artistic.



Psychodynamic theory

The Psychodynamic dynamic theory is one of the most influential about personality. It was developed by rebound psychologist, Sigmund Freud in the 1890’s. Freud’s theory can be described with the three main factors which create it, the ID, Ego and Superego. Freud theorises that these there factors are what construct the personality of an individual.



psychodynamic in more detail

Freud believed that our personalities developed from how we resolve conflicts between our primitive, pleasure seeking, biological urges and our internalised, socialised reactions to these. Freud saw these conflicts as involving three systems,; the ID Ego and the Superego. The ID is the primitive part of the brain which seeks instant gratification and is completely sub and pre conscious, The superego directly opposes the ID and is our moral drive which seek to do the “right thing” according to social norms and standards and lastly, the ego, according to Freud is is the part of you that stops you from punching someone when they irritate you. The ego is the part of you that reasons between the ID and Superego

Strengths and Limitations

Limitations of the theory are that although it has explanatory power, it lacks imperial evidence and scientific validity

Strengths of this theory is the in depth explanation which could prove accuracy although it is highly subjective either way.



Allport trait theory

Gordon Allport (1937) introduced the concept of traits which are generalised “neuropsychic” systems or structures which could make environmental stimuli similar and that could initiate and also guide consistency within behaviour.

Allport would emphasise the individuality of each personality although he also recognised the consistency of traits within certain cultures. These traits include, extraversion, introversion, competitiveness and liberalism. Each trait has certain characteristics like;

| Trait | Extraversion | Introversion | Competitiveness | Liberalism |
|-----------------|---|---|------------------------------------|--|
| Characteristics | Sociable, talkative, editable, aggressive and impulsive | Anxious, rigidity care, thoughtful and calm | Rivalry and having a desire to win | Open minded and being free from strict conventions |

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| | |
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